

Let Henry Ford Health make caregiving easier

Henry Ford Health has developed patient-centered resources for caregivers and their loved ones.

- A webpage of resources for all caregivers: henryford.com/FamilyCaregivers
- An email for you to ask caregiver-related questions: CaregiverResources@hfhs.org
- A toll-free phone number you can call and speak to a C.A.R.E. Specialist: **866.574.7530**
- Support group, art therapy sessions, educational classes and other special events can be found at henryford.com/CaregiverWellness



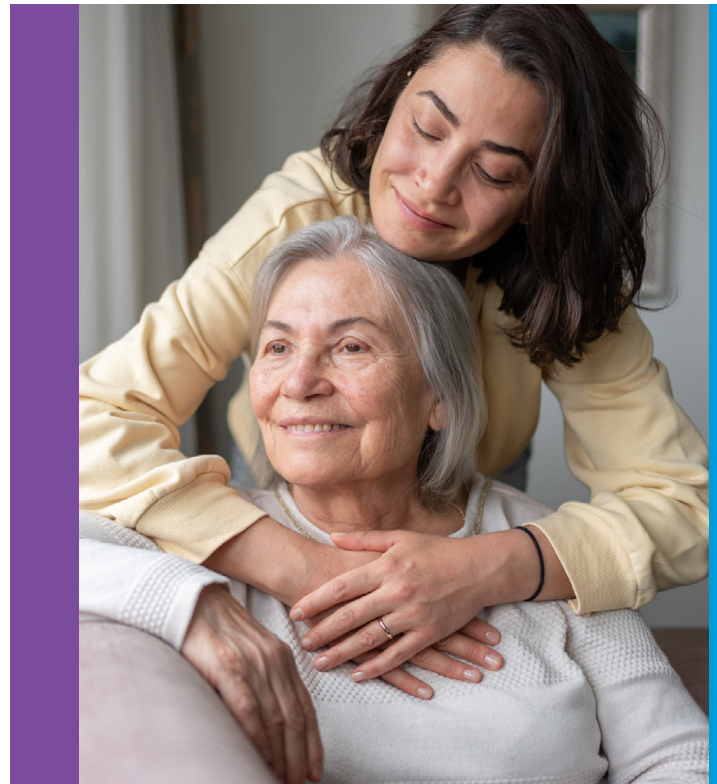
Visit our website by scanning the QR code



Search for us in Facebook Groups, Henry Ford Health C.A.R.E. Program.



Are you a family caregiver?



C.A.R.E. Program
Caregiver Assistance Resources and
Education ProgramSM

866.574.7530

Our goal is to assist family caregivers in identifying resources within their community that support their mental, physical, and social well-being. This includes access to a diverse network of experts who offer support groups, educational classes, one-on-one guidance, and self-care opportunities.

At Henry Ford Health, we believe caregivers are an important part of their loved one's care team.

Are you a caregiver?

- Do you provide care for someone else?
- Do you help someone with their physical, emotional and/or financial support because they are unable to care for him/herself due to illness, injury or disability¹?
- Are you a family member, spouse, life partner or friend of the person you are caring for?

If you answered yes to any of the above questions, then YOU are one of the estimated 53 million adult caregivers in the United States².

"There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers."

– Rosalynn Carter

Source:

¹ Care for the Family Caregiver: A Place to Start, March 2010

² Caregiving in the USA, AARP Public Policy Institute, May 2020



Supports available:

- Advance care planning classes
- Art therapy
- Community resources
- Customized classes for teams and community groups
- Dementia -related educational classes
- Henry Ford employee-specific services
- In-person and online support groups
- One-on-one personalized guidance from a healthcare professional
- Senior Navigator Services

