

Pathways for Caregivers

**Information, Ideas, and Support for those
Providing Care for Loved Ones**

With Separate Sections for Aging, Disabilities, and Mental Health Caregiving

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**United Way
of Morris County**



Novartis Pharmaceuticals Corporation and its Caregiver's Support Group CARES are proud to sponsor *Pathways for Caregivers*, presented by the Caregivers Coalition of Morris County, an initiative of United Way of Morris County.

We salute you in providing this comprehensive guide to help caregivers during their caregiving journey.

From cancer to heart disease to rare disorders affecting smaller populations, Novartis is proud to be the innovative force that's bringing new optimism and hope to patients and their families. No one can promise what the future holds for any individual patient, but today millions are winning the fight against their particular diseases, and enjoying life to the fullest.

ACKNOWLEDGEMENTS

Pathways for Caregivers was written and compiled by many members of the Caregivers Coalition. We thank the following people for their hard work creating *Pathways*, and for their dedication to helping improve the lives of all caregivers.

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**The Caregivers Coalition of Morris County
is a United Way of Morris County Initiative.**



United Way
of Morris County

WELCOME TO THE COALITION

United Way of Morris County has long focused its efforts to improve the lives of Morris County's seniors and people with disabilities.

In January, 2005, we expanded this focus to include support for another group of very important people, caregivers – those who care for family or friends with chronic illnesses, disabilities, or issues of aging.

Caregivers provide a valuable service to their loved ones and to our community, yet they are often providing care without the support and resources they need. Frequently, as they care for another, their own health is compromised.

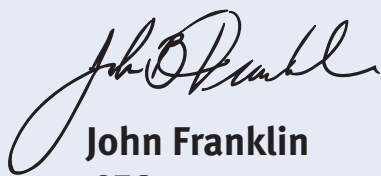
United Way of Morris County founded the Caregivers Coalition to help.

The Coalition, led by United Way staff and a volunteer Steering Committee, is a group of caring volunteers who share a commitment to improving the lives of caregivers in Morris County. In addition to non-profits, for-profits, government agencies, faith-based groups, corporations, and community members, the Coalition includes over 210 caregivers whose voices guide the work of the Coalition.

United Way is proud of having founded the Coalition. We are impressed with all that the members of the Coalition have accomplished, and we are honored to be dedicating staff and volunteer resources to help the Coalition expand its reach and to continue supporting those who do so much for others...caregivers.

We are pleased to have been part of creating *Pathways for Caregivers* and hope that you will find it to be a valuable resource for you and others that you know.

Sincerely,



John Franklin

CEO

United Way of Morris County



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Coordinator, Caregivers Coalition

United Way of Morris County



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

Former first lady Rosalynn Carter

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It is important for caregivers to recognize that they are not alone, to learn that caregiving is more than a one person job, and to see that taking care of themselves is vital to their loved one's wellbeing.

The National Family Caregivers Association



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CAREGIVERS, YOU ARE NOT ALONE



The Caregivers Coalition is committed to improving the lives of caregivers. Its mission is to promote knowledge of, sensitivity to, and action around caregiving issues.

All are welcome!

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For additional copies, please contact the Caregivers Coalition of Morris County Coordinator at 973.993.1160, x139.

PDF copies of portions of *Pathways* are available for downloading at United Way of Morris County's website, www.LiveUnitedMorris.org. Click on the Caregivers Coalition of Morris County.

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