

Tus Neeg Saib Xyuas Tsev Neeg Phau Ntawv Kawm

Kev Pab rau koj txoj kev tu tsev neeg



*Peb yuav mloog koj piav txog koj cov kev
txhawj xeeb thiab yuav pab koj tawm tswv
yim.*

ADRC of Brown County
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(920) 448-4300
www.adrcofbrowncounty.org
ADRC yog ib lub koos haum nonprofit 501(c)3

Nrhiav peb online:



Kev Pib

TPeb tsim phau ntawv no pab cov tib neeg saib xyuas tsev neeg kawm txog kev pabcuam nyob hauv Brown County uas yuav ua rau txoj hauj lwm saib xyuas yooj yim dua.

Cov kev pabcuam yuav pab qhia txog kev so, kev pab nyiajtxiag, thiab kev ntsib nrog lwm tus tib neeg uas saib xyuas lawv tsev neeg.

ADRC hauv Brown County siv sijhawm pab koj nrhiav kev pabcuam. Peb yuav mloog koj piav txog koj cov kev txhawj xeeb thiab yuav pab koj tawm tswv yim.

Cov Nplooj Ntawv ntawm Phau Ntawv

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Peb lub Zeem Muag

“Pab txhawb zog thiab txhawb nqa cov laus thiab cov tib neeg tsis taus nrog rau lawv tsev neeg uas saib xyuas lawv.”

Yog xav paub ntxiv txog kev pab:

Saib peb lub website:

www.adrcofbrowncounty.org

211 Community Services database: www.get211.org

Follow us on Facebook:

[ADRCbrowncountywi](https://www.facebook.com/ADRCbrowncountywi)

Leej twg yog ib tug Caregiver?

Ib tug caregiver yog ib tus tib neeg uas saib xyuas thiab pab txhawb nqa lawv tus poj niam los yog lawv tus txiv, niam txiv, menyuam, viv ncaus, neighbor, los yog lawv cov kwv tij los yog phooj ywg.

Caregivers muaj ntau tus tib neeg uas saib xyuas lawv tsev neeg:

- Ib tug tub uas mus saib nws niam thiab txiv uas laus, laus lawm thaum nws lawb hauj lwm txhua hnub
- Ib tug niam uas nyob tsev 24 xuab moo tu nws tus me nyuam uas mus tsis taus
- Ib tug neighbor uas pab thauj nws tus phooj ywg nyob ze nws mus saib kws tshuaj los yog pab thauj nws mus tom khw yuav zaub mov
- b tug niam tsev uas kawm txog tshuaj thiab pab saib xyuas cov tshuaj rau nws tus txiv uas mob hnyav
- Ib tug txiv tsev uas pab saib xyuas nws tus poj niam thiab xyaum ua zaub mov rau nws noj
- Ib tug niam tais los yog yawm txiv uas pab tu lawv cov xeeb ntxwv
- Ib tug viv ncaus uas pab npaj lub neej tom ntej rau nws tus niam laus uas mus tsis taus

Koj puav nyuaj siab?

Thaum koj saib xyuas tsev neeg, nws yog ib qho khoom plig zoo tab sis nws ua rau koj kho siab, sab, sab, thiab ua rau koj siv nyiaj txiag ntau kawg. Tsis tas li ntawd, koj tsis muaj sijhawm ua txhua yam lawm.

Siv me ntsis sij hawm teb cov lus hnug hauv qab no seb koj muaj kev nyuaj siab ntau npaum cas. Qhov kev xeem no yuav pab koj pom seb dab tsi ua rau koj nyuaj siab tshaj. Thaum koj pom yam ua rau koj nyuab siab, koj mam li paub nrhiav kev pab koj.!

Caregiver Stress Test

Yes

No

1. Kuv tsis muaj sij hawm txaus rau kuv so.

2. Kuv tsis muaj sij hawm txaus saib xyuas kuv tus kheej.

3. Kuv tsis muaj sij hawm tawm nraum zoov thiab kho siab heev.

4. Kuv hnov tias kuv siab luv dua yav tag los lawm.

5. Kuv muaj teeb meem nrog kuv kev noj qab haus huv.

Qhab Nia:

Yog koj teb “Yog” rau cov lus hnug no, tej zaum koj yuav tau nrhiav lwm tus tib neeg saib xyuas koj tsev neeg kom koj thiaj li muaj sijhawm saib yuas koj tus kheej.

Hu tuaj rau ADRC ntawm tus xov tooj (920) 448-4300 kom koj thiaj li qhia txog koj kev nyuaj siab thiab kawm txog cov kev pabcuam rau koj.

**Qhov xeem ntawv no yog tsim tawm Kansas State University Research & Extension, www.sedgwick.ksu.edu*

Tsis muaj sij hawm txaus

Tej zaum koj xav tias, “Kuv tsis muaj sij hawm txhawj txog kuv tus kheej. Kuv muaj hauj lwm ntau txaus lawm.” Cov kev nyuaj siab ntawm tus neeg zov tsev neeg yuav ua rau lawv tsis noj qab hauv huv. Tus neeg zov tsev neeg yuav pw tsis zoo, yuav mob daub qaum, yuav muaj kev ntxhov siab thiab nyuaj siab.

Siv me ntsis sij hawm twm “21 kev pab rau tus neeg zov tsev neeg” (nyob tom qab phau ntawv no) thiab twm txog cov kev pab hauv phau ntawv no. Tsim nyog koj nrhiav kev pab kom koj tsis txhob nyuaj, nyuaj siab. Nws yuav ua rau koj kaj siab zog thiab noj qab nyob zoo kom thiaj li muaj zog ua tus neeg zov tsev neeg!

