

McLaren Print System Order

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401 S. Ballenger Highway
Flint, MI 48532

Brochures
Quantity: 500
Paragon Dept No: 91245
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Item Number: M-3851
Item Description: Lets Talk About the Stroke Family Caregiver
Revision Date: 2012
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Misc Info: Finish Size: 8.5 x 11 inches; 32 lb color copy; DS

The brochure cover features the following content:

- Logos:** 'Let's Talk About Stroke' (with a gold seal), 'McLaren FLINT', and 'McLaren Stroke Rehabilitation'.
- Title:** 'Let's talk about The Stroke Family Caregiver'.
- Text:**

People who provide help for stroke survivors are often called **caregivers**. Everyone involved in helping a stroke survivor is a caregiver. It can be the spouse, family members or friends. Often one person, spouse, adult child or parent, will provide most of the care.

It's important that caregivers and stroke survivors strive to be "care partners" in their efforts. It's often a challenge for both to adjust to their changed roles. The adjustment may be easier if the caregiver and stroke survivor share in decision-making as much as possible and try to share their feelings honestly.
- Image:** A photograph of a woman in a pink shirt talking to an elderly man in a yellow shirt who is sitting in a wheelchair.
- Section: What should a caregiver do?**

There is no one "job description" that explains what all caregivers do. Each caregiver's responsibilities vary according to the unique needs of the stroke survivor. Role changes and new skills may need to be learned. Common responsibilities of caregiving include:

 - Providing physical help with personal care and transportation.
 - Managing financial, legal and business affairs.
 - Monitoring behavior to ensure safety.
 - Managing homework and making meals.
 - Coordinating health care and monitoring or giving medications.
 - Helping the survivor maintain learned skills and work to improve them.
 - Providing emotional support for the stroke survivor and family members.
- Section: Encouraging the stroke survivor to continue working toward recovery and to be as independent as possible.**
- Section: Is there assistance for caregivers?**

Many people find caring for another person very rewarding, but there may be times when a stroke survivor's needs are too much for any one person. Sometimes a caregiver just needs a break. These community resources may be helpful:

 - **Adult day care** — professional supervision of adults in a social setting during the day.
 - **Adult foster homes** — supervised care in approved (usually) private homes.
 - **Meal programs (Meals on Wheels)** — a federally sponsored assistance program.
 - **Home health aide services** — in-home personal care assistance.