

HENRY FORD HEALTH[®]

C.A.R.E.SM Program Overview

(Caregiver Assistance Resources and Education Program)

Who is a Caregiver?

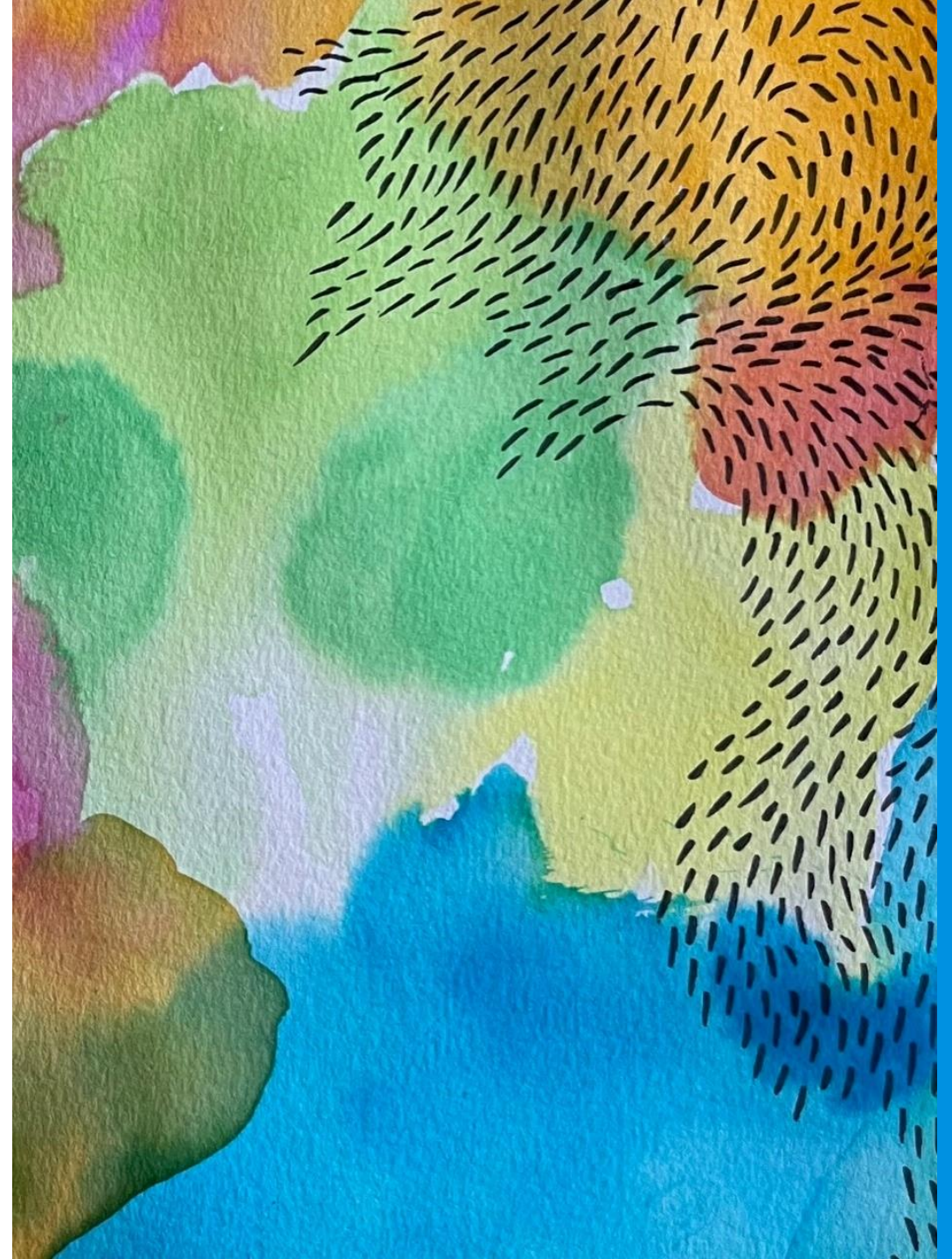
Informal caregivers provide regular care or assistance to a friend or family member who has a health problem or disability. This care is generally unpaid.