Koj puas xav nrog leej twg tham?

Pab Pawg

Kev tu tsev neeg muaj tej thaum uas kho siab thiab ntxhov siab. Muaj pab pawg uas koj ntsib nrog lwm tus tib neeg uas zov lawv tsev neeg tib yam li koj. Nej yuav sib qhia txog cov kev nyuaj siab, kev chim siab, thiab kev pab nyob ntawm ib qho chaw uas nyab xeeb thiab tsis muaj kev sib thuam. Cov neeg zov tsev neeg pom tias lawv tsis tshua nyuaj siab thaum lawv muaj leej twg sib qhia txog lawv kev nyuaj siab.

Thaum koj muaj kev phooj ywg nrog lwm tus tib neeg uas zov lawv tsev neeg, koj yuav muaj kev txhawb siab. ADRC muaj pab pawg uas ntsib txhua lub hli. Tsis tas li ntawd, muaj pab pawg hauv Brown County thiab muaj pab pawg uas pab nrog kev mob kev nkeeg thiab kev ntxhov siab. Yog koj xav koom ib pab pawg los yog xav nrhiav ib tug counselor tham, hu rau ADRC ntawm tus xov tooj (920) 448-4300.

Kev Txhawb Siab

Muaj ntau hom counselor uas koj ntsib tau nyob hauv zej zog. Thaum koj ntsib nrog ib tug counselor, tus counselor yuav nrog koj ib leeg tham txog koj kev nyuaj siab ntxhov plawv. Tus counselor yuav mloog koj piav txog koj kev nyuaj siab thiab yuav nrhiav kev pab txhawb nqa koj kom koj kev nyuaj siab ploj mus.

Cov Kev Pabcuam rau cov tib neeg ua hauj lwm

Yog koj los yog koj tsev neeg ua hauj lwm, tej zaum koj chaw hauj lwm yuav muaj kev pabcuam rau cov tib neeg ua hauj lwm hu ua Employee Assistance Programs. Qhov program no muaj counselor uas koj thiab koj tsev neeg tham nrog tau. Cov counselor uas koj tham nrog yuav tsis qhia koj chaw hauj lwm txog koj kev nyuaj siab uas koj qhia rau lawv. Cov kev pabcuam no tsuas yog rau sij hawm luv xwb. Nrog koj chaw hauj lwm lub Human Resource Department tham seb koj chaw hauj lwm puas muaj qhov program no.

Kev Kawm

Powerful Tools for Caregivers (Kev Kawm rau cov Neeg Zov Tsev Neeg)

Saib xyuas koj tus kheej: Power Tools for Caregivers yog ib chav kawm rau cov neeg zog tsev neeg uas lub koos haum ADRC muaj. Chav kawm no ntsib ib zaug ib lub lim tiam rau 6 lub lis piam thiab tsom ntxoov saib xyuas koj tus kheej thaum koj nyob saib xyuas lwm tus. Chav kawm no muab cov cuab yeej los pab txo kev ntxhov siab, txhim kho kev sib txuas lus, teeb tsa cov hom phiaj, thiab daws cov kev xav zoo li npau taws, kev txhaum, thiab kev nyuaj siab.

Yog xav paub ntxiv txog chav kawm yav tom ntej, hu rau ADRC ntawm (920) 448-4300 los sis tuaj ntsib peb hauv online, www.adrcofbrowncounty.org.

“Kev saib xyuas tus kheej yog muab lub ntiaj teb koj tus kheej uas zoo tshaj plaws, es tsis yog yam uas seem ntawm koj.”
- Katie Reed

Koj puas xav muaj sijhawm so? Nrhiav Respite/Sijhawm So.

Respite yog dab tsi?

Lo lus Respite yog thaum koj siv sijhawm luv luv so ntawm cov haujlwm saib xyuas koj tsev neeg. Respite yog tsim los pab cov neeg zov tsev neeg uas saib xyuas cog neeg xiam oob qhab lossis tsis taus los yog cov neeg uas mob ntev lossis mob hanyav.

Hom Respite

Muaj ntau yam kev pab so uas muab tau hauv tsev txawm tias siv cov chaw home care, palliative care, lossis hospice, lossis ntawm cov chaw uas pab saib xyuas cov laus xws li Adult Day care/service, Tsev Laus, lossis tsev nursing home.

Why do I Need Respite?

Taking care of a loved one can be a rewarding job, but it's also stressful and doesn't offer regular breaks or vacations. Respite provides care for your loved one so you can get away for the weekend, spend time with other family members, or just have a few hours to yourself. Respite helps relieve stress, reduces feelings of isolation, and improves family relationships. Everyone needs - and deserves - a break!

Kev saib xyuas hauv Tsev

Kev saib xyuas hauv tsev thiab kev saib xyuas kev noj qab haus huv hauv tsev yog tag nrho cov lus siv rau cov kev pabcuam coj los rau hauv tsev los muab kev pab rau tib neeg nrog rau kev xav tau txhua hnub. Kev saib xyuas hauv tsev tuaj yeem muab kev pab xav tau yog li cov neeg tuaj yeem ua neej nyob ywj pheej hauv lawv lub tsev, nrog rau cov kev pabcuam xws li kev tu vajtsev rau kev kho mob hauv tsev.

Leej Twg Siv Kev Kho Mob Hauv Tsev?

Tus neeg tau txias kev pabcuam hauv tsev tuaj yeem rov zoo los ntawm kev mob, kev phais, kev sib tsoo, kev mob nkeeg, xav tau kev pab ntxiv vim muaj kev tsis taus ntawm lub cev/kev txawj ntse, lossis kev noj qab hauv huv ntaug zuj zus.

