



## **Delaware Caregiver Action Network (DCAN): Talking Points**

### ***What is the Delaware Caregiver Action Network (DCAN)?***

- The Delaware Department of Health and Social Services (DHSS) created the Delaware Caregiver Action Network (DCAN) to support family caregivers of all types in Delaware.
- DCAN will bring together caregivers, so that they can advocate for their needs and discover community resources.
- This year, DCAN aims to expand. We invite caregivers from diverse backgrounds to join us. Together, we can learn about the needs of caregivers and improve supports for caregivers in the State.

### ***How do I know if I am a caregiver?***

- Are you helping someone with personal, medical, or emotional care?  
Do you cook, clean, or run errands for someone in need?  
Do you drive someone who can't drive themselves?  
If yes, you might be a caregiver.
- A caregiver is often a relative or close friend. They help someone with a chronic illness, disability, or limitation.
- Caregivers offer vital support. Yet, they face their own challenges. These include burnout, financial issues, and loneliness.

### ***How will participating in DCAN help me as a caregiver?***

DCAN offers a few benefits to caregivers:

1. The chance to advocate for service and resources needs up to the state level.
2. The opportunity to learn more about resources, services, and supports that can support caregivers.
3. The chance to connect with fellow caregivers and learn from each other's experiences.

### ***I already attend a caregiver support group, what is different about DCAN?***

- Caregiver support groups offer a space to share experiences and receive support.
- DCAN focuses on empowering caregivers. It provides education on available support and fosters collaboration to improve caregiving.
- DCAN members can share ideas directly with leaders to drive positive change.
- They can also learn about policies and laws affecting caregivers.
- DCAN meetings include advocacy activities, while events offer training and education to meet caregiving needs.

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## Delaware Caregiver Action Network (DCAN) Talking Points

### ***What is expected of me to participate?***

- DCAN welcomes all caregivers and does not have any attendance requirements.
- Interested? DHSS will add your email to our list for events and meetings.
- We'll also share important information and educational materials, including updates on programs or policies that may affect you.
- We encourage members to attend any event or meeting that fits their schedule.
- Want to be more involved in leadership or planning? Just email your name and contact information to [DHSS\\_DSAAPD\\_DCAN@delaware.gov](mailto:DHSS_DSAAPD_DCAN@delaware.gov).

### ***Can I invite other people? How do they sign up?***

- Yes! Caregivers can invite others to join DCAN.
- Anyone interested should email [DHSS\\_DSAAPD\\_DCAN@delaware.gov](mailto:DHSS_DSAAPD_DCAN@delaware.gov) to join the DCAN list. This way, they'll get updates on meetings and events.

### ***When are meetings?***

- DCAN meetings kick off in 2025, planned for January, February, and March.
- These meetings will create an action plan for DCAN's future. We welcome your thoughts and ideas.
- Meetings in 2025 will be online. Invitations will be sent via the DCAN list.

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