



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

**November 2011 – This month’s edition provides information and resources for family Caregivers.**

**November is National Family Caregiver Month!**



Day in and day out, more than 65 million family caregivers in this country fulfill a vital role on the care team. No one else is in a better position to ensure continuity of care. Family caregivers are the most familiar with their care recipients’ medicine regimen; they are the most knowledgeable about the treatment regimen; and

they understand best the dietary and exercise regimen. National Family Caregivers Month is a time to thank, support, educate and empower family caregivers. For more information go to: [http://www.nfcares.org/national\\_family\\_caregiver\\_month/](http://www.nfcares.org/national_family_caregiver_month/)

## **AARP** Public Policy Institute

Health care reform offers new, meaningful supports to assist family and friends in their caregiving role. A new Fact Sheet, published by the AARP Public Policy Institute (PPI), highlights selected provisions in the Affordable Care Act that address caregivers in health care and in long-term services and supports. A copy of this new fact sheet can be downloaded at: <http://www.aarp.org/relationships/caregiving/info-10-2011/Health-Reform-Law-Creates-New-Opportunities-to-Better-Recognize-and-Support-Family-Caregivers.html>

## **The New Old Age**

**Caring and Coping**



Always an interesting and often entertaining read, Paula Span’s NYT “The New Old Age” blog of October 12, 2011 discusses the physical benefits of caregiving. Check it out at: <http://newoldage.blogs.nytimes.com/2011/10/12/caregivings-hidden-benefits/>

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.