Caregiver Tips
C.A.R.E. (Caregiver Assistance Resources and Education) Program

HENRY FORD HEALTH

You are a caregiver if you give care to anyone else! This can be things like financial, emotional, or physical help. Caregivers are a very important part of the healthcare team that cares for you or your loved one.

What can I do to take care of myself?

- Join a support group for caregivers.
- Set up a support system for yourself.
- Keep a journal and carry it with you.
- Take time to relax and recharge yourself.

How can I make things easier?

- Accept help from others.
  - Tell them exactly what you need help with.
- Set up a way to update people about your loved one's progress so that you do not have to talk to each one separately.
  - Have one person give updates on the patient's progress through e-mail, social media, or other caregiving apps.
- Ask the health care team:
  - About your loved one's condition.
  - If your contact information is in the medical record.
  - About any resources and support groups available for caregivers.

Where can I get more help?

Henry Ford Health has many resources to help you.

Email CaregiverResources@hfhs.org
- Email your questions to a caregiver specialist and ask for information about your caregiving situation.

Call (866) 574-7530
- Speak with a caregiver specialist about your caregiving situation.

Visit Henryford.com/familycaregivers
- Find caregiver resources and sign up for a support group or class.

Register for virtual support groups, creative mindfulness with art sessions, caregiver education classes, and other special events: Henry ford.com/caregiverwellness

Visit the Facebook® page to see upcoming events and join a community of caregivers: search in Facebook groups "Henry Ford Health C.A.R.E Program."