

Caring For Caregivers

Caring To Help Others: Assisting Caregivers Of Older Adults

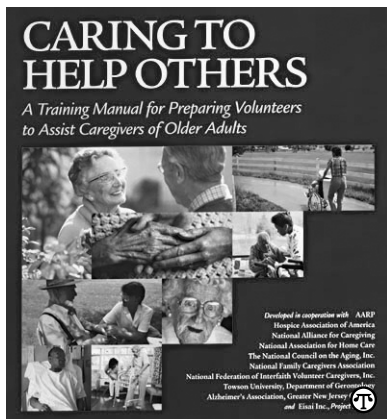
(NAPSA)—More than 50 million people provide care for a chronically ill, disabled or aged family member or friend during any given year. As the population ages, millions more will need care.

Family caregivers who provide care 36 or more hours weekly are more likely than noncaregivers to experience symptoms of depression or anxiety. These heavy-duty caregivers, especially spouses, do not receive consistent help and, in fact, one study has shown that as many as 75 percent are “going it alone.”

In response to America’s rapidly growing need to support caregivers, Eisai Inc., a U.S. pharmaceutical subsidiary of Tokyo-based Eisai Co., Ltd., developed *Caring to Help Others*. This comprehensive training manual is designed to prepare volunteers to more effectively assist caregivers of older adults.

Family caregivers often balance full-time jobs while devoting dozens of hours every week to care for older family members. By helping community organizations enhance or create volunteer caregiver programs, the pool of caregivers can be increased to improve the quality of care for older adults—and the lives of their families.

The manual addresses the aging process, the need for sensitivity and respect for the patient, the responsibilities of a volunteer caregiver, and how to deal with relationships and loss. Additionally, the manual provides trainers and workshop leaders with handouts, role-playing exercises and resource directories that they can



By 2030, some 21 million elderly people may need help with activity limitations. This program may help.

utilize during volunteer training sessions.

Nonprofit organizations involved in the manual’s creation include AARP, Alzheimer’s Association—Greater New Jersey Chapter, Hospice Association of America, Interfaith Caregivers Alliance, National Alliance for Caregiving, National Association for Home Care, The National Council on the Aging, National Family Caregivers Association and Towson University’s Department of Gerontology.

The manual is available free to qualified nonprofit organizations with programs for volunteer caregiver training or plans to begin one.

Visit www.eisai.com to download a copy. For hard copies, organizations may write to *Caring to Help Others* 111, P.O. Box 212, Ridgefield Park, NJ 07660.