Nrhiav Tus Neeg ua Hauj Lwm Saib Xyuas Koj Tsev Neeg

ADRC tuaj yeem muab ib daim ntawv qhia rau koj txog kev saib xyuas hauv tsev, nrog cov ntaub ntawv hais txog lub chaw Home Care saib xyuas hauv tsev lossis ntiav tus neeg ua haujlwm tu tsev neeg.

Qee qhov kev xaiv muaj xws li:

- Cov Chaw Home Care Saib Xyuas Neeg Hauv Tsev – Cov chaw Home Care saib xyuas hauv tsev tuaj yeem muab kev tu vaj tse, npaj zaub mov, kev sib raug zoo, kev saib xyuas/tu tus neeg, thiab kev kho mob hauv tsev. ADRC muaj ib cov npe ntawm txhua qhov chaw hauv zos los pab ua kom tau raws li koj cov kev xav tau kev saib xyuas. Kuj tseem muaj cov neeg ua huaj lwm uas pab 24 teev 7 hnub nyob -hauv tsev neeg lub tsev.
- Ntiav ib tus neeg ua haujlwm koj tus kheej –
 - Respite Care Association of Wisconsin muaj ib qho website uas muaj Registry cuv npe rau cov neeg ua haujlwm tu neeg. Koj tuaj yeem tshawb nrhiav cov neeg ua haujlwm tu tsev neeg lossis cov kws kho mob hauv koj cheeb tsam. Mus saib lawv lub website ntawm www.respitecarewi.org kom paub ntau ntxiv.
 - Ntiav tus neeg ua haujlwm uas koj nrhiav tau ntawm newspaper lossis online los yog ntawm phooj ywg.
 - Saib nplooj 7 rau cov lus qhia txog kev ntiav koj tus neeg ua haujlwm tu tsev neeg.

Tus Nqi Ntiav Neeg Ua Haujlwm Saib Xyuas Koj Tsev Neeg

Cov nqi thiab txoj kev them nqi sib txawv nyob ntawm seb hom kev pab tu tsev neeg koj xav tau. Txoj kev them nyiaj yog: them nyiaj ntiag tug, health insurance, long-term care insurance, Medicare, Medicaid, Veteran's benefits, los yog kev pabcuam long-term care xws li Family Care los IRIS. Cov nyiaj pab zov tsev neeg muaj los ntawm ADRC thiab.

Cov lus qhia thaum ntiav koj tus neeg ua haujlwm saib xyuas tsev neeg

Siv sijhawm los nrhiav tus neeg zoo yog qhov tseem ceeb rau koj txoj kev thaj yeeb nyab xeeb thiab koj tus neeg koj hluv kev nyab xeeb.

Nco ntsoov koj:

- Ua ib qho kev sib tham tob nrog txhua tus neeg koj xav ntiav los tu koj tsev neeg. Thaum koj nrog cov neeg tham hauv xov tooj, koj yuav tsum ntsib nrog cov tib neeg thaum koj xam phaj nrog lawv koj thiaj li pom seb lawv tus cwj pwm zoo li cas.
- Qhia meej txog txhua yam dej num, kev tu, thiab cov sij hawm koj xav tau kev pab.
- Sib tham txog kev them nyiaj. Tsis txhob them nyiaj ua ntej lawv pab koj.
- Hnug kom tus neeg muab ob, peb txoj hauj lwm rau koj nrog rau cov ntaub ntawv ntawm cov tib neeg uas paub lawv zoo thiab tshawb xyuas kom zoo. Tshawb xyuas cov ntaub ntawv muab thiab nug tag nrho cov lus qhia txog kev ntseeg siab, kev ua huaj lwm ncav sijhawm, thiab tus tib neeg tus cwj pwm.
- Yog ua tau, xav txog kev txheeb xyuas tus neeg qhov keeb kwm yav dhau los. Qhov no tuaj yeem suav nrog:
 - Wisconsin Circuit Court
 - Wisconsin Caregiver Misconduct Registry
 - Department of Justice Wisconsin Online Record Check System
 - National Sex Offender Public Website

Lwm Hom Kev Kho Mob Hauv Tsev

Palliative Care

Cov kev pab kho mob Palliative yog tsim los pab cov neeg uas tau kuaj mob hnyav, tsis hais txog qhov kev tshwm sim, thiab lawv tsev neeg. Palliative care tuaj yeem muab tau ntawm txhua qhov chaw hauv ib qho mob, los ntawm kev kuaj mob rau.

Tus nqi sib txawv raws li cov kev pabcuam muab. Medicaid, Medicare, thiab insurance qee qhov kev pab kho mob palliative hauv zos tuaj yeem muaj kev pab luv nqi kho.

Hospice

Hospice kev saiv xyuas yog ib pab neeg mus kom ze rau kev nplij siab thiab kev txhawb nqa rau cov neeg ntawm txhua lub hnub nyoog nrog ib tug kab mob terminal thiab lawv tsev neeg. Lub hom phiaj ntawm hospice yog nyob ntawm kev saib xyuas, tsis kho. Pab pawg tsev kho mob suav nrog cov neeg ua haujlwm hauv zej zog, cov kws saib xyuas neeg mob, kws kho mob, cov neeg ua haujlwm pab dawb, thiab cov kws pab tswv yim txog kev xiam.

