



C.A.R.E. PROGRAM
Caregiver Assistance Resources and Education Program®

iCare4U News, May 2019



Thank you to Louise for displaying the Henry Ford C.A.R.E. Program of resources at her church event last month! Your support is appreciated!!!

The [Henry Ford C.A.R.E. Program](#) is on the move! We have been travelling to different Henry Ford Medical Centers and will continue throughout the end of this year. Stop by and see us if you notice our table of resources in the lobby area of the clinic. We have Advance Directive booklets available for you, as well as other helpful information to help make caregiving easier for you!



Save the Date: 'Painting with Kathy'

Relax and relieve stress by creating art, and meet fellow caregivers in an uplifting, supportive environment. Painting with Kathy is **free** and is open to employees, their friends and family members. Space is limited! Pre-registration required.

Classes fill quickly! henryford.com/paintingwithkathy. All classes begin promptly at 4pm and a light dinner is provided!

- Wednesday, July 24, at Henry Ford Wyandotte Hospital
- Wednesday, July 31, at Henry Ford Allegiance Health, Jackson



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- Wednesday, Aug. 14, at Henry Ford West Bloomfield Hospital
- Wednesday, Nov. 20, at Henry Ford Macomb Hospital, Clinton Township

Caregiver Support Groups at 6 Locations!

Find a support group near you: www.henryford.com/caregiversupportgroup

We have locations in Troy, Clinton Twp., Detroit, West Bloomfield, Plymouth and Wyandotte.

Caregiver Concierge

One-on-one meetings for caregivers with C.A.R.E. Program experts. Meet in person or over the telephone. There is no cost. Contact us today to [schedule your consultation](#). Or, call (313) 874-4838 or email CaregiverResources@hfhs.org

Caregiver Binders Available



You may request a free caregiver binder to help you get or stay organized with all your medical papers and information. You may request a binder online and pick it up at one of our Henry Ford locations. To request a binder click: [Caregiver Binder Request](#)

Henry Ford's Caregiver Support Group for caregivers of individuals with developmental disabilities

***Click to learn more:** [Support Group](#)

Our caregiver support group provides a no-cost, opportunity to share stories, learn strategies, and offer encouragement in an open welcoming environment. Sessions are led by Henry Ford Center for Autism and Developmental Disabilities mental health professional staff and focus on a variety of topics, including:

- Understanding your child's diagnosis
- Treatment options
- Prompting independence
- Making time for family
- Engaging in self-care
- Creating safe environments

The Henry Ford C.A.R.E. Program

henryford.com/familycaregivers

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