

# Empowering Family Caregivers

## Educational Series

### **FAMILY CAREGIVER:** (fām'ə-lē / kâr'gĭv'ər) noun.

A person who **helps a loved one, friend or neighbor** with activities of daily living - eating, bathing, dressing, toileting, walking, housework and meal preparation. They are **typically not paid for their help**, and often have other commitments, such as a career or raising children.

**87%** of care in America is provided by family caregivers!

Caregivers are often thrust into this role when a loved one is disabled, falls ill, or experiences health issues related to aging. They may not realize there are resources and organizations that can help.

### **ARE YOU:**

- An employer who invests in the well-being of your employees?
- A congregation or faith-based organization with members caring for loved ones?
- A civic or community group that could benefit from information and resources?



**Schedule your 60-minute educational session today!**

**602-285-0505 ext 153**

### **DID YOU KNOW:**

**Fifty-eight percent of family caregivers are currently employed**, balancing work with their caregiving role (AARP). It is estimated that U.S. businesses lose up to \$33.6 BILLION per year in lost productivity from full-time caregiving employees.





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**85%** of caregivers report that they need more information about caregiving.

Provide the education they need by hosting a one-hour presentation on one of the topics below. Classes are FREE! Attendees will receive informational materials and community resources.

Care of the Caregiver (Self Care)	Plan for Care
<p>Recognize and learn how to address caregiver burnout and relieve stress while learning tips to help you create a support system!</p>	<p>Review the essential documents you need for healthy aging for yourself and your loved ones. From DNRs and POAs to discussing what Medicare will and will not pay for, this session will get you thinking about future care plans and needs.</p>
Caregiving Techniques	Avoid Fraud, Scams & Abuse
<p>Our expert will teach you practical approaches for providing hands-on care. Learn how to make your home safer using adaptive aids, medical equipment and accessibility modifications.</p>	<p>Learn what financial exploitation is, as well as how to recognize and report a fraud, scam or abuse. Prevent you or your loved one from becoming a victim.</p>



**Contact us today to learn more about  
this educational opportunity  
offered at your location!**

**602-285-0505 ext 153**

**[Outreach@fsl.org](mailto:Outreach@fsl.org)**