Hospice ua haujlwm ntawm kev ntseeg tias tib neeg muaj cai tuag tsis muaj mob thiab muaj meej mom, thiab qhov ntawd cov neeg hluv yuav tsum tau txais kev txhawb nqa uas lawv xav tau thoob plaws hauv cov txheej txheem.

Tus nqi sib txawv raws li cov kev pabcuam muab. Hospice care muaj kev pab them nqi ntawm Medicare, Medicaid, thiab feem ntau nawm cov private insurance, HMOs, thiab lwm lub koos haum saib xyuas (managed care organizations).

Kev Pab Saib Xyuas Tsev Neeg Nraum Tsev

Muab ob hom kev saib xyuas nyob sab nraum tsev: Kev Saib Xyuas Neeg Laus / Kev Pabcuam Rau Lub Sijhawm luv.

Adult Day Care/Service

Adult Day Care/Service yog ib qho chaw uas tsis yog neeg nyob, muaj ntawv pov thawj hauv lub xeev muab kev lom zem thiab txhawb nqa cov kev pabcuam rau cov laus thiab/lossis cov neeg xiam oob qhab. Cov chaw zov neeg laus feem ntau muab zaub mov, nrog rau kev ua si/sib raug zoo / kev mus ncig ua si, thiab kev saib xyuas / zov. Qee qhov tshwj xeeb hauv Alzheimer's kab mob / Dementia, cov neeg uas muaj kev loj hlob tsis taus, lossis cov neeg laus tsis muaj zog. Feem ntau cov chaw Adult Day Care/Service ua haujlwm thaum nruab hnuab, hnuab Monday mus txog hnuab Friday.

Feem ntau, cov Adult Day Care/Service muab tus nqi ntxiv rau cov kev pabcuam xws li kev tu plaub hau, ko taw, da dej, thiab kev thauj mus los. Kev pab pub dawb thiab nyiaj txiag los ntawm pej xeeb thiab ntiag tug pab nyiaj rau qee qhov kev pab cuam hauv cov program no. Long-term care insurance, Veteran funding, Family Care, los yog IRIS tej zaum yuav them ib co ntawm cov nqi saib xyuas tsev neeg. Yog xav paub ntxiv, hu rau ADRC ntawm (920) 448-4300.

Short-Term Respite Care

Kev pabcuam rau lub sijhawm luv yog ib qho kev pabcuam los ntawm cov tsev laus Community Based Residential Facilities (CBRFs) thiab tsev nursing home uas tso cai rau tus neeg xav tau kev saib xyuas tuaj yeem nkag rau lub sijhawm luv luv. Qhov no tuaj yeem muab cov neeg saib xyuas nrog kev so ntau heev. Qee tus neeg zov tsev neeg siv sijhawm so rau lub sijhawm luv luv tso cai rau lawv mus so, mus ncig ua lag luam, saib xyuas lawv tus kheej, los yog so ob, peb hnuab. Feem ntau cov tsev laus CBRF thiab tsev nursing home tau tiv tus nqi txhua hli uas tuaj yeem ua raws rau kev nyob sijhawm luv. Cov tsev laus CBRF thiab tsev nursing home lees txais kev them nyiaj txiag tus kheej, private insurance, Family Care, IRIS, Medicare, thiab Medicaid.

Difference Between a CBRF & Nursing Home

Lub tsev laus CBRF yog ib qho chaw nyob (hom kev pab nyob) uas muab kev saib xyuas, kev tu tus kheej cov kev pab cuam (pab da dej, hnav khaub ncaws, noj mov, chav dej, tu cev, thiab kev txav mus los), thiab qee qhov kev saib xyuas neeg mob cov kev pab cuam rau cov neeg laus uas muaj kev tsis taus, kev puas siab puas ntsws, los yog Dementia uas tsis muaj peev xwm ua neej nyob ywj siab.

Cov tsev laus Nursing Home yog cov chaw muaj ntawv tso cai hauv lub xeev muab cov neeg nyob hauv kev saib xyuas 24-teev thiab cov kev pab tu tus kheej, tab sis tau nruab los muab kev pab tu neeg mob ntau tshaj cov tsev laus CBRFs. Lub tsev laus Nursing Home nyob rau lub sijhawm luv luv tsis yog lub sijhawm txwv. Yog ib tug neeg xav siv Medicaid nyiaj txiag, qhov chaw so yuav tsum muaj tsawg kawg yog 30 hnuab. Lwm cov nyiaj tau los: tus kheej them, Veteran nyiaj txiag, thiab Private Insurance.

Lwm Yam Kev Pab Nyob Hauv Tsev

Muaj lwm txoj hauv kev uas yuav pab muab sijhawm rau koj so, txo kev ntxhov siab, thiab paub tseeb tias tus neeg koj hlub muaj kev nyab xeeb. Nws yog qhov zoo uas muaj sijhawm rau kev mus xyuas uas tsis cuam tshuam los ntawm kev ua haujlwm.

Pluas Mov Noj Xa Hauv Tsev rau Cov Laus - ADRC Kev Pabcuam Noj Qab Haus Huv

Txawm hais tias ADRC Pluas Mov Noj Xa Hauv Tsev tsis muab sijhawm ntev rau koj so, lawv muab sijhawm so rau tus neeg zov tsev neeg los ntawm kev npaj zaub mov. Peb muaj cov neeg Volunteer uas pab xa puas zaub mov txhua hnuv, Monday txog Friday, rau cov laus lub tsev. Pluas mov noj xa hauv tsev yog muab rau cov neeg uas muaj hnuv nyoog 60 xyoo thiab laus dua uas npaj tsis tau zaub mov rau lawv tus kheej vim tsis taus, tsis muaj zog tawm daum tsev mus rau tom tsev noj mov lossis chaw noj mov hauv zej zog, lossis tsis muaj leej twg tuaj npaj zaub mov rau lawv. Cov neeg zov cov laus kuj txais puas mov noj tau thiab.

