



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

August 2011 – This month's edition provides information on the value of Leisure Activities in Caregiving.



Needless to say, a caregiver's life is stressful. Since recreation and leisure are vital components for a healthy lifestyle, it is essential they be incorporated into the caregiver's natural rhythm of life. Through leisure and recreation, the caregiver can improve physical and emotional health, grow spiritually, and experience creative opportunities. Quality of life will be enhanced and, in turn, the caregiver will contribute to the quality of life of those they care for. Read more on this in an informative article by Janet Listokin a Certified Therapeutic Recreation Specialist at:
http://www.caregiver.com/articles/caregiver/rx_for_the_caregiver.htm



This web page from the University of Florida and AlzOnline provides links to hundreds of valuable caregiver fact sheets and resources covering a wide range of topics including Leisure Activities for caregiving. Check them out at:
<http://alzonline.php.ufl.edu/en/topics/>

Center on Aging Studies Without Walls

The Center on Aging Studies Without Walls, a joint venture between the Center on Aging Studies at the University of Missouri- Kansas City and University of Missouri Extension, has created an informative web page on Activity and Leisure. This web page can be accessed at:
<http://cas.umkc.edu/casww/sa/activity.htm#Overview:>

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.