



DO YOU WORK WITH FAMILY CAREGIVERS?

Invite them to participate in the **CAREGIVER POSTCARD PROJECT!**

The **Caregiver Postcard Project** is an opportunity to lift up the voice of caregivers to help YOURSELF (for once!!) with:

- Using art as a quick tool for your caregiving journey
- Identifying moments of joy in one of the hardest jobs a person can have
- Sharing an “in the moment” struggle
- Finding gratitude for a resource, conversation, helping hand, etc.
- Contributing to public art & academic research to raise awareness about family caregiving experience

It's simple -

1. Take a card, capture a thought/picture/poem/collage ANONYMOUSLY to help bring your caregiving experience from the “inside” to the “outside.”
2. Pop it in the mail, and it will help inform traveling public art pieces, legislators/policymakers, and academic research.
3. Want to go digital? We can do that, too! Check out our [website](#) or Scan the **QR Code** on the postcard!



HOST A CAREGIVER CONVERSATION CENTERED AROUND THE POSTCARDS:

Conversations with caregivers about these postcards—about their joys, struggles, and gratitudes in the caregiving role—are transformative for caregivers because they let them feel seen. The conversations also help give caregivers a voice in the work that YOU do in the community and policy. If you want to make space for these conversations in your community, please contact Dr. Kristin Litzelman at litzelman@wisc.edu to order postcards.

Interested in bringing Kristin Voss to facilitate the discussion/support group?

Kristin has been a professional classroom teacher and family caregiver to her daughter with special needs. Currently, she is an education consultant, family caregiving advocate, and the founder of the *Center for Caregiver Serenity*.

Contact Kristin Voss at kristinvoss6@gmail.com

****This would be an EXCELLENT event for November - National Family Caregiver Month****

Who is running this project?

This project is led by Dr. Kristin Litzelman, a faculty member at the University of Wisconsin-Madison, and Kristin Voss, an educational consultant and founder of the Center for Caregiving Serenity. The Wisconsin Family Caregiver Support Alliance is collaborating on this work. The Ira and Ineva Reilly Baldwin Wisconsin Idea Endowment is funding the project. To order postcards or ask questions, contact litzelman@wisc.edu or kristinvoss6@gmail.com