

Who is a **Family Caregiver**?



Are you helping someone by...

- Calling regularly to check in?
- Providing companionship?
- Buying groceries? Cooking meals?
- Setting up or giving medications?
- Attending medical appointments?
- Handling finances or other legal matters?
- Cleaning? Doing laundry?
- Providing transportation?
- Assisting with dressing, showering or mobility?
- Spending time handling crises and arranging assistance?
- Being responsible or on call 24/7?
- Providing hours of unpaid assistance?

If you answered **'Yes'** to any of these questions,
we call you a **family caregiver**.

Caregiving can be rewarding but also overwhelming. Answering **'Yes'** qualifies you to receive support at the Family Caregivers Center of Mercy. There is no cost. To learn more or request a confidential meeting, call **(319) 221-8866** or email fcgc@mercyare.org.