Kev ntsuam xyuas tib neeg ua los txiav txim txog kev tsim nyog thiab seb tus neeg ntawd puas xav tau lwm yam kev pab. Cov tib neeg muaj hnuv nyoog qis dua 60 xyoo uas muaj kev tsis taus xam phaj seb puas tsim nyog txais cov zaub mov xa hauv tsev. ADRC zoo siab txais tos nyiaj donation rau txhua puas mov noj. Yog tus neeg muab nyiaj donation tsis tau, yuav tsis cuam tshuam nrog nws txoj kev tsim nyog txais puas mov noj.

Cais Sijhawm Zov Tsev Neeg thiab Sijhawm Ua Hauj Lwm Kom Sib Npaug Zos

IYog tias koj ua haujlwm nraum tsev, tej zaum koj yuav tau hloov qee yam ntawm kev ua haujlwm kom nrhiav sijhawm rau lub luag haujlwm saib xyuas koj tsev neeg. Ntau tus neeg saib xyuas tsev neeg pom tias lawv yuav tsum tau hloov lawv lub sijhawm ua haujlwm, tuaj lig lossis tawm haujlwm ntxov, thiab hloov lawv txoj haujlwm.

Yog koj xav tau kev pab ntawm kev zov tsev neeg thiab kev ua haujlwm, tham nrog koj lub chaw hauj lwm Human Resource department. Saib seb koj tus tswv hauj lwm puas muaj ib qho kev pab saib xyuas neeg laus, Employee Assistance Program (EAP), lossis seb lawv puas cia koj ua hauj lwm hloov sijhawm tau yooj yim dua.

Yog tias koj xav tau sijhawm so ntawm koj txoj haujlwm saib xyuas tsev neeg, tej zaum Family and Medical Leave yuav yog qhov kev xaiv rau koj. Txoj kev cai Family and Medical Leave Act (FMLA) muab cov neeg ua haujlwm txog li 12 lub lis piam tsis them nyiaj, kev tiv thaiv txoj haujlwm ib xyoos. Txoj kev cai no kuj cia koj tuav kev pab ntawm pab pawg txiaj ntsig kev noj qab haus huv (group health benefits) thaum lub sijhawm so.

Pluas Mov Noj Xa Hauv Tsev rau Cov Laus - ADRC Kev Pabcuam Noj Qab Haus Huv

Ib tus neeg ua haujlwm tuaj yeem siv sijhawm 12 lub lis piam so rau cov laj thawj hauv qab no:

- Rau kev yug menyuam thiab saib xyuas menyuam
- Rau kev tso chaw nrog tus tub lossis tus ntxhais rau kev saws lossis tu menyuam
- Saib xyuas tsev neeg (tus txij nkawm, menyuam, lossis niam txiv) uas muaj mob hnyav
- Yuav so mus kho mob thaum tus neeg ua haujlwm tsis tuaj yeem ua haujlwm vim muaj mob hnyav

Muaj qee qhov kev txwv nyob ntawm seb muaj pes tsawg tus neeg ua haujlwm koj chaw hauj lwm thiab pes tsawg teev koj ua haujlwm. Koj tsis thas siv tag nrho 12 lub lis piam so tib lub sijhawm. Yog xav paub ntxiv txog Family and Medical Leave, mus saib hauv U.S. Department of Labor lub website ntawm: www.dol.gov/general/topic/benefits-leave/fmla.

Information is Power

ADRC offers resources to help you gain control and confidence in your caregiving role. These tools can support you in managing daily challenges and connecting with helpful services. You can also find guidance on how to advocate for yourself and your loved one. There are many ways to learn more, including speaking with ADRC staff, visiting their website, or exploring their caregiver resource library.

Aging and Disability Resource Center

The Aging and Disability Resource Center (ADRC) provides information and support for caregivers through flexible meeting options, including phone, online, in-office, or home visits. A wide range of caregiver resources is available in their online Resource Library under the “Caregiving” section at adrcofbrowncounty.org/caregivers.



Keu Xaiv Nyiaj Txiag

Keu saib xyuas tsev neeg hauv tsev uas muaj hnuv nyooq lossis muaj kev tsis taus yuav raug nqi ntau. Hauv qab no yog ib daim ntawv teev cov kev pab cuam muaj los pab cov neeg zov tsev neeg. Qee qhov kev pabcuam yuav tso cai them nyiaj rau tus neeg zov tsev neeg thiab qee qhov kev pabcuam tuaj yeem muab kev pab them nqi kho mob rau cov neeg zov tsev neeg.

Medicaid

Lub xeev Wisconsin Medicaid yog ib qho kev koom tes ntawm tsoomfwv thiab lub xeev uas muab kev pabcuam kev noj qab haus huv, kev saib xyuas mus sij hawm ntev, thiab lwm yam kev pabcuam kho mob rau cov neeg nyob hauv Wisconsin. Muaj ntau hom kev pabcuam Medicaid. Txhua hom Medicaid muaj cov kev cai sib txawv uas koj yuav tsum ua kom tau raws li qhov tsim nyog rau qhov kev pabcuam. Cov kev pab txhawb tag nrho Medicaid tuaj yeem muab kev pab them nqi kho mob hauv tsev, cov kev pab so, thiab kev saib xyuas lossis cov neeg lawv hlub tuaj yeem tsim nyog tau txais Medicaid. Hu rau ADRC ntawm (920) 448-4300 yog xav paub ntxiv.

