

## Clinic Resource Group's Caregiver News



# September - October 2011



*Connecting patients, healthcare providers and caregivers through  
our Caregiver News and National Caregiver Directory*

Every two months we release the "Caregiver News" from Clinic Resource Group. It's focus is to update caregivers; case managers, social workers, medical providers and consumers on the caregiving resources, family caregiving programs, Medifecta Healthcare Classes along with national articles on senior issues.

### Clinic Resource Group's "Caregiver News"

Generations of Americans have relied on the Red Cross for training that helps keep families safe. This edition we are highlighting the **Home Safety Module 4 of the American Red Cross Family Caregiver Program**.

#### **Article Highlight - Home Safety Module 4 of the American Red Cross Family Caregiving Program - Assisting with Personal Care**

*"Caregiving can be difficult, but it also can be rewarding. As a caregiver, assisting with your loved one's personal needs such as dressing, eating, bathing and going to the bathroom is an essential part of daily activities..."* – [Read More](#)

#### **Article Highlight Regular Exercise and Diabetes Care**

*"...We've been told for decades that exercise is part of the trilogy of treatment for diabetes care ..."*

[Read More](#)

#### **Article Highlights – [Read More](#)**

##### **Sitting**

*"Sitting. Simple right? We all sit. We spend a lot of time sitting. We often sit to relax or rest. Some of us have difficulty doing anything else or are often in a sitting position. Many of us work in a sitting position. Most of us realize it is hard to find a sitting position that is comfortable or a chair that fits. Therefore, it is important to learn more about sitting ..."*

##### **67 Medical Abbreviations & Acronyms**

*"... It is also helpful to use the common medical terms used by doctors and pharmacists. How well both you (caregiver) and the care-receiver, and the doctor talk to each other is one of the most important parts ..."*

##### **More Sept-Oct Articles ...**

- Eye Sense: Common Sense Adaptations
- 2011 National Village Gathering
- It's No Labor to Apply Online
- If it's not .gov, It's not Social Security
- Regular Exercise & Diabetes Care
- What Does it Mean to Age in Place?

#### **Updated – with more providers!**

##### **"National Caregiver Class**

**Directory"** is the nation's leading reference guide in locating authorized providers of the American Red Cross Family Caregiving Classes and Medifecta Healthcare Classes.

- [Learn More](#)

*Certified teachers help educate family caregivers that they need to make time for themselves and no one is expecting them to be a super hero. Our new "National Caregiver Class Directory" helps locate certified instructors and programs.*



#### **Article Highlight**

*If it's not .gov, It's not  
Social Security*

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#### **Products of Interest**

- AlturaCare Systems
  - Philips Lifeline
  - Me and My Caregivers
  - Easy Home Medical Supplies
  - IdentiMed™
  - The Senior's Guide Online
- [Learn More](#)

Visit [www.FamilyCaregiverNetwork.com](http://www.FamilyCaregiverNetwork.com) to find complete articles and the "National Caregiver Directory" *and more information on Caregivers & Caregiving Resources*