

# Caregiver Connection

Welcome to the new version of the Caregiver Connection Ezine. We are hoping that by updating our look and technology we can better send you up-to-date information about caregiving events, conferences, and issues that are important to you.



Please consult our website for further information: [www.njcaregivers.org](http://www.njcaregivers.org).

## Hundreds Have Endorsed the Family Support Center of NJ's Petition

Thousands of families in New Jersey's disability community know how beneficial the resources are at the Family Support Center of New Jersey.

Hundreds have endorsed the Family Support Center of New Jersey's petition entitled "Support the Ongoing Funding of the Family Support Center of New Jersey" and we are hoping we can count on your support to help us in our effort. [Click here to sign this petition in support of FSCNJ](#).

Thank you for your assistance and if you have any questions please do not hesitate to call (732)528-8080 or (800)FSC-NJ10 and a friendly staff member will be more than happy to assist you.

## In This Issue

FSCNJ Petition - Sign Today

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Join CNJ Today!

## Quick Links

[Caregivers of New Jersey](#)  
[The Family Resource Network](#)  
[The Family Support Center of NJ](#)

[Join our Mailing List!](#)

## Upcoming Conference

"Creative Solutions for Compassionate Care"  
 6/5/09 8am-4:30pm  
 Doubletree Hotel, Mt. Laurel  
 856-797-1818 to register

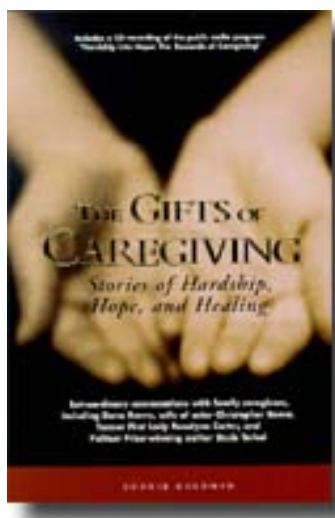
## Save the Date! Women's Caregiving Retreat



Thursday, May 14th  
Robert Wood Johnson Hamilton  
Health & Wellness Center - Mercerville, NJ  
This event is no cost to caregivers

## The Gifts of Caregiving

Connie Goldman will be discussing her book, *The Gifts of Caregiving, Stories of Hardship, Hope, and Healing*. In *Gifts*, she relates the extraordinary personal stories of family caregivers, both famous (Rosalynn Carter and the late Dana Reeve) and ordinary, and how their experiences helped them find compassion, courage, wisdom, love and hope.



Sunday, April 26, 2009  
1-1:30 Registration and Refreshments  
1:30-4 Presentation and Book Signing

Overlook Hospital - Wallace Auditorium  
99 Beauvoir Avenue, Summit, NJ 07902

Hosted by: Coalition on Family Caregiving  
[www.familycaregivingcoalition.com](http://www.familycaregivingcoalition.com)

## Upcoming Events from Alzheimer's Association Foundation of Dementia Care

### REGIONAL PROFESSIONAL TRAININGS

(Sessions will be held once a month, topics will vary and cover care approaches for dementia)

March 20, 2009 (9 am to 11 am)  
\*registration begins at 8:30 am  
(Continental breakfast provided)

\$25.00 Direct care staff (CNAs)  
\$45.00 Social workers, nurses and  
nursing home admins requiring CEUs

April 24, 2009 (9 am to 12 pm)  
\*registration begins at 8:30 am  
(Continental breakfast provided)

\$35.00 Direct care staff (CNAs)  
\$75.00 Social workers, nurses and  
nursing home admins requiring CEUs

#### Location:

SJ Regional Office  
3 Eves Drive, Suite 310  
Marlton, NJ 08053

#### RSVP To:

RSVP to Kristina Zumbo, Program Coordinator  
856-797-1212, ext. 414, [kristina.zumbo@alz.org](mailto:kristina.zumbo@alz.org)  
Registration deadline: March 18, 2009

## Caregivers Need A Bailout Too!

Caring.com and the National Alliance for Caregiving call on the new Congress to provide relief to the nation's 50 million family caregivers.

There are more than 50 million Americans today providing unpaid care for family members and loved ones: an aging or ailing parent, a friend with a chronic health condition, a spouse with Alzheimer's, a sibling with a traumatic war injury, a child with physical or mental challenges. Family caregivers represent a huge but invisible "silent workforce" over 150 times larger than Wall Street's workforce and over 176 times larger than the automobile industry workforce.

While the deteriorating economy has hit all Americans hard, it has hit these Americans even harder. Family caregivers are struggling to pay their own bills and, increasingly, those of their loved ones as well; expenses continue to rise and the hours of care they provide each day continue to go uncompensated. The average caregiver spends \$5,534 per year out-of-pocket for caregiving expenses. Like Wall Street, the auto industry and homeowners, family caregivers need help from Congress to make it through 2009.

