



Changing lives with the right resources, at the right time

TCARE® is based on 35 years of research by an international renowned researcher in the field of caregiving. TCARE® is recognized as the only evidence-based family caregiver support program (FCSP) in the country by the U.S. Administration on Community Living. TCARE® has been proven to reduce caregiver stress and clinical depression, delay or prevent out-of-home placement of the care recipient, reduce hospital stays & readmissions as well as increase uplifts or positive feelings associated with caregiving.

These positive impacts lead to significant decreases in healthcare costs.

TCARE® has been implemented in 19 states by over 250+ organizations & over 400+ care managers to serve over 50,000+ family caregivers.

Learn more at: [tailoredcare.com](http://tailoredcare.com)

At Wycoa: [www.uwyo.edu/wycoa](http://www.uwyo.edu/wycoa)  
Under the Products, Research and Services Tab



The mission of the Wyoming Center on Aging is to optimize the health of Wyoming's older adults and their caregivers through education, intervention, collaboration, and research.

University of Wyoming  
Wyoming Center on Aging, Dept 3432  
1000 E. University Ave  
Laramie, WY 82071

Phone: (307) 766-2829

Fax: (307) 766-2763

E-mail: [wycoa@uwyo.edu](mailto:wycoa@uwyo.edu)

[www.uwyo.edu/wycoa](http://www.uwyo.edu/wycoa)

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under Grant No. U1QHP28743, Geriatric Workforce Enhancement Program, \$2,549,927 with additional support from the John P. Ellbogen Foundation, Excellence Fund for Geriatric Education. This project is also supported, in part by grant number 90ADPI0013-01-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by ACL, HRSA, HHS or the U.S. Government.



Tailored  
Caregiver  
Assessment  
& Referral  
System

THE RIGHT RESOURCES,  
AT THE RIGHT TIME FOR  
EVERY UNIQUE  
CAREGIVING JOURNEY

TCARE® care consultants identify caregivers' risk of stress and burnout and equip family caregivers with the right resources and services based on tailored care plans for every unique caregiving journey.

Offered at:





## What are family caregivers saying about TCARE®?

I can't tell you how much this meant to me. It's the first time in a long time that I didn't feel alone in this process... As a caregiver, for the first time in six years, I felt hopeful that I was not alone!

- **Washington Caregiver**

I recommend TCARE to anyone I meet who is a caregiver. Since using TCARE, I realized that I am a caregiver, not just a wife.

- **Georgia Caregiver**

Finally someone is asking me the right questions.

- **Washington Caregiver**

---

# TCARE

## How does TCARE® work & how do you get started?

Every family caregiver starts with a prescreen to identify their level of stress & caregiving burnout risk. Based on the results, they may be connected with a certified TCARE® care consultant— who uses the TCARE® system to create a tailored care plan to support their caregiving journey.

Our comprehensive assessment takes into account not only the “what & how much” of daily caregiving but the emotional stress, identity change & other key social determinants of health that are proven to be leading indicators of caregiver burnout.

TCARE® works with healthcare organizations, agencies & institutions to impact the lives of every caregiver & care-receiver.

**Contact the Wyoming Center on Aging today for more information or a consult!**

**wycoa@uwyo.edu**  
**307-766-2829**

## How will the TCARE® program help you?

Extensive research has shown that the TCARE® program can:

- ◆ Lower your stress
- ◆ Prevent or reduce depression
- ◆ Increase confidence and skills
- ◆ Reduce conflicts with your family member
- ◆ Help you communicate with other family members
- ◆ Improve your health
- ◆ Improve care for your family member
- ◆ Extend the time that you are able to care for your family member at home

