

100+ WOMEN WHO CARE SUPPORTS FAMILIES OF CHILDREN WITH DISABILITIES

BY KIM TARNOPLSKI



Caring for a child with disabilities can be a rewarding yet challenging journey, filled with unique obstacles and moments of triumph. In Arizona, caregivers of children with disabilities find solace and support through Care 4 the Caregivers. This local nonprofit offers a range of services aimed at providing practical assistance, emotional support, and access to resources tailored to meet the diverse needs of caregivers.

Studies show that caregivers endure greater stress loads than parents raising typical children. These stressors result in PTSD-like symptoms. Unfortunately, resources to help caregivers with these symptoms are scarce. Care 4 the Caregivers' family service programs aim to strengthen families by building up their protective factors and teaching them positive parenting techniques.

Care 4 the Caregivers offers emotional support through counseling,

therapy, and support groups. These safe spaces provide caregivers with an opportunity to share their experiences, express concerns, and seek guidance from others who understand their journey.

The organization has also moved toward adding a mobile app to their existing suite of services. The app means increased ease of access for the caregiver who needs deeper self-care but only has a 15-minute window. Whether they need to meditate, do yoga, recenter themselves or brush up on a webinar series from the comfort of home, they can.

Care 4 the Caregivers stands as a beacon of support for caregivers of children with disabilities in Arizona. They are breaking the isolation that caregivers feel, creating events that enable them to get out of their house and back into the community.

In April, Michele Thorne shared the mission of Care 4 the Caregivers

with her 100+ Women Who Care Valley of the Sun group in Ahwatukee. The members were moved by her presentation and selected the charity to receive their quarterly donations. Care 4 the Caregivers was awarded \$15,750.

"Care 4 the Caregivers will use this donation to provide community events across Arizona. This year, we aim to create 350 opportunities for caregivers to connect, and this donation will support this goal," shared Thorne, Executive Director.

Since the chapter's inception in 2015, 100+ Women Who Care Valley of the Sun has donated over \$1.2 Million to local charities. To learn more or to register for their upcoming giving circle on August 13, 2024, visit <https://100wwcvalleyofthesun.org/>. Guests are welcome.

To learn more about Care 4 the Caregivers, visit <https://care4thecaregivers.org/>.



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