Caring.com and the National Alliance for Caregiving are calling on President Obama and the 111th Congress to target up to 1% of the upcoming economic stimulus package toward supporting family caregivers. They have jointly developed five priority initiatives to help caregivers that are posted on the [Caring.com](http://Caring.com) website, and are asking caregivers to add their voices and vote on which initiatives would help the most. [Caring.com](http://Caring.com) and the [National Alliance for Caregiving](http://NationalAllianceforCaregiving.org) will present the list, votes and recommendations to President Obama.

To access the poll on [Caring.com](http://Caring.com) and for more information about the five recommended priorities, please [click here](#).

## Lifespan Respite Money in Omnibus Spending Bill

The FY09 Omnibus Appropriations bill, expected to be voted on by the House this week, includes \$2.5 million for Lifespan Respite. Given the growing deficit, the current national fiscal crisis, and on the heels of recent new spending included in the recent economic stimulus package, inclusion of funding for respite in the FY09 bill is a significant victory! More importantly, some funding gives us more leverage to seek increased funding in FY 2010.

The funding is included in the budget for the Office of the Secretary of Health and Human Services. A federal agency within the Dept. of Health and Human Services will still have to be selected to administer the funding for the program.

Caregivers of New Jersey and the National Lifespan Respite Coalition will be hosting the Lifespan Respite Summit this July with Jill Kagan from the National Respite Coalition. Stay tuned for more details regarding the Summit. CNJ will continue to keep you updated on the status and progress of this bill.

## All in the Family: Children as Home Health Aides

Carol Levine



Miley Cyrus and other young celebrities aside, most American children and teens are not profit centers. But, without earning a penny, some add substantial economic value to their families. Harking back to an earlier time when children (the more the better) were valued as farmhands, domestic workers, wage earners, or marriageable ties to wealth or power, some children are becoming caregivers for their ill parents, grandparents, and siblings. To repeat, children (as in 8-to 18-year-olds) are becoming caregivers (as in giving injections, monitoring medications, talking to doctors and nurses, changing diapers) for their ill or disabled parents, grandparents, and siblings.

Caregiving in this context is not doing chores - running errands, cleaning up after dinner, walking the dog, or other ordinary and expected contributions to family life. This is caregiving as defined for adults, carrying the same responsibilities and burdens. These children are in effect home health aides. There is a difference of course. Home health aides are limited in the medical tasks they are allowed to perform. Children can do anything because they are all in the family.

Children take on these responsibilities for many reasons, primarily because they want to help and they love Mom or Grandma. But other factors are important; in most cases the family cannot afford or does not want outside help provided by "strangers." And with the stumbling economy, and cutbacks in home care services, more children are likely to be enlisted in this role. This experience influences children's lives and development, sometimes profoundly and in both positive and negative ways.

Please [click here](#) to view the rest of this article and for helpful links and resources.

## Spotlight On... Adler Aphasia Center

Leading from the heart means bringing dignity into the lives of people with aphasia, who have been robbed of their ability to communicate due to a stroke or brain injury. It means listening to and empathizing with members and expanding and innovating services that grow with them. It's about providing a nurturing environment in which members can comfortably communicate, build camaraderie, share support and have fun.

Fulfilling a void, the Adler Aphasia Center has grown dramatically with record numbers of members, caregivers, volunteers and donors while at the same time gaining the respect and interest of aphasia communities all over the United States and beyond.

Today, they are leading the nation with what is now the gold standard in aphasia centers, giving others a model program to follow in order to establish this vital resource within their own communities.

For more information about specific programs offered by the Adler Aphasia Center and how you can get involved, visit [www.adleraphasiacenter.org](http://www.adleraphasiacenter.org) or call 201-368-8585.



## Join Caregivers of New Jersey Today!



Caregivers of New Jersey introduced a membership campaign this past fall, and has received feedback from many interested organizations, family caregivers and state workers. As a member, you will be kept up-to-date on all events, a chance for your organization to be featured in our newsletter and so much more. Please visit our website, [www.njcaregivers.org](http://www.njcaregivers.org) to become a member of Caregivers of New Jersey today!

Thank you for reading Caregiver Connection! If you have any information you would like included in our e-zine, or know of anyone that would like to be added to our listserv, please email me at [dgoldberg@njcaregivers.org](mailto:dgoldberg@njcaregivers.org) or click the "Join Our Mailing List" button on the top right side of the newsletter.

Additionally, CNJ is dedicated to spreading awareness and knowledge of caregiving, so we invite you to utilize the "Forward Email" button at the bottom of this email.

Sincerely,

Dana Goldberg, Administrator  
Caregivers of New Jersey

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