

Putting the “Care” in Caregivers

(NAPSA)—Every day, thousands of Americans help in the care and rehabilitation of loved ones who are elderly, sick, or paralyzed. To better understand paralysis and how you can help loved ones without maxing out your energy, here are a few tips from the Christopher & Dana Reeve Paralysis Resource Center (PRC) to follow:

Increase your awareness.

It is important to understand your role as a caregiver. In playing this vital role in your loved one’s life, you should be equipped with the proper homecare products, services and techniques. The PRC Web site, www.paralysis.org, can help guide you in the proper direction, and with the proper tools, you can save a lot of time and energy.

Locate a support group.

Caregiving is not a role people usually choose. In fact, it usually chooses us, emerging from situations beyond our control. Whether you’re seeking advice or are interested in hearing other caregivers’ stories, the PRC can help you locate one of many support groups or Internet communities around the country, such as CaringRoad. By getting in contact with a support group, you will learn how to better care for not only your loved ones, but also for yourself.

Ask questions.

Don’t be afraid to ask for help. The PRC offers information and guidance on medical and health care issues related to paralysis, equipping people with the right resources and knowledge to make appropriate health care decisions. The PRC also offers valuable information on peer support services, rehabilitation facilities, employment opportunities, as well as public and private health and disability insurance. With



The Christopher & Dana Reeve Paralysis Resource Center provides much-needed information to paralyzed individuals and their caregivers.

the support of translation services, the PRC is equipped to respond to queries in more than 50 different languages.

“Being a caregiver is rewarding, but also difficult. Having informative resources and a strong support system makes the role much easier,” says Dana Reeve, who cared for her late husband, Christopher Reeve, for nine years after his debilitating accident. “That’s why it’s so important that caregivers get help—for themselves and their loved ones.”

The above tips can be found online at www.paralysis.org, as well as in the PRC’s Paralysis Resource Guide. To order your free copy, visit their Web site or call the Center’s toll free number, 1-800-539-7309.

The PRC opened its doors in Short Hills, N.J., in May 2002, and is a first-of-its-kind resource facility, providing a single, focused national resource on paralysis. A program of the Christopher Reeve Paralysis Foundation (CRPF), the PRC was formed through a cooperative agreement with the Centers for Disease Control and Prevention.