

HOW TO BE A RESILIENT CAREGIVER

Ideas, Information and Resources For Healthy Caregiving



Note: This is a reference guide, and is intended for use throughout the caregiving experience. Please do not be intimidated by the scope of content. The information is designed to be relevant and applicable to the changing needs of the caregiver, and the person receiving care, over an extended period of time. Use the Table of Contents as a reference for information that is pertinent for specific issues and situations along the caregiving journey.

The Caregiver Consortium, Inc. is a not-for-profit 501 (c) (3) organization with a volunteer Board of Directors consisting of health care and aging services professionals from the public and private sector that meet on a regular basis to plan activities and support community events. Board members and community volunteers participate in a series of educational programs throughout the year.

The Consortium was founded with a vision to foster collaboration and partnerships with business leaders and professionals from the public and private sector that work in the health care industry. The purpose of the Caregiver Consortium is to enhance or implement services for caregivers and older adults that strengthen the continuum of health care services.

The Consortium is also recognized as a leader in producing our caregiver resource guide, *How to Be a Resilient Caregiver*, which is regularly updated with current information. Over the last several years, our Guide has been distributed to more than 20,000 family caregivers and professionals working in health care, aging and caregiving services.

Mission Statement

We believe that our community can positively affect the quality of life for older adults and their caregivers. Believing this, we will:

- Promote public education and access to services
- Influence public policy
- Facilitate community collaboration and partnerships
- Encourage development of needed services that complete the continuum of care

ACKNOWLEDGMENTS



The Caregiver Consortium, Inc. gratefully acknowledges the resource information provided for *How to Be a Resilient Caregiver* by professionals, agencies and organizations in Tucson as well as websites that assist caregivers and the public with aging, health care and caregiver issues. The scope and variety of the manual's content would not have been possible without their expertise and assistance. These individuals and organizations are identified in the Table of Contents and in their respective entries.

Information in the *How to Be a Resilient Caregiver* was the most current available at the time of publication; some material may change or become dated without notice since the content was gathered from many sources. The sponsors, agencies and individuals listed assume no responsibility for time sensitive information. It is the responsibility of the individual user to verify the accuracy of pertinent content.

Distribution of this manual is offered as a service to "informal" unpaid caregivers through the generous support of our contributing underwriters. For information on obtaining additional copies of the manual, please contact Pima Council on Aging's Help Line at (520) 790-7262.

Material printed in *How to Be a Resilient Caregiver* does not constitute an endorsement or specific recommendation by any of the sponsoring organizations or those organizations or individuals featured in the manual. For detailed information on particular topics printed in the manual, please contact the sources listed.

Please note that making copies of this manual is prohibited. The manual may be found online at www.caregiverconsortium.org.

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