

# Caregiver's Handbook: Support for Seniors and Caregivers

---

If you serve seniors or caregivers, you know that for someone dealing with an aging parent or grandparent – or their own spouse, sibling or friend – the stress is enormous. You also know that caregivers usually do not have an organized means of understanding and preparing for the relentless process that can easily consume large portions of their lives and psyche.

You probably organize or participate in caregiving “fairs” where speakers and vendors are brought in who provide services - elder law attorneys, financial planners, geriatric care managers, home health providers, long term care facilities, aging-in-place specialists and more. You might also offer programs to assist with respite care, transportation, nutrition, education and other needs.

But, one of the most helpful – and least expensive – things you can do is to provide those you serve with a handbook to help them prepare for various stages of the caregiving process and to organize their affairs.

## Why is a *Caregiver's Handbook* so helpful?

Caregivers are often unprepared for their role and don't know how to manage the process or evaluate the resources available to them. It's not just that they don't know the answers; they don't know the questions!

Most people find themselves in the role of caregiver without any preparation. Typically, they are either thrust into the role as a result of some precipitating event such as a loved one breaking a hip or having a stroke or; they are unsuspecting subjects of “**caregiving creep**” - that gradual increase in demand for their time and resources – cutting the grass for dad, taking mom grocery shopping, then doing the shopping for her, soon followed by preparing meals to be reheated by her later – you get the picture.

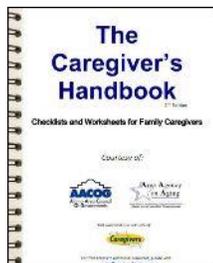
It's a multi-generational support tool. Caregivers include people of all ages. Whether it's a 40-something female who is employed, raising children and juggling the demands of family and work, or a 70 year old man taking care of a parent, spouse or sibling, they need help getting organized. And then, there are those who are not yet caregivers but realize it is coming and want to be prepared in advance.

## Ways to use the Caregivers Handbook:

- simply make the Handbook available to those you serve
- develop educational sessions around it
- give it those who attend your "caregiving fairs" or related events
- give a copy to employers, faith organizations and others, along with your own marketing materials
- give a copy to Board members and volunteer leaders as a gift of appreciation
- give a copy as a gift to those who support your organization

## We'll even customize the Handbook and brand it as coming from you.

You get the credit for providing approximately 80 pages of helpful information, forms and checklists covering topics that families face throughout the caregiving process.



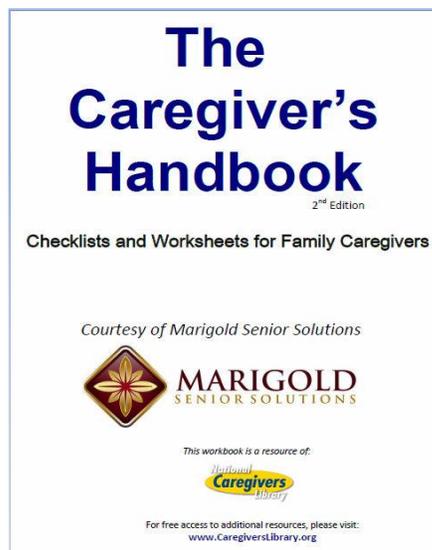
- Your name and logo on the cover.
- You get a “courtesy page” to describe your organizations and its programs.
- Every content page has a header that reminds recipients their Handbook is compliments of you.
- Additional information from you may be inserted into the Handbooks.

To learn more about the National Caregivers Library, visit [www.CaregiversLibrary.org](http://www.CaregiversLibrary.org)

# The Caregiver's Handbook

An 80-page guide. Helpful resources, checklists and worksheets including:

- A caregiving needs assessment
- Care services and how to access
- Driver Assessment Checklist
- Getting Organized
- Where Will Care Take Place
- Home Safety Checklist
- Caregiving in the Home Environment
- Choosing a Care Facility: Questions to Ask
- Nursing Home Checklist
- Financial Caregiving
- Alternative Ways of Financing Care
- Legal Aspects of Caregiving
- Long-Distance Caregiving
- Documents Organizer Checklist
- End-of-Life Planning
- And many other essential topics



## Provides real value to caregivers and key constituents – without a lot of cost

Organizations often struggle to find effective, yet inexpensive ways to help seniors and caregivers learn to help themselves and to provide value to key constituents in the community - employers, faith organizations and others. The *Handbook* really resonates with both of these groups and makes a long-lasting emotional connection.

## Handbooks are branded as coming from you

Professional service providers, Area Agencies on Aging, faith organizations, banks, employers and other organizations often want customized/branded versions to give to constituents facing eldercare issues.

The *Handbooks* have your logo on the cover and a “courtesy page” that describes your products or services and ties those services to the caregiving issue. Also, each page has a header that reminds the recipient that their *Handbook* is compliments of you.

## Printing and binding options

Our standard Handbook comes in a handy 3-ring binder because that is the preference of caregivers. However, we can print and bind them in a number of ways to fit your budget and specific audiences. For example, they can be spiral bound, inserted into leather binders or custom bound to your specifications. In large quantities, they can be printed in a magazine format at a very low cost each.

