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May 1, 2014

Caregiver Tip of the Month

Seek support from other caregivers. You are not alone!

A Special Thank You...

Thank you to **Tranquility** for their support! **Tranquility** is a complete line of Adult Disposable Incontinence Products.

TAKE CARE! is the monthly electronic newsletter of the Caregiver Action Network, a not-for-profit organization. You can **join CAN for free**. For information



Clorox: When Care Comes Home

There is nothing more important than taking care of those we love — when the time comes, many of us choose to provide care for our aging loved ones at home. CAN is a partner on the new Clorox Care Concepts [website](#) that offers information and advice on caregiving. Click [here](#) for caregiver stories, expert advice, and community support.

Do you live in DC, Chicago, or LA? CAN and Clorox Care Concepts seek caregivers in those cities that would be interested in sharing their bios, photos, testimonials, or videos on the *When Care Comes Home* [website](#), and attend a local event in their city. We are also looking for those who are comfortable speaking on camera about their personal caregiving successes and emotional challenges. To participate, email us at info@caregiveraction.org.



**ADVANCING EXCELLENCE:
Best Practices in Patient and Family Engagement
Call for Nominations**

Do you know a patient, caregiver, hospital worker or healthcare leader who has made a significant contribution to improving patient-centered care? Have your own efforts helped to improve care in terms of healthcare quality, safety and cost savings? If so, we'd love to hear from you. The Caregiver Action Network (CAN) is seeking best practices in patient and family engagement (PFE). CAN is accepting nominations in three categories:

or to respond to articles, contact:

CAN

2000 M Street, NW
Suite 400
Washington, DC 20036
Phone: 202-772-5050
info@caregiveraction.org
www.caregiveraction.org

John Schall,
Chief Executive Officer

The suggestions contained and resources referenced in *TAKE CARE!* are for informational purposes only. Be certain to consult a trained professional or attorney before taking any actions in follow-up to information that you learn or read in *TAKE CARE!* Caregiver Action Network (National Family Caregivers Association) shall not be liable for any damages or any other liability that may occur in connection with caregiving decisions or actions undertaken by readers of *TAKE CARE!*

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Visit www.CaregiverAction.org for nomination forms. Deadline to apply is **May 23, 2014**. Please email your completed nomination forms to: nominations@CaregiverAction.org. Questions? Please contact CAN at 202-772-5050.



Caregiver Experiences with Medicare

Are you a caregiver of a loved one on Medicare in MD, DC, CA, MS, MI, or CO? The Colorado Foundation for Medical Care seeks stories from caregivers of Medicare patients who have had successes or failures in healthcare.

The Foundation would like to interview caregivers on their experiences, capture audio and still photographs, and create a video montage to be used at upcoming events and live on their YouTube channel. If you are a caregiver of a Medicare patient in the following geographic areas: Maryland/DC area, northern California, Sacramento, Mississippi, Detroit or the Denver metro area, contact us at info@caregiveraction.org to share your caregiving story.



Camouflaged Caregivers

CAN CEO John Schall recently appeared on Al Jazeera America's TV show *The Stream*. John was interviewed about the challenges facing military caregivers in "**Camouflaged Caregivers**." Watch the video of John, along with Lotsa Helping

Hands CEO Hal Chapel, describing resources to help family caregivers [here](#).



Spousal Caregivers

All family caregivers are not alike. A new AARP report, "**Family Caregivers Providing Complex Chronic Care to Their Spouses**," shows that the burden of caregiving disproportionately impacts spouses. Click [here](#) for the full report.

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Beth Merachnik, Esq.

Jim Paglia
In's & Out's, Inc.

Medicare Minute

Don't get stuck with late-enrollment penalties for Medicare! If you or your loved one is turning 65 this year, be sure not to miss your seven-month enrollment period for Medicare, which begins three months before your 65th birthday. You may be required to sign up, or face penalties, even if you have other health insurance, such as a group health plan, retiree coverage, a marketplace plan, veterans benefits or TRICARE. These penalties are unforgiving—you may have to pay the late-enrollment penalty every month of every year that you have Medicare for the rest of your life. For more information, click [here](#) to learn more from Allsup.



The Family Caregiver Toolbox

Featured "Tool of the Month": This month's featured caregiver tool in CAN's **Family Caregiver Toolbox** is **How to Find a Support Group**. This tool helps guide you in finding the right support group, with ideas on where to find a support group and a list of questions to ask. We hope that it will assist you in selecting the best one for you.

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