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FOR IMMEDIATE RELEASE

**IN HONOR OF NATIONAL CAREGIVER MONTH
THE INDEPENDENCE CENTER REMINDS CAREGIVERS TO SEEK SUPPORT**

COLORADO SPRINGS, CO, November 3, 2015 – The Independence Center offers families and caregivers of people with disabilities the opportunity to receive support and encouragement at the weekly Family/ Caregiver Encouragement Group held Thursdays from 5:30 – 7:30 PM at The Independence Center, 729 S. Tejon St, Colorado Springs, CO 80903.

November is National Family Caregivers Month and Caregiver Action Network (CAN) has designated the theme as “Respite: Care for Caregivers.” Caregiving can be a thankless, relentless job. The Independence Center has created a place of respite for caregivers and family members to take time out of caregiving to care for themselves.

One family caregiver who prefers to remain anonymous shared that despite long days of caregiving for her daughter, she doesn’t miss this time to connect with others who face similar challenges. Connecting with the group has encouraged her to see the positive strides that have been made and acknowledge the work that both she and her disabled daughter have done and how far they’ve come. While there is still work to be done, giving credit where credit is due and focusing on the positives have helped shape her new perspective of caregiving.

“I finally made contact with The Independence Center and started coming to the Thursday Family/ Caregiver Encouragement group. I needed help....some pieces were missing,” this mother who is caregiver for her daughter shares how she became acquainted with the group after many years of caregiving without support. “Coming to The Independence Center has helped me navigate with a different way of thinking.”

The Family/ Caregiver Encouragement group has helped this caregiver formulate four words of wisdom that she would give to anyone navigating the journey of caregiver to a family member. If she could leave a legacy for other caregivers to embrace, it would be:

- 1) Go with your gut.
- 2) Seek counsel and advice.
- 3) Get someone in your corner.

- 4) Make the time to step out and rest.

The Family/Caregiver Encouragement group meets every Thursday from 5:30 – 7:00 PM at The Independence Center, 729 S. Tejon St, Colorado Springs, CO 80903. Caregivers or family members of a person with a disability are invited and encouraged to attend.

About The Independence Center

The Independence Center is a local nonprofit organization that provides traditional and self-directed home health care, independent living, and advocacy services for people with disabilities. These services range from providing peer support, skills classes, and employment assistance to individual and systems advocacy. The IC's mission is to work with people with disabilities, their families, and the community to create independence so all may thrive.

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