



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

August 2009 – This month's edition provides information on Caregiver Stress.

womenshealth.gov

The Federal Government Source for Women's Health Information

This educational website provides information on frequently asked questions related to caregiver stress. You can access this useful information at:

<http://www.womenshealth.gov/FAQ/caregiver-stress.cfm>

alzheimer's association

The Alzheimer's Association provides caregivers with helpful information on how to manage their stress level, and avoid potential physical problems and changes in behavior resulting from this stress. This informative web page can be accessed at:

http://www.alz.org/living_with_alzheimers_caregiver_stress_lwa.asp



This website provides information about *caregiver stress* from the American Academy of Family Physicians. Access these user friendly information at:

<http://familydoctor.org/online/famdocen/home/common/mentalhealth/stress/645.html>

WebMD

Better information. Better health.

The burden placed on caregivers is often forgotten, but their stress shouldn't be ignored. Hear one family's emotional story by watching this online video from WebMD. This useful web page also includes links to a number of helpful educational materials for family caregivers.

Access this video and linked materials at: <http://www.webmd.com/video/caregiving-stress>

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.