- Over 48 million caregivers in the U.S. (AARP)
 - Caregivers help with activities of daily living
 - Care given daily, weekly, or as-needed
 - May live with the person or not
 - Can be a different person than your durable power of attorney (DPOA)



C.A.R.E.SM Program Mission

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



Team of Caring

Team Members consist of:

- Registered Nurses
- Community Health Workers
- Social worker
- Art therapist
- Occupational Therapist

Available to:

- Henry Ford Health employees, patients, caregivers, and other people in the community
- Worldwide with an internet or phone connection



In-Person Support Group-Sterling Heights

- **Dates:** 3rd Monday of the month (not in July)
- **Time:** 5:30 p.m.
- **Location:**
 - Henry Ford Medical Center-Sterling Heights
 - 3500 15 Mile Rd.
 - 2nd floor Conference room A
- Facilitated by Carl Fraser, LMSW

In-Person Support Group-Allen Park



- **Dates:** 3rd Tuesday of the month (not in July)
- **Time:** 5:30 p.m.
- **Location:**

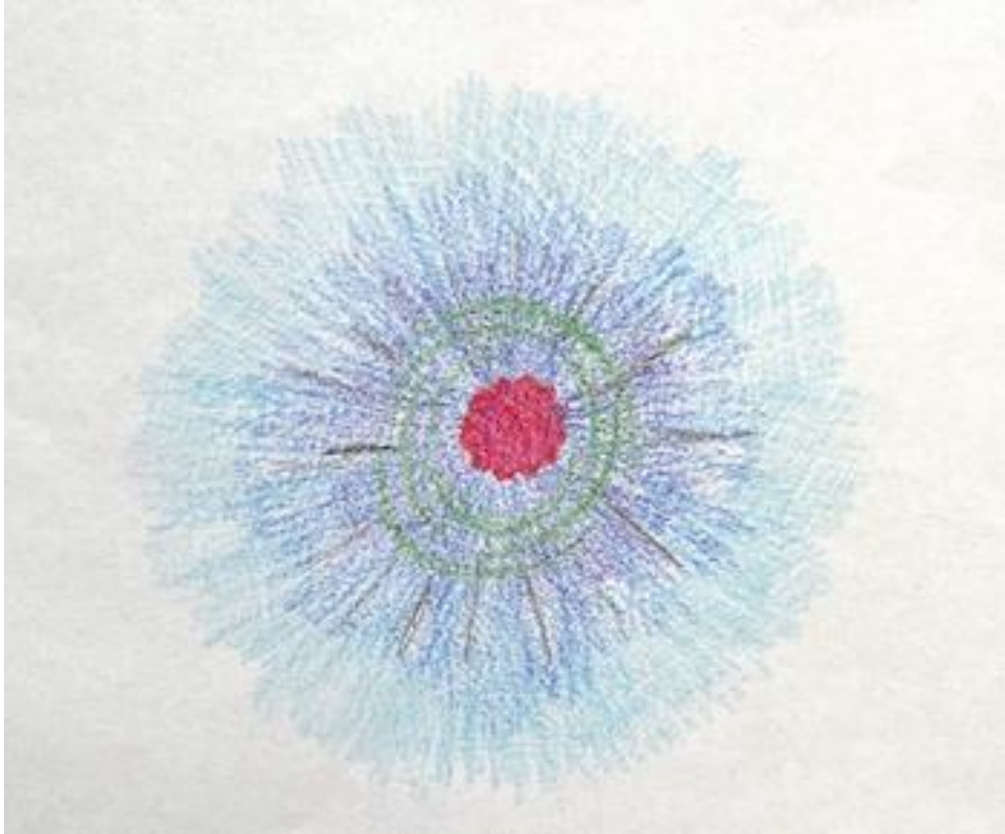
Henry Ford Rehabilitation-Allen Park
7445 Allen Road
Allen Park, MI 48101

Facilitated by Bridget Daly, OTRL

Class Schedule

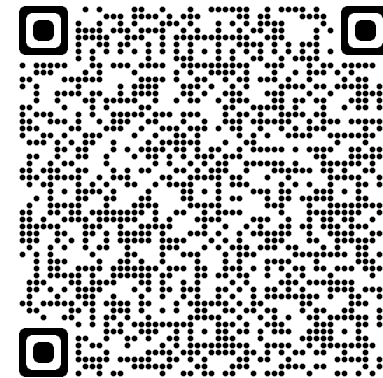
- Check out our online class schedule on our website. You will find all the up-to-date information about location, time, and links to join if offered virtually.
- Visit: www.HenryFord.com/CaregiverWellness

C.A.R.E. Connections Blog



- Weekly inspiration
- Using art to de-stress
- Websites and extra links
- 5-10 minutes to read

www.HenryFord.com/CareConnections



Employee Resource Groups (ERG)

- ERGs help Henry Ford Health achieve a significant competitive advantage by driving the organization's mission and diversity strategy, specifically by identifying ways to:
 - Increase revenue and reduce costs
 - Develop innovative, specialized products and/or services offered by Henry Ford Health
 - Recruit and retain diverse employee and physician talent
 - Meet the needs of diverse communities in which we serve
- **iCare4U ERG** helps to serve and support the working family caregivers at Henry Ford Health

Get Connected



www.HenryFord.com/FamilyCaregivers



CaregiverResources@hfhs.org

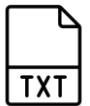


866-574-7530

313-874-4838



Group name: *Henry Ford Health
C.A.R.E.SM Program*



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

