



Caregiver Resource Network

ARE YOU A CAREGIVER? You are, if someone depends on you for assistance. You are, if you balance the checkbook, do household chores or run errands for someone...or more. Caregivers are: wives, husbands, parents, children, friends, employees...

The Caregiver Resource Network has prepared a packet that will provide you with information you need. We talk about caregiver issues and resources, and we help to point the way toward other sources not listed here. The following is a list of packet inserts:

- Survey
- Caregiver Resource Network – Purpose and Participants
- Types of Caregivers
- Caregiver Stress/Self Care
- National Family Caregiver Association Information
- Family Caregiving Facts
- Community Events Calendar
- Kent County Caregiver Resources
- Caregiver Respite Certificates
- Websites
- Reading List
- Post-Survey

www.caregiverresource.net

This Fact Sheet is provided as a public service of the Caregiver Resource Network. The **Caregiver Resource Network** is a collaboration of Kent County organizations dedicated to providing for the needs and welfare of family and professional caregivers within the community. Funded by the Area Agency on Aging of Western Michigan with Older American's Act Title III-E, Family Caregiver Support funds. Revised May 9, 2003