

iCare4U News May 2020



New Virtual Caregiver Support Groups

Henry Ford Health System's family caregiver support groups are going virtual every Tuesday throughout the summer. Support groups will be held two times **every Tuesday at 11am-12pm and 6pm-7pm**. The first two support groups will be held on Tuesday May 26th. Participants can join by telephone, computer, tablet, or iPad to connect with other caregivers and Henry Ford's C.A.R.E. Program staff. For more specific information about our support groups, please email CaregiverResources@hfhs.org or call us at 313-874-4838

Coming Soon! On-Line Art Therapy Session

Join Kelly Darke, C.A.R.E. Program Art Therapist who will be hosting **FREE** on-line art therapy support groups starting in mid-June 2020! These sessions are for caregivers of all types and open to non-caregivers as well. Adults, children, patients, friends and families are welcome to join. Check out our website: www.henryford.com/familycaregivers for updates regarding art therapy.

CDC Caregiver Report

To all the caregivers out there - the ones taking care of a chronically ill, sick, aging, recovering family members, friends, neighbors, the Centers for Disease Control wants you to know that it's crucial you care for yourself. In a report based on a survey of family caregivers, also known as unpaid and informal caregivers, the CDC found that family caregivers' health is at risk. Don't forget Henry Ford's CARE program and the iCare4U Employee Resource Group are here to support caregivers and to prevent caregiver burnout and the deterioration of health and happiness associated with the demands of caregiving - as rewarding as it can be. Want to know more about the CDC report and caregiver needs and support?

<https://www.henryford.com/news/2020/02/cdc-caregiver-report>

Contact Us at the Henry Ford C.A.R.E. Program

www.henryford.com/familycaregivers

(313) 874-4838

CaregiverResources@hfhs.org

Facebook group: *Henry Ford Health System Family Caregivers. Ask to join.*

Just a reminder that due to COVID-19 restrictions, all iCare4U ERG in-person events have been placed on hold until further notice.



C.A.R.E. PROGRAM

*Caregiver Assistance Resources and Education Program**