

**HENRY FORD HEALTH<sup>®</sup>**

# C.A.R.E. Program<sup>SM</sup>

(Caregiver Assistance Resources and Education Program)

Updated June 2025

# Who is a Caregiver?

A family member, partner, friend, or neighbor who provides *unpaid* assistance to another person.

- Caregivers help with activities of daily living or medical care.
- Care provided may be daily or as-needed
- Caregivers may be the same person or a different person from a family spokesperson, emergency contact, or durable power of attorney.





There are only four kinds of people  
in the world - those who have been  
caregivers, those who are caregivers,  
those who will be caregivers and  
those who will need caregivers.

— *Rosalynn Carter* —

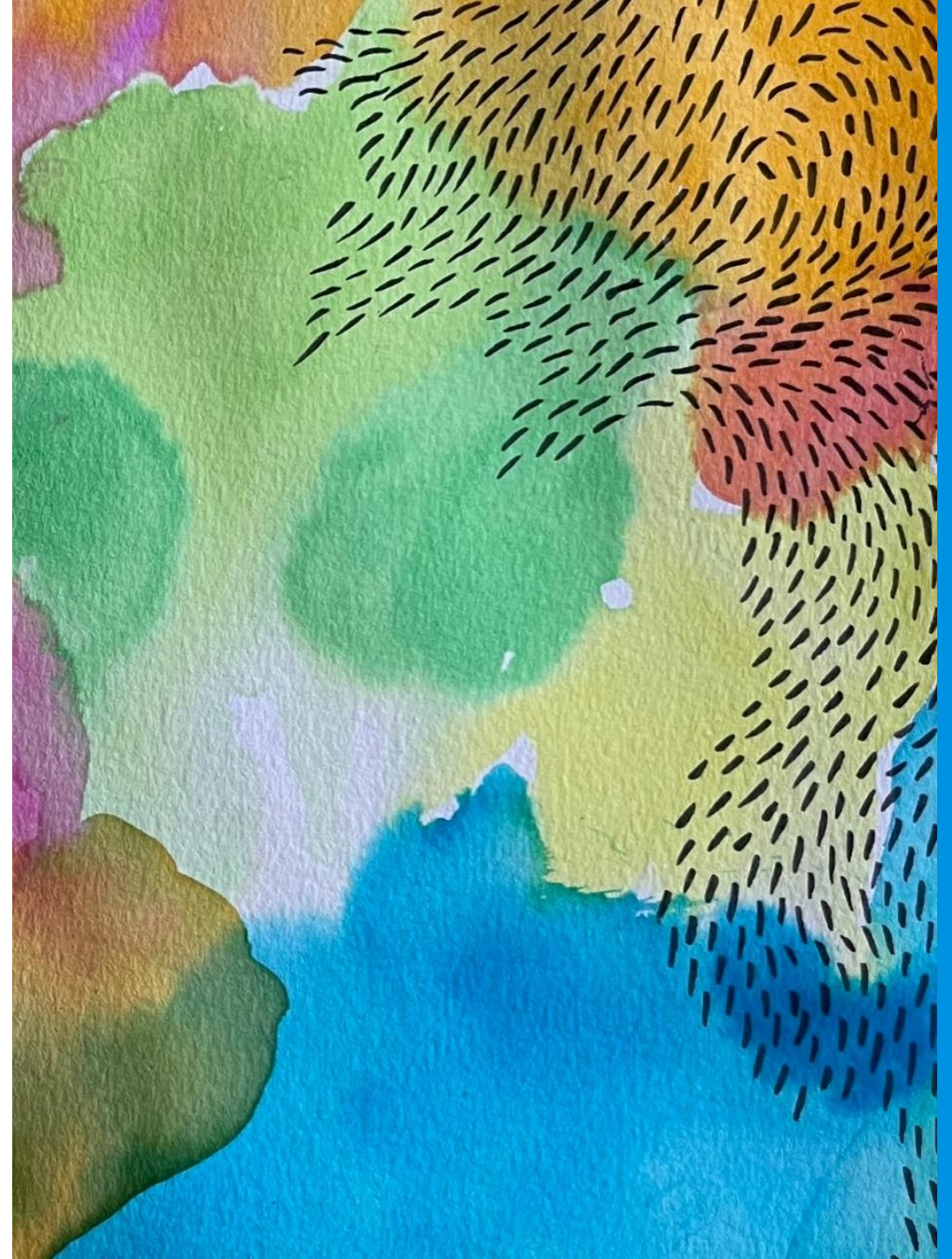
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<https://rosalynncarter.org/>

# C.A.R.E. Program<sup>SM</sup>

## Mission

- To assist family caregivers in identifying resources within their community that will help them to achieve better mental, physical, and social well-being. A diverse network of experts offer a wide range of support groups, educational classes, one-on-one individualized guidance, and self-care opportunities.



# Support Groups, Art Therapy, Education, and more!

- Virtual caregiver support group (Tuesdays at 11am)
- Monthly in-person support groups (Allen Park, Sterling Heights and HF Cancer-Detroit)
- Creative Mindfulness with Art sessions and Healing Power of Art sessions
- Advance Directives and Medical Durable Power of Attorney informational class
- Dementia related educational class
- Individual caregiver concierge consultations (we do not bill insurance or patient)
  - Contact form on website
- Custom classes for groups-churches and community organizations
- Website for more information: [www.HenryFord.com/FamilyCaregivers](http://www.HenryFord.com/FamilyCaregivers)
- Direct link to Class Information: [www.HenryFord.com/CaregiverWellness](http://www.HenryFord.com/CaregiverWellness)

# Tips for Wellness as a Caregiver

- Join a support group
- Keep a journal and carry it with you
- Take time to recharge yourself or do something you enjoy
- Try to delegate and accept help from others
- Get your legal affairs in order & prepare for your future
  - Advance Directives, Durable Power of Attorney for Health Care
  - Estate Planning, Wills, Trusts
- Set up a system to update people about your loved one's progress, without having to talk to each one individually
- Delegate someone to post updates via e-mails, group messaging, or social media networks
- Engage in an activity together with the person you care for that is enjoyable
  - Puzzles, crafting, walking, shopping, looking through old photos, making videos
- Ask questions of the medical team and write them down
- Ask the medical team if your contact information is in the medical record for the person you are caring for
- Ask the medical team what resources and support groups are available for caregivers
- Seek spiritual care
  - Hospital Chaplain
  - Personal spiritual advisor

# Get Connected



[www.HenryFord.com/FamilyCaregivers](http://www.HenryFord.com/FamilyCaregivers)



[CaregiverResources@hfhs.org](mailto:CaregiverResources@hfhs.org)

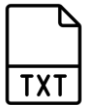


**866-574-7530**

**313-874-4838**



**Group name: *Henry Ford Health C.A.R.E. Program<sup>SM</sup>***



If you are a caregiver in need of support, you can text **TOUGH** to **741741** for free, 24/7 crisis counseling from the Rosalyn Carter Institute

**Join FB  
Group**

