

# Metropolitan Area Agency on Aging Working Caregiver E-News

September/October 2011

The *Working Caregiver E-News* contains resources and information for employers, human resource professionals, employee assistance program staff and employees. It is also available online. Download current and archived issues at: [www.tcaging.org/workingcaregiver/index.html](http://www.tcaging.org/workingcaregiver/index.html)

## Resources for Employers, Human Resources Professionals and Employee Assistance Staff

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### Help Employees Identify Themselves as Caregivers

Research shows that only 19% of family, friends and neighbors providing care to an older adult identify themselves as caregivers. Once caregivers identify, the likelihood that they seek support increases dramatically – support that can reduce their stress and improve their long-term health. The Capacity to Care campaign is designed to increase caregiver identification. Visit the website at: [www.whatisacaregiver.org](http://www.whatisacaregiver.org). If your company is interested in helping to share these caregiving messages through posters, flyers, and brochures, please contact Kirsten Johnson at [kirsten.johnson@wilder.org](mailto:kirsten.johnson@wilder.org)



### November is National Family Caregivers Month

The 2011 National Family Caregivers Month theme is "Identifying Family Caregivers."  
[http://www.thefamilycaregiver.org/national\\_family\\_caregiver\\_month/how\\_to\\_guides.cfm](http://www.thefamilycaregiver.org/national_family_caregiver_month/how_to_guides.cfm)

### Caregiver Communications Tool Kit

The Minnesota Board on Aging has developed a Tool Kit to assist you in reaching out to family caregivers and connecting them to services.  
<http://www.mnaging.org/advisor/caregiver.htm>

### Best Practices in Corporate Eldercare

The National Alliance for Caregiving is conducting a study of "best practices in corporate eldercare" and looking for innovative programs offered by employers to support employees with caregiving responsibilities. If you offer a unique, innovative or effective program in the workplace for family caregivers, please contact Russell Mark at [Russell@caregiving.org](mailto:Russell@caregiving.org)

### Safeguards Needed to Prevent Discrimination of Early Alzheimer's Patients in the Workplace

The changing tide of Alzheimer's diagnosis presents new challenges to the public, physicians and lawmakers: if you could find out your Alzheimer's risk, would you want to know? How should doctors tell you your risk? And what does it mean for the many newly diagnosed Americans still in the workplace?  
[http://www.uphs.upenn.edu/news/News\\_Releases/2011/09/safeguards/](http://www.uphs.upenn.edu/news/News_Releases/2011/09/safeguards/)

## Resources for Employees and Family Caregivers

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### When Eldercare Clashes with Childcare

How does one balance caring for aging parents while looking after kids?  
Read the article and 100+ comments at:  
<http://blogs.wsj.com/juggle/2011/09/06/when-eldercare-clashes-with-childcare/>

### **Surprise: You Might Get Elder Care Help At Work**

Employees who are stressed and distracted are not productive, so employers that understand this offer resources to help employees deal with day-to-day, emotional, and financial issues that accompany eldercare. <http://www.forbes.com/sites/financialfinesse/2011/09/22/surprise-you-might-get-elder-care-help-at-work/>

### **Caregiving's Hidden Benefits**

Could there be measurable benefits to your health and to your brain in particular, from being a caregiver? <http://newoldage.blogs.nytimes.com/2011/10/12/caregivings-hidden-benefits/>

### **The 40/70 Rule**

If you are 40 or your parents are 70, it is time to start observing and gathering information carefully and thoughtfully. Learn helpful tips on how to communicate with aging parents on sensitive subjects. <http://www.caregiverstress.com/family-communication/40-70/>

### **Caregiving Resources**

Obtain free resources and helpful tips on healthy aging and caregiving. <http://www.nia.nih.gov/HealthInformation/Publications/>

### **Communication Is Key to Better Health Care**

Questions are the Answer encourages clinicians and patients to engage in effective two-way communication to ensure safer care and better health outcomes. <http://www.ahrq.gov/questions/>

### **Ask Medicare**

Ask Medicare is a one-stop source of information and support for caregivers. If you are one of the nearly 66 million Americans caregiving for an aging, seriously ill, or disabled family member or friend, this website contains information and resources for you. <http://www.medicare.gov/caregivers/>

## **A Celebration of Caregiving Portraits & Stories**

An art. A profession.  
A trial. A blessing.  
A partnership. A journey.  
A commitment.

IndependenceFirst. (2007). A Celebration of Caregiving Portraits & Stories. WI: IndependenceFirst Press.



The Senior LinkAge Line® is your link to an expert! This free state-wide telephone information and assistance service makes it easy for older adults and their families to find community resources. With one call, seniors and their families can locate services available or obtain help evaluating their situation. Connections to resources for food or meal delivery, transportation, housing and nursing home options, chore services, education and recreation, employment, caregiver support, health insurance counseling, and much more are made by Information Specialists.

The Working Caregiver E-News is produced by the Metropolitan Area Agency on Aging. The resources in the E-News are chosen from a variety of sources to keep individuals informed of topics that affect employers and employees. If you would like to obtain the Working Caregiver E-News via email, or have comments or suggestions for future issues, please email [carewell@tcaging.org](mailto:carewell@tcaging.org). Current and past issues may be found at [www.tcaging.org](http://www.tcaging.org).



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