

Parish Nurse Notes
National Family Caregivers Month

“During National Family Caregivers Month we recognize and celebrate the many individuals throughout our country who work each day to ensure a better quality of life for their family members. Through their selfless action, these caregivers provide their loved ones support and comfort as they age, combat illness, or suffer from disability.”
GEORGE W. BUSH

NFCA offers a virtual library of information and educational materials ranging from national educational campaigns to Tips and Tools for family caregivers, information on agencies and organizations which provide caregiver support, to communicating effectively workshops. <https://www.thefamilycaregiver.org>

If you are currently on Medicare, caring for someone on Medicare, or you will soon be eligible for Medicare, there is a new educational pamphlet, [Medicare's Preventive Care Services \(PDF\)](#) which contains information on free or low-cost preventive services and screenings as well as advice on managing cholesterol and ensuring heart health for you and your loved ones.

The following local and online resources are also available to assist you in caring for a loved one.

Learn about **Family Caregiving: It's not all up to you** at www.familycaregiving101.org
This site is designed to provide family caregivers with the basic tools, skills and information they need to protect their own physical and mental health while they provide high quality care for their loved ones.

CareConnection.com is Website devoted to family caregivers, with up-to-date health news, elder care specialists, experts, insurance help, and coping advice. The site, owned by HealthCentral.com, offers in-depth resources from trusted sources, interactive tools, and connections to leading experts and caregivers who share their experiences and inspiration. <http://www.careconnection.com>

**DuPage County Senior Citizen Services—
Caregiver Resource Center**

(630) 407-6500 or (800) 942-9412

A 183-page Resource Directory is available in the Service Ministry & Pastoral Care office or www.dupageco.org

Family Caregiver Alliance www.caregiver.org
(800) 445-8106

National Family Caregivers Association
<http://www.nfcacares.org> (800) 896-3650