



CONVERSATION, SUPPORT and EDUCATION

TWO CONVENIENT TIMES

Caring for the Caregiver
Support Groups Held Monthly

2nd Tuesday 5:00-7:00 pm
or

2nd Thursday 9:00-11:00 am

McCreery Cancer Center Conference Room

Ottumwa Regional Health Center
1003 Pennsylvania Avenue, Ottumwa

Facilitator: Joan Nydle, Milestones' Family Caregiver Specialist



www.milestonesaaa.org

RSVP's are appreciated but not necessary.
Call Milestones for more info.

641-682-2270 or 1-855-410-6222
Joan, ext. 416

ARE YOU A FAMILY CAREGIVER?



- You pay your dad's bills and take him grocery shopping.
- You work and take care of your live-in mother.
- You provide care for your husband with Alzheimer's.
- You look out for your neighbor, provide rides to the doctor or take care of their lawn and sidewalks.
- You help anyone maintain their independence.

People don't always realize that they ARE Family Caregivers.

Make the connection to information and services that can help YOU and the person you are caring for.