

# KIPDA Caregiver Program

## Caring For Loved Ones



For the Trager Institute's Caregiver Program we work to support individuals caring for a loved one that is 60 or older in Bullitt, Henry, Oldham, Shelby, Spencer, Trimble and Jefferson County in Kentucky.

*"The caregiver support group gives me a chance to talk with and listen to other caregivers. The therapists make me feel less alone, allow me to vent when things are really difficult, and give me ideas of how to make things easier."*

*-Caregiver testimonial*



Services are funded in part with funds awarded by KIPDA through the Department for Aging and Independent Living with fund from the U.S. Department for Health and Human Services.

## SUPPORT SERVICES

### Training

- Educational workshops based on your needs

### Support Groups

- Professionally facilitated
- Peer support from others in similar circumstances
- Share tips, advice, and resources

### Case Management

- Provide individualized resources for you or your loved one
- Support with the referral process

### Individual Counseling

- Safe space to discuss challenges or stressors as a caregiver

## CONTACT US

Call Caregiver Hotline: **(502) 588-3322**

Email: [misty.kupka@louisville.edu](mailto:misty.kupka@louisville.edu)

Learn More: [www.tragerinstitute.org/caregivers](http://www.tragerinstitute.org/caregivers)



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