



CONNECTING WITH  
**caregivers**

# APA's Family Caregiver Briefcase

*An online resource for professionals who serve family caregivers*

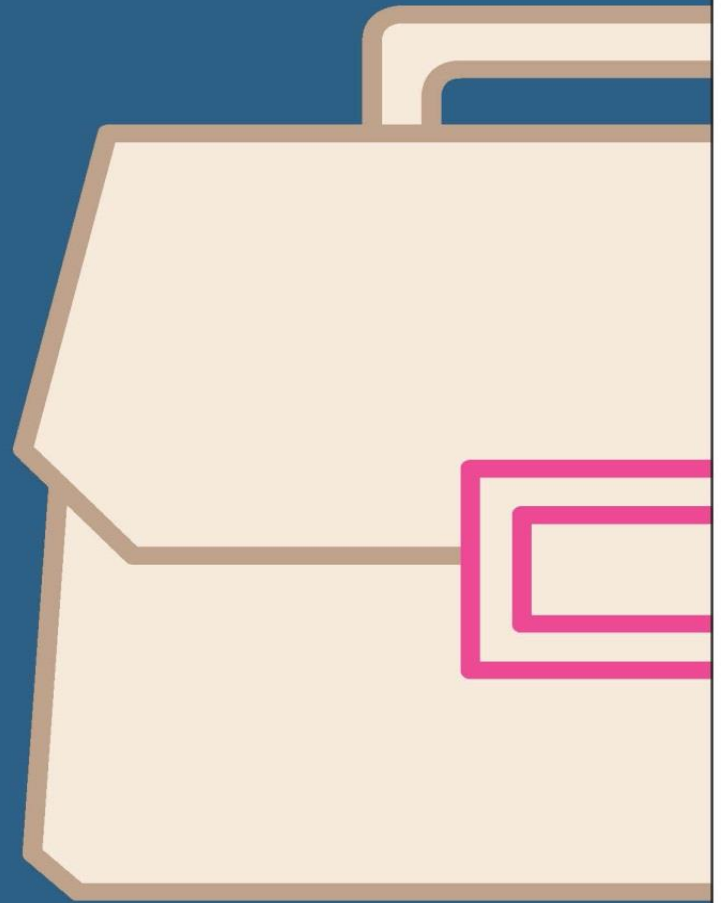
Caregiving responsibilities will touch almost all of us at some point in our lives. With an aging population and with many caring for ill and disabled children and young adults, an increasing number of people are family caregivers.

APA can help psychologists and health care professionals recognize, anticipate, and reduce the stresses on family caregivers across the life span. The **APA Family Caregiver Briefcase** is a Web-based resource that professionals can use to assist caregivers through individual and organizational practice, research, teaching, and community service.

## **BRIEFCASE COMPONENTS INCLUDE:**

- Caregiving facts and figures
- Strategies for reaching family caregivers
- Caregiving interventions
- Assessment tools
- Research opportunities and considerations
- Resources
- Variations for culturally diverse groups
- Practical aspects of providing services

Find APA's Family Caregiver Briefcase at  
<http://www.apa.org/pi/about/publications/caregivers/index.aspx>



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