



# Caregiver Resource Network

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

May 2011 – In recognition of May as Older Americans Month this edition provides information on new resources for family caregivers.

**Go4Life**™ from the National Institute on Aging at NIH



***Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging***

This easy-to-read Guide, available in English and Spanish, is filled with useful information, sample exercises with detailed instructions, motivational real-life success stories, photos, worksheets for tracking progress, and tips on eating a healthy diet.

***Go4Life Everyday Exercises from the National Institute on Aging (DVD)***

This new DVD features exercises you can do at home, at work, in the gym, almost anywhere, as well as motivational tips and success stories.

Find out how to get your own copy of these two new free resources at:

<http://go4life.niapublications.org/exercise-guide-video>



**Alzheimer's Foundation of America**

With the nation facing a huge swell in the number of individuals with Alzheimer's disease and related illnesses, the Alzheimer's Foundation of America (AFA) recently unveiled an innovative, interactive "community of care" Web site that will help family caregivers meet other caregivers, learn about the brain disorder and connect "live" with experts. Access this valuable caregiver tool at: [www.carecrossroads.org](http://www.carecrossroads.org)

**A CAREGIVER'S GUIDE TO ALZHEIMER'S DISEASE**

[Medical Assistant.net](http://www.medical-assistant.net) provides an extensive list of resources for all those affected by Alzheimer's. From research to personal accounts, suggested activities to support networks, books, online resources, communities, and medical centers on Alzheimer's. Check them out at: <http://www.medical-assistant.net/alzheimers-resources>

Please forward any interesting web address, resource, educational tool, book, event or conference information to Mike Faber ([mfaber@grcc.edu](mailto:mfaber@grcc.edu)) by the 1<sup>st</sup> of each month.