



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

**September 2009 – September is Healthy Aging Month, so this edition provides information on Caregiver Health and Wellness.**

# ThirdAge™

The ThirdAge website provides a wide variety of helpful tips, information, and resources designed to enhance and sustain caregiver health and well-being. You can access this useful information at: <http://www.thirdage.com/caregiving>

## **CARE for the FAMILY CAREGIVER: A Place to Start**

This informative booklet produced as part of The White House Conference on Aging (December 2005) provides basic information about many important and universal aspects of caregiving. This is accomplished through the sharing caregiver stories, tips, and resource information, including information on caregiver self-care and well-being. A free pdf copy of this caregiver guide booklet can be accessed at:

<http://www.hipusa.com/downloads/intwellness/CFC.pdf>



## ***September Is National Healthy Aging Month***

Healthy Aging Month is an annual observance during the month of September designed to focus national attention on the positive aspects of growing older. The main objective of Healthy Aging Month is to encourage local level events and promotion of individual Healthy Aging practices. The Healthy Aging website ([www.healthyaging.net](http://www.healthyaging.net)) is the official site of the Healthy Aging Campaign — a national ongoing health promotion designed to broaden awareness of the positive aspects of aging and to provide information and inspiration for adults, age 50+, to improve their physical, mental, social, and financial fitness. Help in improving physical, mental, social and financial fitness is especially important to family caregivers who often forgo their own health and well-being while caring for those they love.

**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.**