



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

At Wycoa: www.uwyo.edu/wycoa
Under the Products, Research and Services Tab



UNIVERSITY
OF WYOMING

College of Health Sciences
Wyoming Center
on Aging

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.

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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.



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Offered at:

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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

