

Trained. Empowered. Prepared.

## Be Red Cross Ready Safety Series Vol. 1: Family Caregiving



Stock No. 653975, Retail Price \$24.95

*Family Caregiving* is a quick reference guide with a companion DVD for individuals helping to care for an elderly or chronically ill loved one. Learn basic caregiving skills, as well as how to reduce stress and balance the demands of work and home. The 128-page, full-color, spiral-bound book is tabbed to allow quick and easy access to critical information, and includes charts for recording vital signs and medications, as well as a tri-fold Emergency Contact Card to keep with a loved one in case of an emergency. Plus, the 1 hour and 49 minute DVD will help caregivers master skills such as positioning and transferring a loved one by watching healthcare experts in action.

### Topics covered in the volume are:

- Home safety
- Caregiving skills
- Body mechanics
- Personal care
- Healthy eating
- Caring for the caregiver
- Legal and financial issues
- Dementia
- Caregiving resources



To order, contact the American Red Cross – Dallas online at [www.redcrossdallas.org](http://www.redcrossdallas.org) or call 214-678-4800.

