

Are you caring for a family member or friend? TCARE® Can Help You



Providing care for a family member or friend can be stressful and challenging. Just as every caregiving situation is unique, so is each caregiver.

What is TCARE®?

TCARE® (Tailored Caregiver Assessment and Referral) is a six-step process for supporting your needs as a caregiver. It starts with an assessment and results in a caregiver plan tailored especially for you. TCARE® reflects current knowledge and research about family caregiving. Potential benefits of TCARE® include:

- Reducing caregiver stress and depression
- Improving confidence and skills needed to provide care
- Fostering informed choice by families
- Improving the health of the older adult and caregiver
- Empowering older adults to stay in their homes and communities longer

TCARE® was developed by Dr. Rhonda J.V. Montgomery and colleagues at the University of Wisconsin-Milwaukee.

How do I get started?

Call 678.377.4150, ask to speak with a T-CARE® consultant, and arrange to meet with a consultant to identify your needs and develop a plan. The first visit is done in-person and can take an hour or more. Follow-up is available to check in and address changes over time. It can be done in-person, or via telephone or email.

Frequently asked questions:

Does a caregiver have to live with the care receiver to be able to be screened for TCARE®?

No. For the purposes of TCARE®, a caregiver is defined as a non-professional person who provides support/care to another individual. The caregiver does not need to live with the care receiver and could be providing care to a spouse/partner, parent, child, friend, or neighbor.

What should I do when a caregiver does not want to go through the TCARE® process?

A caregiver is not required to participate in TCARE®.

Is there a charge to participate?

No, there is no charge to participate.



Reports from participants:

"TCARE has helped me gain a better understanding about my role as caregiver and options for caring for my spouse."

"I am coping much better and more relaxed, so the care is better."