Call us to discuss your needs and we will explain your options, costs and how others use their branded *Handbooks* as an outreach, caregiver support, client appreciation or business development tool.

Call (804) 327-1113.

To learn more about the National Caregivers Library, visit [www.CaregiversLibrary.org](http://www.CaregiversLibrary.org)

## Pricing information for organizations and agencies

Prices as of April 15, 2015. Printing costs fluctuate; please confirm at time of order.

REGULAR PRICING			SPECIAL OFFER thru July 31, 2015				
QTY	Price EACH	Price Per Order	QTY	Discount %	SALE Price EACH	SALE Price Per Order	SAVINGS Per Order
1	\$ 24.95	\$ 24.95	1				
12	\$ 20.95	\$ 251.40	12				
24	\$ 18.95	\$ 454.80	24				
36	\$ 18.55	\$ 667.80	36	10%	\$ 16.70	\$ 601.02	\$ 66.78
48	\$ 18.25	\$ 876.00	48	15%	\$ 15.51	\$ 744.60	\$ 131.40
96	\$ 18.00	\$ 1,728.00	96	15%	\$ 15.30	\$ 1,468.80	\$ 259.20
252	\$ 17.50	\$ 4,410.00	252	20%	\$ 14.00	\$ 3,528.00	\$ 882.00
504	\$ 16.00	\$ 8,064.00	504	20%	\$ 12.80	\$ 6,451.20	\$ 1,612.80
1008	\$ 14.75	\$ 14,868.00	1008	20%	\$ 11.80	\$ 11,894.40	\$ 2,973.60
2016	\$ 13.50	\$ 27,216.00	2016	20%	\$ 10.80	\$ 21,772.80	\$ 5,443.20
3600	\$ 12.00	\$ 43,200.00	3600	20%	\$ 9.60	\$ 34,560.00	\$ 8,640.00
5000+			5000+	CALL TO DISCUSS			

Prices include:
Handbooks co-branded with your logo on cover
Custom "Courtesy Page" for your message
Credit to your organization on header of each page
All orders FOB Richmond, Virginia

### Standard specs include:

- Binding: 3-ring binders
- Paper: 24 lb., white
- Color cover: printed on 80 lb. cover stock, inserted into clear-vu binder cover
- Card stock sheet inserted after last page to prevent pages from sticking to back cover

### Options include:

- Additional information from your organization may be inserted into the front or rear of the Handbooks. (You may do it or have us do it for you.)
- Other binding options are available.

For LARGE orders, other binding options / pricing is available. For example, a recent client needed 50,000 Handbooks. We were able to print in a magazine format for less than \$2 each.

Call the National Caregivers Library at (804) 327-1113

To learn more about the National Caregivers Library, visit [www.CaregiversLibrary.org](http://www.CaregiversLibrary.org)

## **Caregiver's Handbook Contents Includes:**

**Actual Table of Contents includes page numbers and styling.**

### **Chapter 1: Taking Stock**

- Caregiver's Assessment Worksheet
- Taking Care of Yourself
- Problem-Solving Worksheet
- Driving Assessment
- Driver Assessment Checklist
- Caregiver's Organizing System

### **Chapter 2: Home Care**

- Community Resources
- Community Services Interview Record
- Home Care Workers
- Home Care Workers Questions
- Caregiver's Log
- Home Safety Checklist
- Help with Home Modification

### **Chapter 3: Choosing a Care Facility**

- Questions For Assisted Living
- Nursing Home Checklist
- Adjusting to Long-Term Care

### **Chapter 4: Medical Caregiving**

- Choosing the Right Doctor
- Appointment Information
- Personal Health History
- Weekly Medicine Record

### **Chapter 5: Legal Matters**

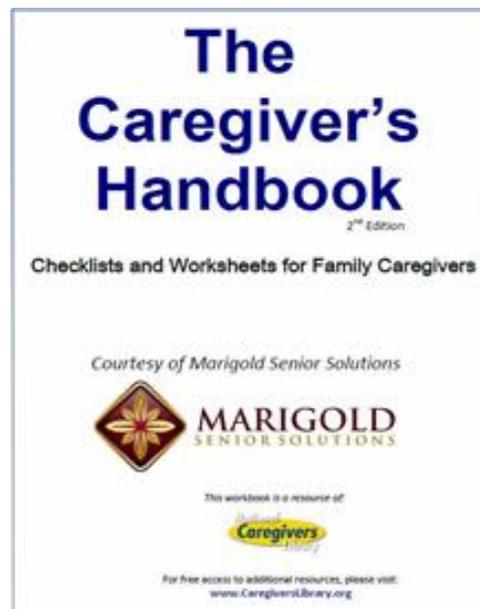
- Evaluating Attorneys
- Document Organizer
- Making a Will

### **Chapter 6: Financial Caregiving**

- Choosing a Financial Planner
- Health Costs Estimator
- Alternative Ways of Financing Care

### **Chapter 7: End-of-Life Planning**

- Questions About Hospice Care
- Funeral Planning Form



To learn more about the National Caregivers Library, visit [www.CaregiversLibrary.org](http://www.CaregiversLibrary.org)