

Caregiver Connection

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Welcome to the Caregiver Connection Ezine, your source for the most current information about caregiving events, conferences, and issues that are important to you.

There are many events going on this season, so please keep reading and make sure to check online for even more activities around New Jersey.

Please consult our website for more information: www.njcaregivers.org.



Quick Links

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

State House Event Celebrates National Caregiver Month

Caregivers of New Jersey sponsored a Meet and Greet event on November 22, 2010 at the State House in Trenton. Elected officials from Morris, Essex, Passaic, Union, Middlesex, Monmouth, Ocean and Burlington counties attended.

Jordan Green, Program Manager for The National Alliance for Caregiving, spoke about recent NAC studies including the just-released "Caregivers of Veterans" study.

Jordan also announced that NAC's "Caregiving in the US" study showed a much higher number of family caregivers than previously thought- 65.7 million Americans. Extrapolated to NJ, that would mean 1,905,000 family caregivers are in the Garden State compared to the 2007 Monmouth University survey number of 1.1 million.

2010 Year of the Family Caregiver Started on November 17th

November marks the 10th anniversary of the National Family Caregiver Support Program (NFCSP), a program that has for 10 years supported seniors and individuals with disabilities to remain in their homes longer. In recognition of the vital role caregivers provide, the Administration on Aging (AOA) has created a new website to recognize caregivers, and offer downloadable tools and resources, view upcoming events and that also accepts submittal of written and video testimonials. According to the NFCSP more than 65 million people, 20% of the U.S. population spend an average of 20 hours per week providing care for chronically ill, disabled, or aged family members and friends. In addition, a 10th Anniversary celebration took place on November 17th in Washington, DC and AOA encourages its caregiving partners to add their related events to a calendar on www.celebratefamilycaregivers.org. In a recent national survey, 81% of caregivers interviewed said that NFCSP allowed them to care for their loved ones longer and avoid more costly and restrictive placement in an institution.

Survey on Technology and its Impact on Family Caregivers

The National Alliance for Caregiving is conducting a survey on technology and its impact on family caregivers. The objectives of this survey include.

- Understanding the frequency of both internet and device technology being used by caregivers:
- Understanding the impact of technology on both caregiver and the care recipient.
- Determining the unmet technological needs of the caregiver.

If you are family caregiver or know of one please visit: www.caregiving.org and take part in this important survey

NAC Sets National Coalition Meeting for April 27, 2011

The National Alliance for Caregiving will host its 5th National Conference for Caregiving Coalitions on April 27. The Conference will be held in conjunction with the ASA-NCOA Conference on Aging in San Francisco, CA.

Celebrate the Year of the Family Caregiver

Family caregivers are the primary source of support for individuals of all ages with physical, mental, and chronic health conditions. For ten years, the National Family Caregiver Support Program (NFCSP) has provided much needed services to assist family members providing care for grandparents, parents, spouses, and children who are not able to care for themselves.

Ocean County Caregiver Coalition Launched

A new caregiver coalition has been launched in Ocean County. Also on November 22, 2010, Caregivers of NJ sponsored the formational meeting of the Ocean County Caregiver Coalition at the Ocean County Library in Toms River, NJ.

Carol Degraw from the Morris County Caregiving Coalition detailed the roll out of the coalition which today features hundreds of caregivers and care providers.

Ocean County was targeted because it leads NJ in senior population and is second in persons with disabilities.

The next meeting of the coalition will be on Monday January 24, 2011 at 6:30pm at the Ocean County Library. RSVP to Michelle Smith msmith@familyresourcenetwork.org or 732-262-8020 ext 103.

Easing the Added Stress of Caregiving During the Holidays

For millions of Americans who find themselves in the role of caregiver to an older frail, ill, or disabled relative, the holiday season can add to an already heavy load of responsibilities and cause feelings of stress to soar.

Stress occurs when we work too much, sleep too little, try to cope with difficult or troubling situations, and when we neglect to take good care of ourselves-all of which are typically everyday state of conditions for the millions of Americans who find themselves in the role of caregiver to an older frail, ill, or disabled relative. The added physical and emotional demands that are involved in celebrating the holidays can add to an already heavy load of caregiving responsibilities and cause feelings of stress to soar.

The holidays are traditionally a time when we reflect on past memories. For those who are caring for a frail and elderly family member, these reflections often deepen the awareness of the extent of the older person's losses (for example, memory loss for those with Alzheimer's) and how much life has changed for them. Holiday-time reminiscing can also underscore the loss caregivers face in the altered quality of their personal relationship with the older person. The emotional pain of confronting such losses can heighten feelings of stress.

The holidays are also a traditional time for family gatherings. While this can be tremendously enjoyable, when tensions among family members or unresolved conflicts surface, it can become a source of extreme stress. Caregivers too often find themselves in the middle of family discord as they try to mediate the needs of the older person as well as express their own position. [continue reading](#)

Together for Care Telethon

New York- The Alzheimer's Foundation of America (AFA) will host a inaugural "Together for Care" telethon on December 4, marking the major focus of comprehensive campaign by AFA to rally the nation to address this escalating health crisis and prepare to care for the projected surge in the number of Americans with Alzheimer's disease in addition to the millions of families currently affected by it.

[Read more](#)

Devils Fundraiser for FRN- Great Holiday Gift Idea

When the NJ Devils take on the Philadelphia Flyers at Prudential Center in Newark on January 6th, it will be for more then a shot in the playoffs. It will be The Family Resource Network's annual Night at the Devils.

Tickets are \$45 each (well below face value). Go to www.newjerseydevils.com/frn to access the offer put in the special code FRN.

We look forward to seeing you in January.

Caregivers of New Jersey is Social Networking, Are You?



Click here to become a fan of Caregivers of New Jersey on Facebook.
Stay up to date on activities and network with other caregivers and professionals around NJ. And
click here to follow us on Twitter too!



Caregiving Events Calendar "Check it out"

In each issue of the Caregiver Connection, Caregivers of New Jersey likes to provide you with a few highlighted special events and workshops that are being held across the state. Since we couldn't possibly write about each and every event, we have created the Caregiving Events Calendar. This is an interactive, online calendar that allows agencies and professionals to post their events while also giving caregivers access to all that is going on around the state on a month-to-month basis.

We invite all groups hosting events to post the details on our public calendar, and we encourage all caregivers to check out the listings to find informative and supportive events in your area.

Click here to view the Caregiving Events Calendar.



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 msmith@familyresourcenetwork.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,

Michelle Smith, Administrator
Caregivers of New Jersey

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