Cov Long-Term Care program hu ua Family Care, IRIS, thiab Partnership los pab kom cov neeg xiam oob qhab thiab cov neeg laus muaj kev ywj pheej raws li qhov ua tau hauv zej zog los ntawm kev pab nyiaj txhawb nqa lawv xav tau. Yog xav paub ntxiv txog kev tsim nyog lossis cov lus nug txog txoj haujlwm, hu rau ADRC ntawm (920) 448-4300.

Medicare

Medicare yog ib qho kev pov hwm kev noj qab haus huv hauv tebchaws Meskas, tswj hwm los ntawm Centers for Medicare & Medicaid Services. Muaj ntau txoj hauv kev uas ib tus neeg tuaj yeem tau txais lawv qhov kev pab Medicare thiab kev pab them nqi raws li txhua qhov kev xaiv. Hu rau ADRC ntawm (920) 448-4300 yog muaj lus nug txog koj qhov kev pab Medicare.

Cov Qub Tub Rog

Yog tias koj tsev neeg yog ib tug qub tub rog los yog tus txij nkawm ntawm ib tug qub tub rog, tej zaum yuav muaj nyiaj los ntawm Department of Veteran Affairs. Nrog Brown County Veterans Service Office tham ntawm (920) 448-4450 yog xav paub ntxiv txog cov kev pab rau cov qub tub rog.

Children's Long Term Care (CLTS)

The Children's Long-Term Support (CLTS) Program provides services and support to help children with disabilities live their best lives at home and in the community. Funded through a Medicaid waiver, CLTS supports children with physical, developmental, or mental health disabilities. To qualify, a child must be under 22, eligible for Wisconsin Medicaid, live in an approved setting, and complete an eligibility screening. Services are based on the child's specific needs, disability, and required level of care. Contact CLTS at (920) 448-7884.

Cov Kev Xaiv Nyiaj Txiag (Txuas Ntxiv)

Lub hom phiaj ntawm Caregiver Support Programs xws li Alzheimer’s Family Caregiver Support Program (AFCSP) thiab National Family Caregiver Support Program (NFCSP) yog muab nyiaj pab dawb los pab cov neeg zov tsev neeg saib xyuas muab kev pabcuam hauv zej zog. Cov nyiaj no yog siv los ntawm cov neeg tsim nyog los yuav cov khoom thiab cov kev pabcuam uas yuav txhawb nqa lawv hauv kev saib xyuas lawv tsev neeg hauv lawv lub tsev ntev li ntev tau. Cov nyiaj raug txwv rau ob qho program tib si thiab yuav tsum xam phaj rau cov program no.

Kev txhawb nqa los ntawm cov nyiaj no muab kev pab rau tus neeg zov tsev neeg rau ntau yam kev pabcuam:

- Kev pab nyob hauv tsev (khiav haujlwm, npaj puas noj)
- Kev tu vaj tu tsev (kev tu tsev, txiav nyom, kho vaj tsev)
- Adult Day Programs thiab kev thauj mus los (Chaw zov cov laus)
- Kev saib xyuas tsev neeg (pab hnav khaub ncaws, da dej)
- Ua khub / Ntaus kev phooj ywg

Alzheimer Family Caregiver Support Program (AFCSP)

Lub program AFCSP yog lub xeev cov nyiaj pab kev pabcuam tsim los pab cov neeg zov tsev neeg uas muaj Alzheimer’s kab mob los yog lwm yam Dementia/tem toob. Kev tsim nyog rau qhov program yog nyob ntawm tus neeg tau txais kev saib xyuas:

- Tus neeg tau txais kev saib xyuas thiab tus txij nkawm cov nyiaj tas nrho ua ke
- Tus kws kho mob kuaj xyuas
- Tus neeg tau txais kev saib xyuas tseem nyob hauv tsev
- Tus neeg tau txais kev saib xyuas tsis tau txais nyiaj ntawm cov Long-term care program xws li Family Care, IRIS, los yog Partnership



“When I was starting to feel anxious about how to provide more in-home care for dad, ADRC led me to the Alzheimer’s Family Caregiver Support Program, which helped immensely in the short term to offset some costs so my Dad could get more care. I can’t tell you what a relief having those funds has been. Every little bit helps, and I’m so appreciative of the AFCSP funding and all the caregiver specialists at ADRC!”

-Melanie

National Family Caregiver Support Program (NFCSP)

Lub program NFCSP yog ib qho kev pab cuam los ntawm tsoomfwv uas muab me ntsis nyiaj los pab cov neeg zov tsev neeg nrhiav thiab tswj cov kev so rau lub sijhawm luv luv rau tus neeg zov tsev neeg thaum lawv saib xyuas tsev neeg nyob hauv tsev. Qhov kev pab cuam NFCSP muab rau txhuas tus neeg zov tsev neeg txawm hais tias lawv tsev neeg muaj tus mob li cas, nrog:

- Cov neeg saib xyuas tsev neeg
- Niam tais yawm txiv lossis cov neeg laus uas saib xyuas cov menyuam yaus hnuv nyoog qis dua 19 xyoos
- Cov niam tais yawm txiv lossis cov txheeb ze uas saib xyuas cov menyuam xiam oob qhab muaj hnuv nyoog 19 xyoos mus rau 59 xyoos.



"The NFCSP funding has been so valuable and we truly appreciate the ability to get this funding to help with my parents care. They are trying to stay in their home at this point and this funding allows them to get little extra help to do so. Teri and ADRC staff have been a wonderful resource for our family and have made this process seamless."

