

## CAREGIVER STATISTICS:

- In New Jersey alone, nearly 1.1 million unpaid caregivers support a family member often from birth through adulthood.
- 30,000 NJ children are primary caregivers for parents, grandparents or siblings.
- Caregivers tend to die 12-15 years before non-caregivers.
- The value of the services family caregivers provide for "free" is estimated to be almost \$300 billion a year.

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## Rosalynn Carter Addresses Caregiving Crisis

(From CDC Editorial Jan. 08)  
To address this "caregiving crisis", all sectors of society must come together to develop solutions. A broad and coordinated response should address workforce development, community planning and caregiver education and support, including regulatory and financing issues, more effective use of technology and development and dissemination of evidence-based practices in caregiving. Building an infrastructure of supports for caregivers will improve caregiver effectiveness and reduce the harm, injury, and burden that can be associated with caregiving in isolation. Most importantly, I be-

lieve there must be a fundamental shift in how we value and support caregivers.

With the assistance of many partners, the Rosalynn Carter Institute for Caregiving at Georgia Southwestern State University in Americus, Georgia, was created. Our hope is to play a key role in developing better supports for both family and professional caregivers. As part of our work we have developed a network of community coalitions (CARE-NETS) that provides a forum for addressing the needs of caregivers in a concerted and coordinated way. In 2007, we launched a new ven-

ture. With the support of Johnson & Johnson, the National Quality Care Network (NQC�N) was formed to serve as a vehicle for innovation, dissemination and networking, and to stimulate partnerships for action in our communities. The aim of the NQC�N is to support a network of stakeholders in the United States committed to promoting quality in long-term, home-based, and community-based care. Working together with scientists and leaders from many fields, I am very optimistic about our prospects for building communities of care to address the challenge that come with the gift of an aging society.

## Save the Date!

### Diabetes Care: Prevention & Treatment in NJ's Latino Community

Wed., March 19, 2008, 8:15 AM/Rutgers University Busch Campus Center, Piscataway, NJ

- Take a critical look at diabetes issues in the Latino Community
- Continuing education credits available for medical professional community
- Speakers: Dr. Richard Carmona, 17th Surgeon General of the US, Dr. Enrique Caballero, Dir. of the Latino Diabetes Initiative, Joslin Diabetes Center and Harvard Medical School
- Registration at no charge; details to follow

For more information, visit [www.hinj.org](http://www.hinj.org) / Para información en español, visita [www.hinj.org](http://www.hinj.org).

## It is Time to Act on Family Leave Insurance

### Update: Legislative Leaders

#### Paid Family Leave Top Agenda

Legislative leaders on Friday said they would push in the next legislative session on Tuesday to make New Jersey the third state to offer people paid leave from work to care for a sick family member or new child.

A bill to provide up to 10 weeks paid family leave stalled this session amid business opposition. A compromise plan that would have offered up to six weeks paid leave also stalled.

### Statement from NJ Time to Care Coalition on Family Leave Insurance Legislation

The longer it takes to pass family leave insurance, the harder it is for working men and women to balance the obligations of job and family.

The bill before the Legislature is reasonable and sound. Unfortunately, the business lobby's anti-family attacks on this sensible proposal have delayed passage until the next legislative session.

But the NJ Time to Care Coalition will work hard to get it done early this year. Working men and women have waited long enough for the help they've earned. It's time to act.

Please contact Karen White: 732.932.4614,  
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## NJ Devils vs. Carolina Hurricanes

Saturday, February 9, 2008 - 7:00PM

**Get a \$65 ticket for only \$40**

Order online at [njdevilsticketprograms.com](http://njdevilsticketprograms.com)  
Offer Code: frn020908

Questions? Neil Desormeaux, Devils Group Sales (973) 757-6250

Special discounted ticket offer supports:  
The Family Resource Network and its affiliates,  
Autism Family Services of NJ, Caregivers of NJ, Epilepsy  
Foundation of NJ and the Family Support Center of NJ

### Save the date!

## New Jersey Caregiver Summit Part 2:

On Monday, **June 30, 2008**, Caregivers of New Jersey will be hosting a follow up Summit to discuss the amazing progress that has been made on behalf of caregivers around the state in direct response from the first meeting, held last June. Everyone will be invited back, but we also look forward to seeing new faces as well!

Please contact Dana Goldberg for details or questions.

## Caregivers of New Jersey welcomes **Valerie Powers Smith, Esq.** to the Advisory Board!

With over a decade of legal experience, one area of interest has always stood out to Ms. Smith - advocacy. Whether she was working with juvenile delinquents, developmentally disabled individuals or seniors, she remained passionate about giving a voice to those who need assistance.

She has been practicing for Hinkle, Fingles & Prior for the past 4 years in the area of disability and elder law. Her experience and dedication to these communities makes her a great fit for Caregivers of New Jersey. We are pleased to have Valerie join our team as we advocate for the growing number of caregivers in NJ.

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# Spotlight On...

## Strength for Caring

Strength for Caring is an online resource and community for family caregivers to help them take care of their loved ones and themselves. Strength for Caring is part of The Caregiver Initiative, created by Johnson & Johnson Consumer Products Company, Division of Johnson & Johnson Consumer Companies, Inc.

The Caregiver Initiative will launch new programs in the coming months, and is proud to work with the Caregiving organizations across America already helping this wonderful population.

The Website, [strengthforcaring.com](http://strengthforcaring.com), contains six main sections:

### Caregiver Manual

Within Caregiver Manual, the Strength for Caring Website visitor will find articles and content devoted to their needs—helping caregivers deal with stress, diet, managing work, spouses or partners, and siblings. In addition, the Caregiver Manual section helps caregivers relax and take time off.

### Community

The goal of the Community area is to empower and inform caregivers with a powerful and active online community. Strength for Caring provides 24/7 message boards and a place where caregivers can tell their personal story to the world. Receive help and tips from other caregivers any time of the day or night in our Community.

### Health Conditions

The goal of this section is to help caregivers understand the main ailments that care recipients suffer from. The information on Strength for Caring is not meant as medical advice, but merely an overview. Please check with your doctor or your loved one's doctor for more information on any health condition.

### Daily Care

In this Daily Care section, this site offers the practical, day-to-day information and advice from brushing someone's teeth and hair, to proper cleansing and bathing, to taking the keys away.

### Housing

This section contains information about the different types of housing options, and a friendly comparison chart. It contains practical tips and advice including "What to Look For" when choosing any type of home or housing situation.

### Money & Insurance

This section contains practical information, written in a simple and friendly way, about insurance, budgeting, eldercare law, and other topics related to Caregiving. This section will help caregivers understand what Power of Attorney or Guardianship mean; will explain Medicare Part D and the different types of supplemental insurance. This section will host experts in the financial, legal, insurance, and government arenas.

**For more information**, please visit [strengthforcaring.com](http://strengthforcaring.com) or contact Nancy Lewin at (908) 874-2834 or [nlewin2@cpus.jnj.org](mailto:nlewin2@cpus.jnj.org).