

OFFICE OF NANCY REAGAN

December 16, 2003

Dear Friends,

My husband and I send greetings to all of you gathered this morning to discuss the challenges facing family caregivers. We share in your concern for the health and welfare of those who are dedicating their lives to care for loved ones who cannot care for themselves.

I have been asked to offer some advice to those who find themselves in the role of caregiver. From experience, I know how important it is for caregivers to take good care of themselves as well as their loved one. It is important to take care of your physical well being by making sure you get enough rest and eat well, but it is also important to consider your emotional needs. I encourage caregivers to keep everyday life as normal as possible and to get out of the house on a regular basis. It may not be easy, but try to keep a sense of humor and allow yourself to do something you enjoy occasionally. Most of all, it is very important to accept the help and support of family and friends.

My husband and I applaud the efforts of everyone who is working so hard on behalf of caregivers. We hope your workshop today is successful in providing the information, hope and support that families need to cope.

Sincerely,

Nancy Reagan

"Ensuring the Health and Wellness of Our Nation's Family Caregivers"
Department of Health and Human Services Great Hall of the Hubert
Humphrey Building 200 Independence Avenue, S.W.
Washington, DC 20201

Related Links

- ➔ Event Overview (<http://aspe.hhs.gov/daltcp/CaregiverEvent/overview.pdf>)
- ➔ Event Agenda (<http://aspe.hhs.gov/daltcp/CaregiverEvent/agenda.pdf>)
- ➔ Event Summary (<http://aspe.hhs.gov/daltcp/CaregiverEvent/summit.pdf>)
- ➔ One-Page Fact Sheet on Family Caregivers
(<http://aspe.hhs.gov/daltcp/CaregiverEvent/factsheet.pdf>)
- ➔ Frequently Asked Questions concerning Family Caregiving
(<http://aspe.hhs.gov/daltcp/CaregiverEvent/faq.pdf>)
- ➔ An Overview of Programs and Initiatives Sponsored by DHHS to Promote Healthy Aging: A Background Paper for the Blueprint on Aging for the 21st Century Technical Advisory Group (TAG) Meeting
(<http://aspe.hhs.gov/daltcp/CaregiverEvent/programs.pdf>)
- ➔ A Compendium of Intervention and Descriptive Studies Designed to Promote the Health of Caregivers for Older Adults
(<http://aspe.hhs.gov/daltcp/CaregiverEvent/compendium.pdf>)

NOTE: HTML versions of all Caregiver Event material is also available from <http://aspe.hhs.gov/daltcp/reports-e.shtml#DALTCP5>, or Hard Copies can be mailed to you by emailing your request to webmaster.DALTCP@hhs.gov.