

September 8, 2011

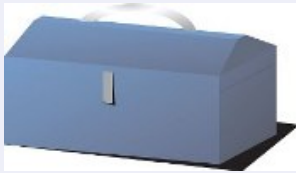
You Don't Understand. I Don't Have Time to Take Care of Myself!

You probably know that **family caregivers** are often so busy caring for others that they **neglect their own health**. But did you know that caregivers report chronic conditions at almost twice the rate of noncaregivers? [Click here](#) to read a **new blog by Judy Santamaria**, Director of the Visiting Nurse Service of New York Family Caregiver Support Program. Judy shares tips – and some very **creative ideas from caregivers** – that can help *your* patients' caregivers (or even caregivers in your own family) take care of themselves.



Free Caregiver Tools

CHAMP has over 20 **evidence-based tools** in our Resource Library related to **family caregiving**, for both frontline staff and caregivers themselves.



Visit the [Tools section](#) of our Resource Library and select "Family Caregivers" from the 'All Topics' drop-down menu to see them all. Here are two tools designed specifically to **help frontline staff assess the needs of family caregivers**. Just click on the name to download.

[Assessing Family Caregivers: A Guide for Health Care Providers](#)

A brief introduction to the caregiver assessment process for health care professionals from the United Hospital Fund, Next Step in Care Program.

[Caregivers Count Too! A Toolkit to Help Practitioners Assess the Needs of Family Caregivers](#)

An online resource from the Family Caregiver Alliance that provides information and strategies to develop and implement family caregiver assessments.

Free E-Presentations

Watch CHAMP e-presentations anytime! Each one is developed and narrated by an expert on the topic. Take a look today!

[Considerations in Geriatric Medication Management](#)

[The Model for Improvement: Small Tests of Change and Using PDSA Cycles to Drive Improvement](#)

[Clinical Coaching with CHAMP Tools](#)



E-Learning Activities

Take care of yourself by improving your skills (and earning CE hours) at your own pace! Sign up for one of our one-unit e-learning activities, and you can **learn wherever you have internet access**. Click on the course name to learn more and register.

New! [Helping Patients Adhere](#)
\$49 (\$35*)/ participant

[Developing Strong Home Care Teams](#)
\$49 (\$35*)/ participant

[Improving Communication with Physicians](#)
\$49 (\$35*)/ participant

[Best Practice Activities](#)

\$10 per activity or sign-up for all three for just \$25

** This rate applies to member agencies of: California Association for Health Services at Home, Georgia Association for Home Health Agencies, Home Care Alliance of Massachusetts, Home Care Association of Colorado, Home Care Association of Florida, Home Care Association of New Hampshire, Home Care Association of New York State, Home Care Association of Washington, HomeCare Association of Arkansas, MHA: An Association of Montana Health Care Providers, New Mexico Association for Home and Hospice Care, Pennsylvania Homecare Association, and Rhode Island Partnership for Home Care*

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