



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

February 2012 – This month's edition provides new family caregiving information and data for Professional Caregivers.



An online webinar, produced by the American Psychological Association Office on Aging along with the U.S. Administration on Aging on September 14, 2011, entitled **Mental Health Needs of Family Caregivers: Identifying, Engaging and Assisting** is now available for viewing via their archive at:
<http://www.apa.org/pi/about/publications/caregivers/index.aspx>.

The American Psychological Association has also recently published an important synopsis of new caregiver stress data based on the latest *Stress in America* survey. This informative synopsis is available for free download at:
<http://www.apa.org/news/press/releases/stress/2011/health-risk.aspx>.



The National Alliance for Caregiving released their latest study on family caregivers of people with Alzheimer's disease at the November 2011 GSA conference. This study entitled [Caregiving Costs: Declining Health in the Alzheimer's Caregiver as Dementia Increases in the Care Recipient](#) shows a significant decrease in family caregiver health over time and increased personal healthcare costs, as their care recipient's dementia increases. The study was conducted by examining the use of formal health services in a large sample of Alzheimer's disease caregivers. The study is available on their website at www.caregiving.org.

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.