

INFORMATION IS POWER

UNITED WAY SUPPORTS FAMILY CAREGIVERS

What Attendees Say

"This was an excellent program. Do it again!"

"The best program I have heard in years."

"Keep up the good work."

"Excellent."

Supporting Caregivers in the Workplace

Studies show that employers who support caregivers in the workplace can improve performance and morale, save cost, and increase loyalty.

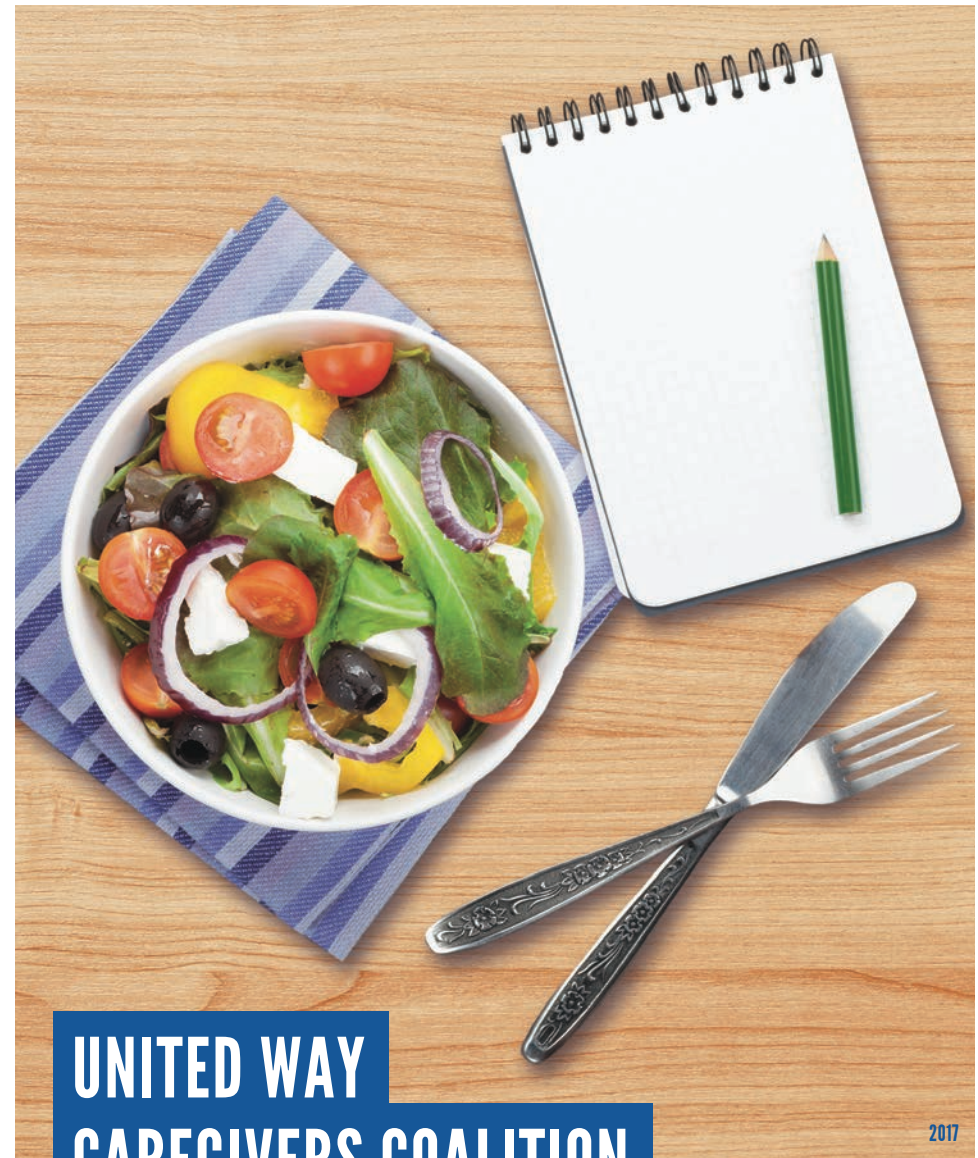
About United Way Caregivers Coalition

Caregiving is a universal reality that touches almost every family. More than 44 million U.S. residents provide unpaid care for a loved one. In northern New Jersey, approximately 225,000 of our neighbors have taken on this role. The United Way Caregivers Coalition works to ensure unpaid family caregivers have access to information, education, resources, and services to sustain them in their caregiving role.



