

Attorney General Mike Cox's Senior Brigade

A MICHIGAN SENIORS INITIATIVE



November 2010
Number 11

Caregivers

Each month we will highlight a different section of the website. This month's featured section focuses on caregivers.

Need to hire an in-home caregiver? Go to www.caremanager.org and click on Hiring In-Home Caregivers for tips and guidelines.

Additional resources for caregivers:

**State of Michigan
Office of Services
to the Aging**



**National Family
Caregivers Association**



Family Caregiver Alliance



Family Caregiving 101



November is National Family Caregivers Month

Caregiving is growing in Michigan. Nationally, one in four households (786,446 Michigan households) are involved in caregiving for a loved one older than 50 years of age. Caregivers provide assistance in many ways, including grocery shopping, paying bills, taking loved ones to medical appointments, and keeping up their loved ones' relationships by helping them visit their friends.



National Family Caregivers Month draws attention to the many challenges facing family caregivers and raises awareness about resources and programs that support family caregivers. We hope you find these resources helpful. And most of all caregivers ...

THANK YOU!

Resources for Caregivers

Michigan Dementia Coalition
1-517-324-7318

Family Caregiver Alliance
1-800-445-8106

National Family Caregivers Association
1-800-896-3650

Well Spouse Foundation
1-800-838-0879

The Alzheimer's Association
1-800-272-3900

Centers for Medicare and Medicaid Services
1-800-633-4227

The Information Source for Adult Day Care
1-919-552-0254

Met Life: Hiring an Independent Caregiver
1-800-638-5433

Eldercare Locator
1-800-677-1116

Source: Office of Services to the Aging, www.michigan.gov/miseniors.