



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

December 2009 – This month’s edition provides information on the effects of caregiver stress and burden. During the holiday season it is even more important than ever to educate family caregivers on how to take care of themselves.

About.com

Caregiver Burden and the Widower Effect

This web page contains an excellent article entitled “Caregiver’s Risk of Death Increases When Spouse is Hospitalized.” It also provides links to a number of additional articles related to caregiver support, social networks, health/wellness, and caregiver self-care. Access this web page at: http://seniorliving.about.com/od/healthnutrition/a/caregiver_risk.htm

Caregiver’s
HOME COMPANION

The Caregiver’s Home Companion web pages provide links to a wide-range of caregiver specific articles written by experts in the field. An informative article entitled “Need a Caregiver Timeout? Holidays + Caregiving = STRESS” is available at: <http://www.caregivershome.com/news/article.cfm?UID=2293>

EmaxHealth

Strategies That Teach A Caregiver To Manage A Loved One's Illness Also Helps In Coping With Death

A study published in the August 2006 issue of the American Journal of Geriatric Psychiatry found that “interventions aimed at helping the caregiver cope while the care-recipient was living also helped the caregiver cope with the recipient's death, preventing complicated grief and depression.” Read more at: <http://www.emaxhealth.com/26/6874.html>

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.