

You Might Be a Caregiver If...

National Family Caregiver Month is coming up in November and this year the Wisconsin Family and Caregiver Support Alliance wants to celebrate statewide with the theme, “You Might Be a Caregiver If...” (*add your own ending - some examples below*)

- you were up at 3:00 this morning helping someone to the bathroom
- your house has more pill bottles than wine bottles
- you can pronounce medications with more than 10 letters

We chose this theme because it gives a real-life view of what caregiving is like. It encourages humor rather than promoting burden and recognizes the valued role and dedication of our state’s caregivers. And it gives caregivers a fun way to connect with each other as they add their own ending to the phrase.



Help Us!

Our goal is to come up with 30 punchlines to “You might be a caregiver if...” to post each day in November. See above example.

Please send your punchline and picture to wfacsa@gmail.com by **October 12** so they are ready to start posting on November 1.

At times a caregiver’s life can be serious and heavy. Let’s bring some smiles throughout the month of November!