

4 Korner's Family Resource Center would like to make **Caregiving Information and Support** available to the English Community.

A Natural, or Informal, Caregiver is any person involved with the care of a loved one who requires extra attention, is ill, losing their independence, or has functional limitations whether emotional, psychological, or physical. Informal caregivers may be any age, but all caregivers need support!

Please fill out the following questions so that we may best accommodate you and drop off or mail completed surveys to 4Korner's by February 13, 2012.

Surveys can also be completed online at www.4Korner'scenter.org under the *Special Projects* tab.

Please circle your responses:

1. What days and times could you attend a caregiver's meeting?

Monday Tuesday Wednesday Thursday Friday Weekends Any day
Morning Lunchtime Afternoon Evening Anytime

2. What days and times would absolutely NOT work for you?

Monday Tuesday Wednesday Thursday Friday Weekends
Morning Lunchtime Afternoon Evening

3. How often would you like to meet?

Weekly Bi-weekly Monthly

Will you need respite care while at the information sessions? No Yes

If Yes, Details: _____

Some of the topics that will be covered include: Preventing exhaustion, Improving self-care, Decreasing guilt, Overcoming Life's ordeals, Tapping into Resiliency and more. Are there other topics you would like covered? No Yes
If Yes, please indicate:

Contact Information (optional): Only used to contact you for upcoming information and support sessions.

Name: _____

Email: _____ Telephone: _____

Thank you for taking the time to complete this survey