

Friends & Family Resources

Caring for Caregivers



Strong support systems are essential to ensuring health and wellbeing for individuals as they age. Caregivers are a critical part of creating strong support systems.

All too often, however, caregiver needs are not addressed as part of a holistic approach to improving the lives of older adults.

While caregiving can be a deeply rewarding experience, caregiving requires significant demands of time and resources. Without adequate resources and supports of their own, caregivers are at risk for various physical and psychological issues, including burnout and even depression.

We are committed to providing caregivers the support they need to ensure not only their own health and wellbeing, but that of the person they are caring for.

From individual counseling to several support groups and legal advice, we invite you to explore how our team can help you and your family.

We are here to help. Explore our telehealth caregiver resources:

Caregiver 101 Support Group:

a comprehensive program including education workshops, case management, counseling and:

- ✓ Weekly support group meetings
- ✓ Special topic educational workshops
- ✓ Mindfulness sessions designed for the stress and needs of caregivers

Additional Support Groups:

- ✓ A support group for UofL and UofL Health current/retired employees
- ✓ My Health Matters: promoting individual, family and community health



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Call our Caregiver Hotline: 502-588-3322

or visit www.tragerinstitute.org/caregivers to learn about our caregiver supports