-Sarah

Respite Care Association of Wisconsin (RCAW)

Family caregivers of individuals who have long-term care needs and supports with personal care, supervision, and monitoring, find themselves in need of respite from their caregiver responsibilities.

- **Caregiver Respite Grant Program (CRGP)**– the purpose of this caregiver respite grant program is to meet planned and/or unplanned emergency respite care.
- **Supplemental Respite Grant Program (SRGP)** - supports a variety of ongoing needs such as housekeeping, yard work, technology, sensory items, and more.

There are qualification guidelines for each of these programs. Please call ADRC at (920) 448-4300 to learn more and to apply.

21 lus qhia rau cov neeg zov tsev neeg

1. Muaj kev pab nyob hauv zej zog – hu thiab nrhiav!

Muaj ntau yam kev pab cuam uas tuaj yeem pab koj thiab koj tus hlub. Hu rau ADRC los tham txog koj qhov xwm txheej.

2. Tsim kev txhawb nqa thiab tham nrog ib tus neeg txog koj txoj kev xav thiab qhia seb koj ho nyob li cas.

Tej zaum tus neeg koj tham nrog yog koj tus phooj ywg, tsev neeg, koj txij nkawm, pab pawg neeg pab tswv yim, tus counselor, los yog lwm tus neeg uas koj xav tham nrog. Tsis txhob zais koj txoj kev xav hauv lub nruab siab vim yuav ua rau koj muaj kev nyuaj siab, kev chim siab, thiab kev kub ntxhov.

3. Nrhiav sij hawm so txhua hnuv.

Txawm tias koj muaj 10 feeb xwb, siv lub sij hawm nyeem phau ntawv, mloog nkauj, pw hauv chav nyob ntsiag to, lossis lwm yam uas so kom pab txhim kho koj txoj kev noj qab haus huv thiab txo kev ntxhov siab.

4. Siv sij hawm so kom tau sijhawm rau koj tus kheej.

Qhov no tuaj yeem txhais tau tias nrhiav ib tus neeg los pab thaum koj tau sij hawm rau koj tus kheej. Qhov no yuav cia koj nrhiav kev saib xyuas koj tus kheej, tswj tus cwj pwm noj qab haus huv, thiab pab koj txo kev ntxhov siab.

5. Pw kom txaus.

Yog tias koj tsis tuaj yeem tau pw 8 teev tag nrho, pw tsaug zog thaum nruab hnuv. Qhov no yog ib qho tseem ceeb rau koj tus kheej noj qab haus huv thiab pab kom tsis txhob muaj kev kub ntxhov. Koj tsev neeg yuav tau txais txiaj ntsig thaum koj tau so zoo, thiab.

6. Qoj Ib Ce.

Qhov no tso tawm peb cov endorphins hauv peb lub hlwb uas pab peb zoo siab. Kev qoj ib ce kuj yog ib txoj hauv kev tso tawm kev ntxhov siab. Tej zaum koj y uav xav sim yoga uas yog ib txoj kev qoj ib ce uas pab txo koj kev ntxhov siab. Nco ntxoov xyuas nrog koj tus kws kho mob ua ntej pib qhov kev qoj ib ce kom paub tseeb seb puab zoo rau koj.

7. Noj zaub mov kom zoo.

Kev noj qaub mov kom zoo yuav ua rau koj noj qab haus huv thiab muaj zog.

8. Haus dej kom txaus.

Thaum koj haus dej txaus, koj lub cev yuav muaj zog ntau dua thiab yuav pab tshem cov roj ntshav tsis zoo ntawm koj lub cev.

9. Lees paub tias koj yog tib neeg xwb, es koj yuav ua tsis tau ib puas tsav yam thiab yuav muaj tej thaum uas koj yuav ua yuam kev.

Yog koj npaj siab yuav ua ib puas tsav yam kom tau, tsuas yuav ntxiv rau koj kev ntxhov siab. Koj yuav tsum hlub koj tus kheej thiab.

10. Ua tej yam raws li koj tus kheej nyiam thiab nrhiav sijhawm rau cov khoom no txhua hnuv.

Qhov no tsuas yog 10 feeb ntawm kev ua qhov koj nyiam thiab yuav pab tswj koj lub siab lub ntsws thiab lub cev kom zoo.

11. Kawm txog koj tsev neeg txoj kev mob kev nkeeg.

Thaum koj paub ntau dua txog koj tsev neeg kev mob kev nkeeg, koj yuav muaj peev xwm tswj tau kev pab hnuv no thiab rau yav tom ntej. Ntau lub koom haum muaj cov ntaub ntawv thiab kev txhawb nqa rau cov neeg muaj mob thiab lawv tsev neeg/cov phooj ywg.

Qee qhov koom haum yog: Vivent Health of Wisconsin, ALS Association, Alzheimer's Association, American Cancer Society, American Diabetes Association, Autism Society, National Multiple Sclerosis Society, thiab Wisconsin Board for People with Development Disabilities.

12. Khaws koj tsev neeg daim ntawv kho mob.

Sau ib daim ntawv teev npe tshiab ntawm txhua cov tshuaj, cov vitamins, thiab cov tshuaj over-the-counter. Nov yog qhov chaw zoo los sau cov lus nug, kev txhawj xeeb, kev hloov uas koj pom hauv koj tsev neeg, thiab sau ntawv uas koj xav tau thaum tham nrog kws kho mob. Nqa cov ntaub ntawv kho mob nrog koj thaum koj coj koj tsev neeg mus ntsib lawv tus kws kho mob

13. Sau ib daim ntawv teev cov khoom uas koj xav tau los yog yuav kom pab ua koj lub neej yooj yiim dua.

Thaum ib tug nug, "Puas muaj ib yam dab tsi uas kuv pab koj ua?" qhia daim ntawv no rau lawv. Ntau zaus tib neeg xav pab tab sis tsis paub yuav ua dab tsi. Muab ob peb yam khoom rau lawv xaiv los ntawm daim ntawv thiaj yuav ua rau nws yooj yim dua rau neb ob leeg.

