

## WEBSITES: Selected Resources for Professional Caregivers

**ACQYR:** [www.acqyr.com/category/positive-affirmation-video-reviews](http://www.acqyr.com/category/positive-affirmation-video-reviews) offers a selection of brief affirmative video presentations, sample affirmations and articles about affirmation.

**Authentic Happiness:** [www.authentichappiness.sas.upenn.edu/resources.apx](http://www.authentichappiness.sas.upenn.edu/resources.apx) offers positive psychology questionnaires and resources from The Positive Psychology Center at the University of Pennsylvania. On-line questionnaires provide feedback on character strengths and virtues, happiness, optimism, satisfaction with life, and related positive psychology topics; also provides the university with confidential responses for online research studies.

**Companion Arts:** [www.companionarts.org](http://www.companionarts.org) brings healing and expressive arts resources to individuals in major life transition and the organizations serving them. They now offer programs and resources for professional and family caregivers. Inspiring messages and music for professionals can be found on DVDs titled *Care for the Journey*.

**Compassion Fatigue Awareness Project:** [www.compassionfatigue.org](http://www.compassionfatigue.org) is dedicated to educating caregivers about authentic, sustainable self-care and aiding organizations in their goal of providing healthy, compassionate care to those whom they serve. This site suggests resources for caregivers working in many professions, and also offers original training materials, workbooks, and texts through its parent organization: [www.healthycaregiving.com](http://www.healthycaregiving.com)

**Gift from Within (GFW):** [www.giftfromwithin.org](http://www.giftfromwithin.org) features the work of Charles Figley and other leaders in the field of PTSD and compassion fatigue. Begun in 1993, GFW is an international non-profit organization for survivors of trauma or victimization, as well as all trauma workers, a group to which nurses belong. They disseminate educational videos, books and articles by noted authors, as well as poetry and art by survivors and peer support to trauma victims.

**Google:** [www.google.com](http://www.google.com) Use "meditation music" to search for links to an array of free, on-line meditation music and DVDs. Search using "visualization meditation video" to access brief on-line meditation videos.

**Gratefulness:** [www.gratefulness.org](http://www.gratefulness.org) is an international non-profit organization that provides resources for living courageously and gratefully, despite life circumstances. Their broad mission and array of resources promote reconciliation and healing for individuals, relationships and the world.

**Mind Tools:** [http://www.mindtools.com/pages/main/newMN\\_TCS.htm](http://www.mindtools.com/pages/main/newMN_TCS.htm) offers self-help tools in a variety of categories, including performance stress, relaxation and sleep, self-confidence and self-esteem, anger management, and various types of coping strategies.

**The Program in Narrative Medicine:** [www.narrativemedicine.org](http://www.narrativemedicine.org) is offered through College of Physicians Surgeons, Columbia University. It helps health professionals improve the effectiveness of care by using writing/narrative to help process their emotions and the impact of working in health care.

**Self-Care Academy:** [www.self-careacademy.com](http://www.self-careacademy.com) formerly known as NurseFit, offers self-care programs that help health professionals remain engaged and contribute to quality patient care by managing their own mental, emotional and physical needs.

**Spirituality and Practice:** [www.spiritualityandpractice.com](http://www.spiritualityandpractice.com) explores the differences and commonalities between all the world's religions and spiritual paths in sections on spiritual practices, book and film reviews, DVDs, e-courses, DVDs and music video play lists.

**The Campaign for Love & Forgiveness:** [www.loveandforgive.org](http://www.loveandforgive.org), a project of the [Fetzer Institute](http://www.fetzerinstitute.org), is a community engagement initiative that encourages people to bring love and forgiveness into individual and community life.

## **WEBSITES: Selected Resources for Helping Family Caregivers**

**Ask Medicare:** [www.medicare.gov/caregivers](http://www.medicare.gov/caregivers) a section of the Centers for Medicare & Medicaid Services (CMS) website that was launched in September 2008 to provide Medicare beneficiaries and their caregivers with a wide range of consumer-friendly tools and materials designed to lighten the burden of caregiving and help make informed healthcare decisions. Refer families of your patients to this site for information on Medicare/Medicaid related issues. For access to a helpful Discharge Planning Checklist go to: [www.medicare.gov/publications/pubs/pdf/11376.pdf](http://www.medicare.gov/publications/pubs/pdf/11376.pdf)

**eCareDiary:** [www.ecarediary.com](http://www.ecarediary.com) offers free, online tools to help organize appointments, medication schedules, and legal documents, to share information with other caregivers, calculate health care costs and shop for quality products. They also have a comprehensive database of nursing homes and home care services, guides on long term care financing and information on the important health care documents everyone should have.

**Eldercare Locator:** [www.eldercare.gov](http://www.eldercare.gov) is a public service of the US Administration on Aging that connects older Americans and their caregivers with sources of information on senior services throughout the country. The service links those who need assistance with state and local Area Agencies on Aging and community-based organizations that serve older adults and their caregivers. Connect with resources in your local area, toll-free at 1-800-677-1116.

**Empowering Caregivers:** [www.care-givers.com](http://www.care-givers.com) offers a link to assistance, education, support and referrals for family caregivers. Caregivers can subscribe for email newsletter, chat rooms and on-line message boards.