There are local *Coalitions* in Morris, Somerset, Suburban Essex, Sussex, and Warren Counties.

If you are a caregiver, connecting with the *Coalition* is an easy, positive step that can help support you in a wide variety of important ways. To find a meeting near you, or sign up for monthly emails or mail with resource information, call **888.338.9227** (888.UWCARES) or email CaregiversCoalition@UnitedWayNNJ.org



UNITED WAY CAREGIVERS COALITION MUNCH & LEARN PROGRAM

LIVE UNITED

2017

United Way fights for the health, education, and financial stability of every person in every community. Volunteer or donate at UnitedWayNNJ.org/Health



United Way
of Northern New Jersey

MUNCH & LEARNS: FREE, EASY, AND EFFECTIVE ABOUT THE PROGRAM

Family caregivers tell us that one of their biggest needs is for relevant, up-to-date, and trusted information. The United Way *Caregivers Coalition* Munch & Learn Program offers FREE presentations across a wide range of essential caregiving topics.

Any business, community group, or organization can host a Munch & Learn at NO COST. Presentations can be booked for any time of day or evening, even on weekends, and for groups of at least 10 and up to 500 people. They run anywhere from 60 to 90 minutes, including time for valuable Q&A. Often, the host provides light fare for attendees.

Munch & Learn presenters are respected professionals in their fields who are all active members of the *Coalition*. They graciously volunteer their time and expertise to educate and support caregivers.

Hosting a Munch & Learn is an easy, effective way to support the caregivers you care about! To inquire about a presentation, email CaregiversCoalition@UnitedWayNNJ.org or call **888.338.9227**.

United Way *Caregivers Coalition* also hosts Munch & Learns throughout northern New Jersey. To view a calendar of our upcoming events, visit: UnitedWayNNJ.org/Events



ESSENTIAL EDUCATION FOR FAMILY CAREGIVERS MUNCH & LEARN TOPICS

General Caregiving

1. An Overview of the Veteran's Administration New Jersey Healthcare System
2. Caregiver Health: Finding Balance
3. Children and Caregiving
4. End-of-Life Issues: Hospice and Advance Directives
5. Getting the Most Out of a Doctor Visit
6. Having the Conversation and Navigating Difficult Decisions
7. Preparing for Medicaid
8. The Family Caregiver: Finding the Balance
9. Who Will Speak on Your Behalf When You Are Unable
10. Without You Where Would I Be: Bringing Children into the Conversation about the Future

Disability and Mental Health

1. Advocating for your Loved One with Disabilities
2. An Introduction to Autism Spectrum Disorder
3. Caring for Your Loved One with Disabilities
4. Everything Changes When Your Child with Special Needs Turns 18
5. Legal Planning for Individuals with Special Needs
6. How and Where to Get Help when Caring for a Loved One with Mental Illness

Eldercare

1. Aging in Their Own Space: Tips for Caregivers on Helping Seniors Age In Place
2. An Exploration of the Adult/Adult Relationship
3. Avoiding Medical and Financial Catastrophes upon Illness
4. Caring for Aging Loved Ones: Helpful Hints and Resources for the Caregiver's Journey
5. Later Stages of Alzheimer's: Challenges, Strategies, and Resources
6. Dementia: What It Is and What It Is Not
7. Eldercare Planning: How to Avoid a Crisis
8. Everything You Need to Know about Home Care – But Did Not Know How to Ask
9. Long-Distance Caregiving: Meeting the Challenge
10. Medicare Coverage for Home Health and Hospice
11. Preventing Financial Disasters
12. Protecting Seniors' Assets
13. Resistance to Being a Caregiver
14. The Senior Living Spectrum: Navigating Housing Options for Seniors
15. The Truth about Holidays When Someone in the Family is Ill
16. There Is No Place Like a Safe and Accessible Home
17. Transitions toward a Successful Adjustment to Aging