



Inland Northwest Chapter  
315 W. Nora Avenue  
Spokane, WA 99205  
[www.SpokaneRedCross.org](http://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, April 29, 2009** – 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 Jody Steensland, 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
- Caregiving for Loved Ones with HIV/AIDS

The lessons will be taught by American Red Cross nurses and each participant will be provided with a book and DVD which guides them through 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 basic educational information that can prepare them for the special issues that may arise during in-home caregiving.

**WHAT: Free Family Caregiving Classes for the at-home caregiver**

**WHERE: East Central Community Center (500 S Stone Street, Spokane)**

**WHEN: 2:30 – 4:30 PM every Tuesday from May 5<sup>th</sup> through June 23<sup>rd</sup>**

For more information, or to sign up for Family Caregiving classes, visit [www.spokaneredcross.org](http://www.spokaneredcross.org) or call (509) 326-3330, ext. 215.

### **About the American Red Cross**

*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.*

###