

## ***Fact Sheets***

Feinberg, L., & Houser, A. (2012). *Assessing Family Caregiver Needs: Policy and Practice Considerations*. AARP Public Policy Institute.

Available online:

[http://www.aarp.org/content/dam/aarp/research/public\\_policy\\_institute/ltc/2012/caregiver-fact-sheet-AARP-ppi-ltc.pdf](http://www.aarp.org/content/dam/aarp/research/public_policy_institute/ltc/2012/caregiver-fact-sheet-AARP-ppi-ltc.pdf)

*Caregiving and paid work*. Center on an Aging Society, Georgetown University, Washington, DC, Aug 2005; (4).

Available online:

<http://ihcrp.georgetown.edu/agingsociety/pdfs/CAREGIVERS4.pdf>

## ***News Releases***

Burling, S. Alzheimer's at work: on the job there's no memo telling bosses, clients and co-workers what to do. *Saint Paul Pioneer Press*. Jan 5, 2004; E3; City Edition, Express.

Carlson, J. Employers can help employee caregivers win on two fronts. *Wisconsin State Journal (Madison, Wisconsin)*. Dec 1, 2005; p. 36; Capital Region Business.

Curran, J. Caregivers of those with dementia need support at home and in the workplace. *The Asheville Citizen-Times*. Jun 8, 2004; p. 4H; WNC Health.

Dobkin, L. How to confront the eldercare challenge. *Workforce Management*. April 2007.

Available online (required free registration for login access):

<http://www.workforce.com/section/09/feature/24/85/10/index.html>

Shellenbarger, S. Companies can help employees cope with caring for parents. *The Wall Street Journal*. Jun 21, 2007; D1, Work & Family.

Available online.

<http://online.wsj.com/public/article/SB118238632450942787.html>

Steinberg, C. The next job perk: eldercare for parents. *The New York Times*. May 30, 1999. New York and Region.

Available online.

<http://query.nytimes.com/gst/fullpage.html?res=9C07E6DA1131F933A05756C0A96F958260&scp=1&sq=next+job+perk&st=nyt>

## ***Web Resources***

AARP Employer Resource Center

[http://www.aarp.org/work/employee-benefits/employer\\_resource\\_center/](http://www.aarp.org/work/employee-benefits/employer_resource_center/)

*Balancing Work and Care of Older Persons.*

<http://fyi.uwex.edu/balancingcare/>

This website sponsored by the University of Wisconsin-Extension Family Living Programs.

*(The) Caregiver Connection.* United Way of Waukesha County, WI; Diane Ordway

See resources listed under “Workplace” tab

URL: <http://www.thecaregiverconnection.org/>

*Caregiver employment status and time to institutionalization of persons with dementia.* Mark Oremus and Parminder Raina, Hamilton, ON: Social and Economic Dimensions of and Aging Population, 2007.

URL: <http://socserv2.socsci.mcmaster.ca/~sedap/p/sedap217.pdf>

*Caregiver Toolkit.* Family Caregiver Alliance, 2008.

This is a step-by-step resource filled with practical information and resources. It’s designed for program administrators and practitioners to: (1) sharpen your awareness of family caregivers as an at-risk population in need of assessments to determine their own physical, emotional and financial problems

and (2) give you new knowledge and skills so you can create and put to use a caregiver assessment that works in your particular practice setting.

URL: [http://caregiver.org/caregiver/jsp/content\\_node.jsp?nodeid=1695](http://caregiver.org/caregiver/jsp/content_node.jsp?nodeid=1695)

*Eldercare Locator.* Administration on Aging (AoA)

The Eldercare Locator is a public service of the U.S. Administration on Aging and is the first step to finding resources for older adults in any U.S. community. The service links those who need assistance with state and local area agencies on aging and community-based organizations that serve older adults and their caregivers.

Available online:

<http://www.eldercare.gov/>

*eXtension - Employed Family Caregiver Survey*

This is an educational partnership of more than 70 universities to help improve life every day with access to objective, research-based information and educational opportunities. Currently in development, the site has already launched several Communities of Practice including the Family Caregiving Community of Practice that was launched in February, 2008. On the Family Caregiving Community of Practice website, employers may access (via registration) the Employed Family Caregiver Survey developed by the University of Wisconsin Extension: <http://www.extension.org/pages/27975/employed-family-caregiver-survey>

*Eldercare Benefit Improves Job Focus. New Study: Corporate Eldercare Programs Improve Employed Caregiver Focus On Job.* Shelton, CT: LifeCare, Inc.; 2008.

An 18-month study on the impact of eldercare workplace programs.

Order report online at:

[http://lifecare.com/news/archives/study\\_0208.html](http://lifecare.com/news/archives/study_0208.html)

*Family Caregiving.* American Red Cross, 2008.

Family Caregiving is a quick reference guide with a companion DVD to assist individuals to care for an elderly or chronically ill loved one, learn basic caregiving skills and how to reduce stress and balance the demands of work and home. The guide costs \$24.95. Topics included in the guide are: Home safety;

Caregiving skills; Body mechanics; Personal care; Healthy eating; Caring for the caregiver; Legal and financial issues; Dementia; Caregiving Resources.

Available online:

<http://american.redcross.org/site/PageServer?pagename=FamilyCaregiving&JServSessionIdr007=p0i4oj1us1.app194a>

*Forging relationships with business.* Piktialis, D.S. Washington, DC: National Family Caregiver Support Program, 2004.

Includes eldercare options for companies.

*Living With Early-Onset Alzheimer's Disease.* Cleveland, OH: Cleveland Clinic, 2006.

