

## EmblemHealth

### *Electronic Toolkit for Family Caregivers*

Dear Family Caregiver,

Few jobs are as challenging as being an unpaid family caregiver—no matter how much you love the person in your care. Even if your responsibilities will never be easy, there certainly are ways to make them easier.

**EmblemHealth’s Care for the Family Caregiver Program** was created to provide information, resources and tools to help manage the challenges and stress of family caregiving. Recognizing that family caregivers are the forgotten patients, the program seeks to address some of the needs of unpaid family caregivers of whom there are some 44.5 million nationwide.

This **EmblemHealth Electronic Toolkit** is meant to serve family caregivers. The term “family caregiver” refers to a non-professional who provides unpaid care for others.

The care recipient may be a relative or loved one, thus, *family of origin* (blood family) or the care recipient may be a special friend, neighbor, support group member or life partner, thus *family of choice*. In either case, you are a family caregiver...and we salute you and thank you.

Often called the “*silent patients*,” family caregivers are largely ignored by the health care system, and thus are at risk for depression and illness. With an aging population, medical advances that keep people alive longer, shorter hospital stays, and sophisticated technologies that allow sicker people to stay at home, the importance of family caregivers—and the demands on them—will only increase.

EmblemHealth has long been a leader in providing support and assistance for family caregivers. Below are ten important web based sites that I am certain will serve to assist you on your family caregiving journey. Remember, ***you are not alone***. There is help available. Family Caregiving is a constantly unfolding experience and we hope you will find many avenues of assistance. We join you through this web-based publication as we seek to **Share the Caregiving**.

Sincerely,



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Member: HHS-AOA National Family Caregiver Support Program Task Force

**Suggested Web sites:**

1. <http://www.emblemhealth.com/PDF/CFC.pdf>  
Care for the Family Caregiver; A Place to Start: written for the 2005 White House Conference on Aging; EmblemHealth and The National Alliance for Caregiving
2. [http://www.thefamilycaregiver.org/pdfs/10\\_tips.pdf](http://www.thefamilycaregiver.org/pdfs/10_tips.pdf)  
10 TIPS for FAMILY CAREGIVERS, National Family Caregiver Association  
EmblemHealth versions: English, Spanish, Russian and Chinese
3. <http://www.emblemhealth.com/default.aspx?Page=702>  
EmblemHealth Care for the Family Caregiver web pages
4. [http://www.hipusa.com/downloads/intwellness/evidence\\_based\\_reality.pdf](http://www.hipusa.com/downloads/intwellness/evidence_based_reality.pdf)  
The Evidenced-Based Reality of Caregiving, an EmblemHealth publication
5. <http://www.n4a.org/about-n4a/?fa=aaa-title-VI>  
Area Agencies on Aging; information by state
6. [www.nextstepincare.org](http://www.nextstepincare.org)  
Created by United Hospital Fund, practical family caregiver guides to improve patient transitions between care settings
7. <http://www.sharethecare.org/>  
Share the Caregiving: practical guide and steps to building a caregiving team/group
8. <http://www.cscs-ny.org/caregiver/index.php>  
New York City Family Caregiver Coalition
9. <http://www.caregiving.org/>  
National Alliance for Caregiving
10. <http://www.familycaregiving101.org/>  
National Family Caregivers Association and the National Alliance for Caregiving  
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