**Health Journeys:** [www.healthjourneys.com](http://www.healthjourneys.com) offers a selection of books, CDs, and other materials that teach guided imagery and other relaxation techniques to manage the effects of stressful situations.

**Help Guide:** [HelpGuide.org](http://HelpGuide.org) offers ad-free information and resources for dealing with life's challenges. Categories of topics include mental and emotional health, family and relationships, healthy living, and caregiving.

**Lotsa Helping Hands:** [www.lotsahelpinghands.com](http://www.lotsahelpinghands.com) provides a secure group calendar to help organize helpers for providing meals, rides and doing other necessary tasks during times of medical crisis, end-of-life caring, or family caregiver exhaustion. It's also a place to keep a caregiver's network informed with status updates, photo galleries, message boards, and more. Refer family caregivers here for help streamlining communication and offers for help.

**National Family Caregivers Association (NFCA):** [www.thefamilycaregiver.org](http://www.thefamilycaregiver.org) is an extensive site that provides caregivers with tips, advocacy updates, and information on communicating effectively with healthcare professionals. The site also offers a section on sharing your caregiving story, where family caregivers can write in to share their personal caregiving experience. Refer family caregivers to this user-friendly and high quality site as a starting point for learning about all the resources that are available to them.

**National Alliance for Caregivers:** [www.caregiving.org](http://www.caregiving.org) provides a national database of information on Medicare, caregiver resources, and referrals to local programs in your area. To access general background, policy and research on family caregiver issues, this is a strong source of professional quality information. In conjunction with Emblem Health, they co-created a booklet to help caregivers recognize and manage the many challenges that come with being a caregiver. Revised in early 2010, this resource emphasizes that it is always OK to seek and ask for help. It offers important information and guides caregivers on where to turn for help. Follow this link to view the booklet: [http://www.caregiving.org/data/Emblem\\_CfC10\\_Final2.pdf](http://www.caregiving.org/data/Emblem_CfC10_Final2.pdf)

**National Association of Geriatric Care Managers:** [www.caremanager.org](http://www.caremanager.org) supports its members and helps the general public learn about and connect with professional geriatric care managers. This is particularly helpful for long-distance family caregivers who need help coordinating an elderly loved one's care.

**National Hospice and Palliative Care Organization (NHPCO):** [www.CaringInfo.org](http://www.CaringInfo.org) presents *Caring Connections*, a national consumer and community engagement initiative to improve care at the end of life. The site offers information for caregivers/receivers, for businesses and communities.

**National Transitions of Care Coalition (NTOCC):** [www.ntocc.org/Home/Consumers/WWS\\_C\\_About.aspx](http://www.ntocc.org/Home/Consumers/WWS_C_About.aspx) is a group of industry leaders who have created resources to help professionals and consumers better understand transitional challenges and empower patients and caregivers as part of the care giving team.

**Next Step in Care:** [www.nextstepincare.org](http://www.nextstepincare.org) provides free, downloadable information, practical guides and checklists to help family caregivers and health care providers plan safe, smooth transitions from one health care setting to another: from home to hospital, hospital to home, to home with home care, or to in-patient rehab. Written succinctly in two formats, one for professionals and another for family caregivers, these tools highlight critical aspects of care such as medication management, discharge planning and preparing for the next level of care.

**Professional Partners Supporting Family Caregivers:** is a special issue of the *American Journal of Nursing*, published in September 2008. It outlines in detail both current and recommended best practices for partnering with family caregivers in providing optimal patient care. Developed by experts in nursing and social work, this issue offers practical guidelines for strengthening the professional-family caregiver partnership. Designed as a continuing education program that offers up to 20 contact hours for nurses, this material may be accessed online at: [www.nursingcenter.com/ajnfamilycaregivers](http://www.nursingcenter.com/ajnfamilycaregivers) or in-print at: Reinhard, Susan, Brooks-Danso, Ashley, and Kelly, Kathleen. Guest Editors. *American Journal of Nursing*. September 2008. Volume 108. Number 9 Supplement.

**Rosalynn Carter Institute (RCI):** [www.rosalynncarter.org](http://www.rosalynncarter.org) promotes RCI's goal of establishing local, state and national partnerships committed to building quality long-term care systems and providing greater recognition and support for America's family and professional caregivers. On the site are many resources for caregivers, notably, The Evidence-Based Program Resource Center, which describes over 65 caregiver programs that have been proven effective in helping caregivers. If you are interested in developing family caregiver resources within your organization, this is a good place to start.

**Willowgreen:** [www.willowgreen.com](http://www.willowgreen.com) offers information, inspiration and support for life transitions and aging, loss and grief, illness and caregiving. These resources are beneficial for both professional and family caregivers. Samples of books and audiovisual materials that can be found at this site include:

*The Art of Being a Healing Presence*

*When you're the Caregiver/When you're Ill or Incapacitated*

*Autumn Wisdom: Finding Meaning in Life's Later Years*

*Finding Hope: Ways to See Life in a Brighter Light*

*One You Love is Dying/When You Know you're Dying*

*The Art of Listening in a Healing Way*

*Change and Possibility*

*You Shall Not Be Overcome*

*A Pilgrimage through Grief*

*How Can I Help? /What Will Help Me? (With loss)*

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