



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

May 2010 – This month's edition provides links to free caregiver resources and publications.



Care For The Family Caregiver: A Place To Start

Caregiving presents considerable challenges-physical, emotional and economic. There is no reason for family caregivers to suffer in silence. Emblem Health and the National Alliance for Caregiving have updated a wonderful resource for family caregivers; a booklet designed to provide an overview of the basic aspects and issues involved with caregiving. This useful booklet is available for free download at:

http://www.caregiving.org/data/Emblem_CfC10_Final2.pdf



Researchers at the MIT Workplace Center prepared this website as a companion to a Family Caregiver Handbook developed to assist the families and friends of Massachusetts elders in finding information and accessing services. Each section poses basic questions caregivers need to ask – and answer – as they design elder care plans and make elder care choices. This user-friendly website provides a wealth of information useful to family caregivers, and can be accessed at: <http://web.mit.edu/workplacecenter/hndbk/>

The MIT Workplace Center website at <http://web.mit.edu/workplacecenter/> also provides links to additional educational materials on caregiving.

Don't Forget That May Is Older American's Month!

Each year the Administration on Aging (AoA) issues a theme for Older Americans Month to assist the National Aging Services Network to plan for activities that might take place in May or throughout the year. This year's theme "Age Strong! Live Long!" recognizes the diversity and vitality of today's older Americans who span three generations. Access additional information at: http://www.aoa.gov/aoaroot/press_room/observances/oam/oam.aspx

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.