14. Qhia lwm tus seb koj xav tau kev pab dab tsi.

Yog tias koj tsis qhia rau lwm tus paub tias koj xav tau kev pab, lawv yuav tsis paub.

15. Txais kev pab.

Qhov no feem ntau nyuaj vim peb xav tias peb tsuas yog cov uas tuaj yeem saib xyuas peb tsev neeg lossis peb xav tias kev lees txais kev pab yog qhov qhia txog kev ua tsis taus. Qhov tseeb yog, lwm tus muaj peev xwm saib xyuas koj tsev neeg, thiab thaum koj txais kev pab txhais tau tias koj muaj zog vim tias koj nkag siab tias qhov tseem ceeb ntawm koj tus kheej kev noj qab haus huv.

16. Nrhiav kev kho mob rau koj tus kheej.

Tsis txhob hnov qab txog koj kev noj qab haus huv vim koj saib xyuas koj tsev neeg.

17. Teem caij rau Tsev Neeg Lub Rooj Sib Tham.

Tsev neeg cov rooj sib tham muab lub sijhawm rau cov tib neeg, lawv tsev neeg, thiab cov neeg saib xyuas sib tham thiab ua haujlwm ua ke los koom tes nrog txoj kev npaj thiab kev tawm tswv yim. Saib “Tuav Tsev Neeg Lub Rooj Sib Tham” kom paub txog yuav ua li cas npaj thiab tuav lub rooj sib tham. Yog tias muaj kev tsis sib haum xeeb, nws yuav pab tau koj siv ib tog neeg nruab

18. Cia kev lom zem hauv koj lub neej.

prab xws li tus social worker, counselor, lossis tus neeg nruab nrab los pab txhawb kev sib tham. Peb cov xwm txheej tsis yog kev lom zem, tab sis nws yog ib qho tseem ceeb kom muaj kev sib npaug ntawm peb txoj kev xav, thiab qhov ntawd txhais tau hais tias muaj kev lom zem thiab luag. Kev luag pab tso tej yam endorphins los txhawb peb tus ntsuj plig thiab pab txo peb cov kev ntxhov siab. Qhov no tuaj yeem yooj yim xws li thaum saib yeeb yaj kiab txaus luag lossis TV yeeb yam. Tej zaum koj xav saib cov yeeb yaj kiab txaus luag nrog koj tsev neeg uas

19. Nav thwm koj tus kheej rau tej yam uas koj ua tau zoo.

koj saib xyuas
Raws li cov neeg saib xyuas tsev neeg, peb nyiam tsom mus rau peb qhov “yuam kev” thiab tsis nav thwm peb lub zog.

20. Nrog lwm tus neeg saib xyuas tsev neeg tham.

Tsis yog koj ib leeg xwb! Txawm hais tias txhua tus neeg qhov xwm txheej txawv, muaj ntau yam kev paub thiab kev xav uas peb muaj thaum peb yog tus saib xyuas tsev neeg. Kev sib txuas nrog ib tus neeg uas nkag siab txog kev saib xyuas tsev neeg ho zoo li cas yuav pab txo kev ntxhov siab thiab txhim kho koj txoj kev xav. Muaj cov pab pawg neeg txhawb nqa ntau hauv zej zog. Yog tias koj nyiam pab pawg hauv online, Facebook muaj ntau pab pawg txhawb nqa rau ntau yam mob: mob hlwb, PTSD, kev mob kev nkeeg, kev tsim txom, kev ntxhov siab, thiab kev nyuaj siab, thiab ntau ntxiv.

21. Paub txog koj tus kheej kom cim tau thaum koj muaj kev nyuaj siab ua ntej koj muaj kev kub ntxhov.

Thaum koj cim tau tias koj nyuaj siab thaum ntxov thiab txheeb xyuas seb dab tsi ua rau koj nyuaj siab, koj thiaj li tshawb nrhiav txoj hauv kev los txo koj kev nyuaj siab ua ntej nws ua rau koj muaj

Advocacy

ADRC supports advocacy by keeping you informed about policy decisions that affect your life and by educating legislators about the real challenges caregivers face. Your voice is essential by sharing your personal experiences with services like meals, transportation, in-home care, and medications, you help lawmakers understand the importance of these programs. You don't need to be an expert just speak from your own experience.

Need Help Advocating? We're Here for You!

If you're unsure how to share your story or connect with legislators, ADRC is here to help! We'll guide you through the process, from crafting your message to finding your legislators and using our advocacy tools. Your voice matters, and we support you every step of the way. Learn more on our website at adrcofbrowncounty.org/advocacy-in-action or call us at 920-448-4300.

Connect with your Elected Officials

You can advocate by sending a letter or email, making a call, or scheduling a visit. Keep your message brief, include your contact info, and follow up with a thank you. Find your representatives and their contact details at www.usa.gov/elected-officials.

Make Your Voice Heard

Join a larger group organization that is visiting the capital (Madison or Washington D.C.) or a committee or board that focuses on caregiving, older adults, or adults with disabilities. Many voices together make a bigger impact!

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