



# HEALTH AWARENESS

## Caring For A Loved One? Reduce Health Risk

(NAPSA)—One out of five adults is the designated caregiver for a loved one who can't manage alone. Yet many who fall within the escalating role of family caregiver fail to view themselves as such, thereby potentially putting themselves and the ones they care for at risk. While trying to do it all, unacknowledged family caregivers can become overwhelmed, risking their own health. As this happens, the level of care they provide may also suffer.

To help family caregivers discover new ideas and resources that can help them get help, feel better and do better, The National Family Caregivers Association (NFCA) and the National Alliance for Caregiving, in partnership with Eisai Inc., have launched a public education campaign. A non-profit Web site, [www.familycaregiving101.org](http://www.familycaregiving101.org), was created to provide important support and information that can help people deal with the highly stressful physical, emotional and financial issues that confront many family caregivers.

According to NFCA President and co-founder, Suzanne Mintz, "The three most critical issues facing family caregivers today include advocating for stronger public policies affecting the day-to-day life of family caregivers, educating the caregivers about the importance of maintaining their own health, and providing infor-



**Family caregivers often have feelings of guilt if they ask for help. Yet asking for help is often the best thing they can do for themselves and their loved one.**

mation to help family caregivers keep their loved ones safe."

National Alliance for Caregiving President Gail Hunt says you are a family caregiver if you:

- Help someone get in and out of bed and chairs or help them get dressed
- Provide help to get to and from the toilet or deal with incontinence and diapers
- Provide transportation, housework, grocery shopping or meals
- Manage finances or give medications.

"Getting support and having a healthy mind, body and spirit are important in maintaining a rewarding caregiving relationship," Hunt adds.