

Caregiver Websites

National Family Caregivers' Assn.
www.nfcacares.org

Net of Care – www.NetofCare.org
offers detailed educational information about
all aspects of caregiving

Kids Konnected – www.kidskonnected.org
information, 24 hour hot line,
and chat room for kids
who have a parent with cancer

Well Spouse Foundation
www.wellspouse.org
support for spousal caregivers

Disease Specific Websites

Alzheimer's Services of Cape & Islands
www.alzcapecod.org

American Cancer Society
www.cancer.org

American Lung Assn.
www.lungusa.org

American Diabetes Assn.
www.diabetes.org

American Heart/Stroke Assn.
www.americanheart.org;
www.strokeassn.org

Arthritis Foundation
www.arthritis.org

ALS Assn.
www.alsa.org

National Multiple Sclerosis Society
www.msny.org

Disease Specific Websites (cont.)

HIV/AIDS Treatment Info. Service
www.hivatis.org

American Chronic Pain Assn.
www.theacpa.org

Chronic Pain
www.healingchronicpain.org

National Kidney Foundation
www.kidney.org

National Institute of Mental Health
www.nimh.nih.gov

American Parkinson Disease Assn.
www.apdaparkinson.com

Caregivers' Connections

is a program of
Palliative and Supportive Care of Nantucket
which expands its services
beyond the care of the terminally ill.

All Caregivers' Connections
services are provided
Free of Charge.

For more information, contact us:
Palliative and Supportive Care of Nantucket
Nantucket Cottage Hospital
57 Prospect Street Nantucket 02554
508-825-8325
email: hospice@ackhosp.org

*Nantucket Cottage Hospital is an affiliate of
Massachusetts General Hospital,
and a member of Partners HealthCare, Inc.*

Caregivers' Connections

**A wellness and resource program
for caregivers of persons with
chronic illness or disability.**



*Caregivers'
Connections*

provides
Education
Support
Advocacy
Respite Breaks
Referrals
Connections with Other Caregivers



A Service of Palliative and Supportive
Care of Nantucket

Who is a Caregiver?

A caregiver is anyone who provides physical or emotional care to relatives, friends or household members who need help because of chronic illness or disability.



Caregivers can be:

Parents • Adult Children

Spouses • Family Members

Neighbors • Friends

Caregivers are often called upon to help with:

Personal care

Medication management

Doctor's visits

Emotional support

Household management

Supervision

Companionship

Transportation

Caregivers' Connections

offers several programs and services:

Coaching for Caregivers – private, in home or office visits, with a nurse practitioner, for education; support; assessment of patient, caregiver and/or home needs; and referrals or other services.

Time Out – a stress reduction program for family caregivers is offered in group or individual sessions

Individual and/or Family Sessions with Professional Staff are available and provided in any setting – home, office, hospital and nursing home

Qualified Volunteers are available for practical assistance, companionship, support, errands, transportation, brief respite breaks

Alzheimer's Disease Educational Consultations are available for caregivers of persons with Alzheimer's Disease

A Lending Library of caregiver-related topics is available

Education is woven through all that we offer and includes:

Understanding your loved one's illness

How to provide personal care

Medication management

Communicating with the health care staff

How to handle emergencies

Advance care planning

The importance of self-care for the caregiver

(mind-body-spirit)

Family interactions

Assertiveness

Stress management

And much more...

Our **ultimate goal**

is to empower family caregivers

and to

enhance their well being

by serving as a readily available

resource.