

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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NJ Department of Health and Senior Services Begins New Caregiving Program

Living a Healthy Life is a fun and practical course which can help people with chronic conditions or their caregivers overcome daily challenges and maintain an active, fulfilling life. Participants learn about healthier ways to live, gain confidence and motivation to manage their health, and feel more positive about their lives. They are provided with information, strategies and techniques so they will have the tools they need to help themselves.

Adults of all ages, their family members, friends and caregivers are welcome and all will benefit from the information personally and develop a better understanding of living with a chronic condition.

Groups meet for 2 1/2 hours, once a week for 6 weeks. The highly interactive classes are led by pairs of trained volunteer leaders—most have chronic conditions or are caregivers themselves and have success-

fully adopted the techniques taught in the program.

This program is delivered year round in various community settings and is offered at no cost to participants. They will receive a free copy of the reference book "Living a Healthy Life with Chronic Conditions".

For more information about the program and the dates and locations, please contact Sue Lachenmayr at 609-292-9152.

Sen. Boxer Helps Health Care Shortage for the Aging

On March 4, 2008, US Senator Barbara Boxer introduced the Caring for an Aging America Act, legislation aimed at addressing the crisis in providing care for a senior population that is projected to almost double over the next 25 years.

The Caring for an Aging America Act would provide \$130 million in federal funding over five years to attract and retain trained health care professionals and direct care workers by providing them with loan forgiveness and career advancement opportunities.

Specifically, Boxer's legislation would link education loan repayment to a service commitment to the aging population. The bill would establish the Geriatric and Gerontology Loan Repayment Program for physicians, physician assistants, advance practice nurses, psychologists, and social workers who complete specialty training in geriatrics and gerontology and agree to provide full-time clinical practice and service to older adults for a minimum of two years. It would also expand eligibility for the Nursing Education Loan Repay-

ment Program to include registered nurses who complete specialty training and provide nursing services to older adults in long-term care settings.

According to the Alliance for Aging Research, proper geriatric care could reduce hospital, nursing home, and home care costs by at least 10% a year, saving \$267 billion in 2020. The aging population in America is estimated to double from 36 million today to nearly 72 million 2030.

Another Great Resource: Well Spouse Association

Headquartered in Freehold, NJ, the Well Spouse Association is a national, not for profit membership organization which gives support to wives, husbands and partners of the chronically ill and/or disabled.

Well Spouse support groups meet monthly where members share their thoughts and feelings openly with others facing similar circumstances in a supportive, non-judgmental environment.

These support groups are an excellent source of information on a wide-range of practical issues facing spousal caregivers. The support groups exist or are being formed in many areas of the country.

To find out more about the types of programs they provide for caregivers, go to www.wellspouse.org.

The Partnership to Fight Chronic Disease Opens Chapter in New Jersey

The Partnership to Fight Chronic Disease (PFCD) is launching a New Jersey Chapter!

The Partnership to fight Chronic Disease is confronting chronic disease through a three-tiered approach that includes:

Educating the public about chronic disease and potential solutions for individuals and communities

Mobilizing New Jersey residents to call for change in how governments, employers and health institutions approach chronic disease

Challenging policymakers on the health policy changes that are necessary to effectively fight chronic disease.

The New Jersey effort will be launched on April 15 in Voorhees and Trenton and Executive Director Ken Thorpe will be attending. For more information visit www.fightchronicdisease.org or call Lucy Montgomery at 215-766-7951.

Save the Date!

Technology to Support Family Caregiving

Wednesday, May 14, 2008 8:30am-11am

The National Alliance for Caregiving is pleased to share information about an exciting event on Capitol Hill. The event will be co-hosted by Rep. Earl Pomeroy (Long Term Care Caucus) and Rep. Patrick Kennedy (21st Century Healthcare Caucus).

2 different panels will be represented: academic/nonprofit and for profit technologies.

RSVP to Susan Stack at Suzanne@caregiving.org.

Special PBS Documentary Caring for Your Parents

Offers real tools for families struggling to have "the conversation" with their aging parents.

4/16, 9:30am, Overlook Hospital

4/17, 7:30pm, Sarah Care Adult Care Center

4/19, 4:30pm, Knapp Law Firm



To learn more about CNJ contact Dana Goldberg

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Spotlight On... AoA and WISER's New Caregiving Website

The Administration on Aging and the Women's Institute for a Secure Retirement (WISER) have jointly established a web-based National Education and Resource Center on Women and Retirement Planning. The Center's overriding goal is to assist the Aging Network in educating women of all ages about planning for their future financial, health and long-term care.

The Center focuses its activities on educational materials that meet the special needs of disadvantaged women and their families, included individuals with limited English proficiency. The Center improves women's access to basic financial and retire-

ment planning tools that promote financial literacy. Materials include a full library of fact sheets on topics such as budgeting, saving and investing, understanding your pension plan, buying long term care insurance, Social Security, retirement health, and other important topics, and there is a section on the website devoted entirely to family caregivers.

Most of the materials can be downloaded and distributed to interested parties. Bulk orders are also available for a nominal fee.

The center also offers train-the-trainer workshops in local communities through partnerships with community-based groups reaching

vulnerable women, including the Aging Network, nonprofit community, and faith-based groups as well as groups reaching women of color, populations with limited English proficiency and caregivers. Groups are provided training for model intervention that enable them to offer financial and retirement planning in their community.

The caregiver resource website can be found on WISER's homepage www.wiserwomen.org. For more information, questions and comments, please contact Cheryl Gannon at 202-393-5452 or by email at gannon1507@aol.com.