



Professional Caregiver Focal Point of Western Michigan
Resources and Caregiver Tools to use in your everyday work with caregivers

April 2010 – This month's edition provides links to free caregiver publications.

National Institute on Aging ■ ◆ ★ ✨

The National Institute on Aging provides a wide range of educational publications in both English and Spanish on topics related to caregiving. These user-friendly materials are available for free download at:

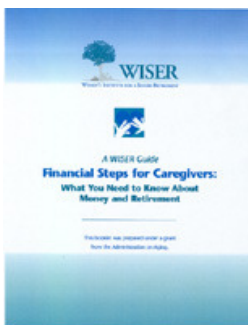
<http://www.niapublications.org/shopdisplayproducts.asp?id=29&cat=Caregiving>



Alzheimer's Disease Education & Referral Center

In 2009, the National Institute on Aging and ADEAR created a Caregiver Guide designed to assist those who care for individuals with Alzheimer's disease. This useful guide provides practical tips on diagnosis, communication, bathing, dressing, eating, activities, exercise, incontinence, sleep problems, hallucinations/delusions, wondering, home safety, driving, visiting the doctor, coping with the holidays, choosing a nursing home, and more. A copy of this publication is available in both English and Spanish for free download at:

<http://www.nia.nih.gov/Alzheimers/Publications/caregiverguide.htm>



Women's Institute For A Secure Retirement

Improving the long-term financial security of all women through education and advocacy.

[Financial Steps for Caregivers: What You Need to Know About Money and Retirement](#) is designed to help women to identify financial decisions that

they may face as a caregiver that can affect both their short-term and long-term financial security, including retirement. This educational publication can be downloaded for free at:

http://216.70.87.179/portal/index.php?option=com_content&task=view&id=55&Itemid=24

Please forward any interesting web address, resource, educational tool, book, event or conference information to Mike Faber (mfaber@grcc.edu) by the 1st of each month.