

# Let Henry Ford Health make caregiving easier

Henry Ford Health has developed patient-centered resources for caregivers and their loved ones.

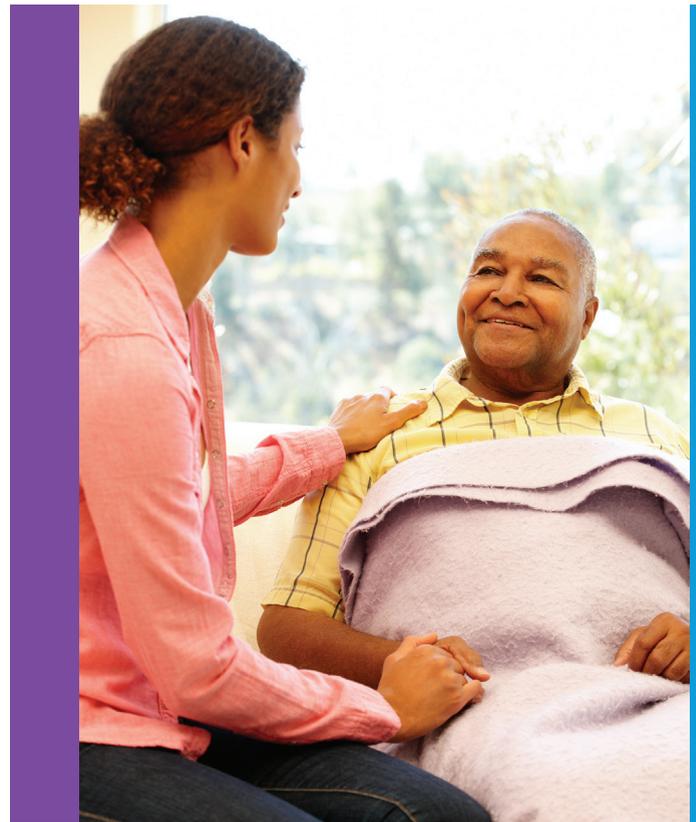
- A webpage of resources for all caregivers: [www.henryford.com/familycaregivers](http://www.henryford.com/familycaregivers)
- An email for you to ask caregiver-related questions: [CaregiverResources@hfhs.org](mailto:CaregiverResources@hfhs.org)
- A toll-free phone number you can call and speak to a C.A.R.E. Specialist: **866-574-7530**
- Virtual Support groups, Creative Mindfulness, educational topics, and other special events for caregivers can be found: [www.henryford.com/caregiverwellness](http://www.henryford.com/caregiverwellness)



Search for us in Facebook Groups, Henry Ford Health C.A.R.E. Program.

# HENRY FORD HEALTH<sup>SM</sup>

## Are you a family caregiver?



# HENRY FORD HEALTH<sup>SM</sup>

C.A.R.E. Program  
Caregiver Assistance Resources and  
Education Program<sup>®</sup>

At Henry Ford, we believe caregivers are valuable partners with the team that cares for your loved one.

## Are you a caregiver?

- Do you provide care for someone else?
- Do you help someone with their physical, emotional and/or financial support because they are unable to care for him/herself due to illness, injury or disability<sup>1</sup>?
- Are you a family member, spouse, life partner or friend of the person you are caring for?

If you answered yes to any of the above questions, then YOU are one of the estimated 53 million adult caregivers in the United States<sup>2</sup>.



## Tips for caregivers

Ways you can take care of yourself:

- Join a support group for caregivers
- Set up a support system for YOU
- Keep a journal and carry it with you
- Take time to recharge yourself
- Try to delegate and accept help from others
- 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, Facebook, CarePages.com, Lotsahelpinghands.com, Twitter, and other social media networks on the patient's progress
- Ask questions of the medical team
- Ask the medical team if your contact information is in the medical record
- Ask the medical team what resources and support groups are available for caregivers
- Try to maintain a sense of humor and a positive outlook



Source:

<sup>1</sup> Care for the Family Caregiver: A Place to Start, March 2010

<sup>2</sup> Caregiving in the USA, AARP Public Policy Institute, May 2020