

Family Caregiver Support Program

**Southeast Kansas
Mental Health
Center**



There are only four kinds of people in the world –
Those who have been caregivers
Those who are currently caregivers
Those who will be caregivers
Those who will need caregivers

Rosalyn Carter

Services - Bourbon and Neosho County

Counseling is available for family of caregivers in Bourbon and Neosho County. Therapists are available to meet with family caregivers at the Chanute or Fort Scott office locations.

The counseling is designed to help family caregivers reduce their overall stress level and cope with the complex emotions related to their caregiving role.

Family caregivers may be eligible to receive up to four sessions free of charge.

Purpose

The Family Caregiver Support Program is designed for family caregivers to help reduce the overall level of stress associated with caregiver responsibilities and to improve the ability to cope in a very difficult but often rewarding situation.

The program helps define the specific challenges caregivers face and provide resources and solutions to meet those challenges.

Are you struggling with:

- Loss of social network
- Change in identity
- Exhaustion
- Loneliness
- Feeling overwhelmed
- Family conflict
- Guilt
- Feelings of loss

These are common issues that family caregivers face every day.

Caregiving Statistics

Source: Caregiver Action Network

Family Caregivers provide a vast array of emotional, financial, nursing, social, home-making and other services on daily or intermittent basis.

More than 65 million people provide care of chronically ill or disabled or aged family members or friends during any given year.

Take Care of Yourself

- Believe in yourself.
- Protect yourself.
- Reach out for help.
- Educate yourself with vital information regarding your loved one's diagnosis and treatment options.

Breakfast Club & Lunch Bunch

Family Caregivers are invited to attend a breakfast or lunch in the following locations. Guest speakers are often on hand to discuss available resources. It is an opportunity for caregivers to get together, relax, and support each other. The meal is provided at no cost to family caregivers.

Bourbon County Breakfast Club:

The third Wednesday of each month held at
Papa Don's Pizza - 10 N Main St, Fort Scott KS - 9-10:30 a.m.

Neosho County Lunch Bunch:

The fourth Wednesday of each month held at
Opies Pizza 122 East Main St, Chanute KS - 11 a.m. -12:30 p.m.



The Family Caregiver Support Program is sponsored by the Kansas Department on Aging through: Southeast Kansas Area Agency on Aging (800)794-2440.

Family Caregiver Support Program is provided at no cost to family caregivers caring for family members over 60. Donations are accepted.

SEKMHC LOCATIONS AND CONTACT



CHANUTE
620.431.7890

FORT SCOTT
620.223.5030

GARNETT
785.448.6806

HUMBOLDT
620.473.2241

IOLA
620.365.5717

PLEASANTON
913.352.8214

YATES CENTER
620.625.2746

www.sekmhc.org | (866) 973-2241