



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

June 2010 – This month's edition provides information and resources on Caregiver Stress, Depression, and Burn Out.



CAREGIVER DEPRESSION: Symptoms and Hope

Caregiver depression puts both the caregiver and care recipient at risk. The National Family Caregivers Association provides helpful information and resources on caregiver depression, coping strategies, and stress management at: http://www.thefamilycaregiver.org/improving_caregiving/depression.cfm



This user-friendly website provides a wide-range of information on caregiving and depression including content on self-care for the depression caregiver at: <http://www.everydayhealth.com/depression/caregiving.aspx>



An informative web page containing helpful information on caregiver stress, burnout, and coping strategies is available at: http://www.caregiversupport.org/caregiver_stress.cfm

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.