Includes a brief section on career.

<http://www.cchs.net/health/health-info/docs/2400/2498.asp?index=9592%20>

*Sloan Center on Aging and Work – Literature database.* Chestnut Hill, MA: Boston College

Search under such topics as “Caregiving: Employer-sponsored benefits for..”

<http://capricorn.bc.edu/agingandwork/database/search/literature>

*White House Conference on Aging: testimony of Laurie T. Charest on behalf of Society for Human Resource Management (SHRM).* Washington, DC: Society of Human Resource Management, 2005.

This testimony summarizes the scope, impact, employer effort, benefit and opportunity for employers concerning workplace eldercare programs.

Available to members at:

<http://www.whcoa.gov/about/policy/meetings/Schmeiding/Charest.pdf>

*Women and caregiving: facts and figures.* San Francisco, CA: Family Caregiver Alliance, 2003.

Available online:

[http://www.caregiver.org/caregiver/jsp/content\\_node.jsp?nodeid=892](http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=892)

*Work and eldercare.* San Francisco, CA: Family Caregiver Alliance, 2003.

Available online:

[http://www.caregiver.org/caregiver/jsp/content\\_node.jsp?nodeid=413](http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=413)

*Workplace programs for family caregivers: good business and good practice.* San Francisco, CA: Family Caregiver Alliance, 2003.

The challenges of working caregivers and employer solutions and workplace program models are the focus of this report. It also looks at partnerships between employers and service providers.

[http://www.caregiver.org/caregiver/jsp/content\\_node.jsp?nodeid=953](http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=953)

*Workplace issues for caregivers.* Sykesville, MD: Copper Ridge Institute, 2006.

An interview program including podcast and transcript on insights into the challenges of caregiving persons with Alzheimer's disease while being employed.

[http://www.alzcast.org/pdf/transcript\\_wagner.pdf](http://www.alzcast.org/pdf/transcript_wagner.pdf)

<http://www.alzcast.org/podcasts.asp#pod2>

*Working Caregiver E-News* . Metropolitan Area Agency on Aging, Emily Farah-Miller.

Contains resources and information for employers, human resource professionals, employee assistance program staff and employees. Download current and archived issues at:

<http://www.tcaging.org/workingcaregiver/index.html>

## ***Caregiving Curricula***

### *Powerful Tools for Caregivers*

A six-week course for caregivers of older adults with Alzheimer's, Parkinson's and other disabling conditions (Boise, L., Congleton, L., & Shannon, K., 2005).. The class helps caregivers build communication skills, lower stress, set goals, make tough decisions, and communicate with family members and medical providers. Participants use relaxation and planning tools while learning to cope with anger and guilt, access community resources and solve problems. To become a class leader or

master trainer for PTC, contact Legacy Caregiver Services' Kathy Shannon [kshaoon@lhs.org](mailto:kshaoon@lhs.org) or at 503-413-6778 or Leslie Congleton [lconglet@lhs.org](mailto:lconglet@lhs.org) or at 503-413-7032.

More information: <http://www.uwex.edu/ces/flp/caregiving/education/powerfultools/index.cfm>

### *Caregiving Relationships for People Who Care for Adults*

A program implemented by the University of Wisconsin-Extension, in partnership with the University of Illinois-Extension, to offer a train-the-trainer workshop for professionals working with family caregivers. The curriculum focuses on reducing emotional pressures and strengthening relationships between caregivers and care receivers. Using 15 one-page brochures, participants learn about loss, facing fear, family dynamics in distance caregiving, taking care of yourself, elder care services and other topics. The curriculum can be used with groups or individually.

More information: <http://fyi.uwex.edu/familycaregivereducation/caregiving-relationships/>

### *Adult Children and Aging Parents: Conversations Between Generations*

The University of Wisconsin-Extension has adapted the Iowa State University curriculum "Adult Children and Aging Parents: Conversations Between Generations", for Wisconsin. Karen Goebel (Professor Emerita School of Human Ecology), Chris Kniep, Judy Knudsen, and Mary Brintnall-Peterson (Professor Emerita University of Wisconsin Extension) adapted it for use in Wisconsin. This curriculum focuses on the needs of whole families, and seeks to help families talk about and plan for changing needs in later life, increase family problem-solving skills and strengthen family relationships between generations. Adapted to reflect Wisconsin laws, "Adult Children and Aging Parents" helps participants explore questions about later-life legal, financial and housing needs and about understanding their family relationships. This curriculum can be taught in single-topic workshops or as an education series.

More information: <http://fyi.uwex.edu/familycaregivereducation/adult-children-and-aging-parents/>

### *What Every Adult Child Should Know: Protecting Your Retirement & Other Financial Information for Family Caregivers*

The University of Wisconsin-Extension has adapted the National Endowment for Financial Education program, "What Every Adult Child Should Know: Protecting Your Retirement & Other Financial Information for Family Caregivers", for use in Wisconsin. The program was developed by the Virginia Cooperative Extension (Dr. Celia Ray Hayhoe) to help family caregivers understand the type of financial information and documents needed so they can perform their caregiving duties, while also thinking about their own future. The program is designed to help family caregivers (and future caregivers) understand their financial situations, see more clearly how their finances will change, and determine

how best to communicate about caregiving and financial issues with family members. Although this program is designed for family caregivers of older adults, it is also useful for individuals caring for a disabled or seriously ill family member. The worksheets for financial information help caregiver to analyze their own financial situation in preparation for a time when they may need care themselves.

More information: <http://fyi.uwex.edu/familycaregivereducation/what-every-child-should-know/>