



Inland Northwest Chapter
315 W. Nora Avenue
Spokane, WA 99205
www.SpokaneRedCross.org

News Release
NEWS RELEASE

Contact: Megan Snow
(509) 326-3330 ext. 218
(509) 990-0969 (cell)
snowm@spokaneredcross.org

Local Red Cross Launches Family Caregiving Program

[SPOKANE] Washington, December 31, 2008 – For many Inland Northwest residents, caring for an elderly, disabled or ill family member is a part of everyday life. To provide education and resources to those who are looking after their loved ones, the Inland Northwest Chapter of the American Red Cross has recently launched a Family Caregiving program.

“The Family Caregiving seminar will provide the education and resources that are necessary for caregivers looking after loved ones in their own homes,” said Steve Hatfield, Health and Safety Administrative Coordinator.

The Family Caregiving program is constructed of eleven hour-long lessons:

- Be Red Cross Ready
- Home Safety
- Caregiving Skills
- Body Mechanics
- Personal Care
- Healthy Eating
- Caring for the Caregiver
- Legal and Financial Issues
- Dementia
- Caregiving (community) Resources
- Psychological First Aid

The lessons will be taught by certified American Red Cross nurses and each participant will be provided with a book and DVD which covers each of the course modules. While not intended as a substitute for professional medical care or legal and financial advice, the Family Caregiving program will provide participants with a basic education to prepare them for the special concerns that may arise during in-home caregiving.

“We’ve designed the seminar for caregivers who have a diverse range of needs,” said Kevin Piatt, Regional Chapter Operations Manager. “While every lesson is important in caregiving, some components might be more relevant than others for the individual attending. We wanted the information to be comprehensive and adaptable to each person’s unique situation.”

Family Caregiving courses will be available throughout the Inland Northwest in the next few months. For more information, or to sign up for Family Caregiving classes, visit www.spokaneredcross.org or call (509) 326-3330, ext. 215.

The American Red Cross helps people prevent, prepare for and respond to emergencies. Last year, almost a million volunteers and 35,000 employees helped victims of almost 75,000 disasters; taught lifesaving skills to millions; and helped U.S. service members separated from their families stay connected. Almost 4 million people gave blood through the Red Cross, the largest supplier of blood and blood products in the United States. The American Red Cross is part of the International Red Cross and Red Crescent Movement. An average of 91 cents of every dollar the Red Cross spends is invested in humanitarian services and programs. The Red Cross is not a government agency; it relies on donations of time, money, and blood to do its work.

###