



Are You A Caregiver?

- Do you help coordinate medications or prescriptions?
- Arrange meals or transportation?
- Assist with daily activities such as bathing or dressing?

Sound familiar? Then you are part of a community of millions of people whose role as a caregiver carries many joys and challenges.

In response, **IBM** through the **IBM Global Work/Life Fund**, offers online caregiving courses, at **NO COST to all IBM employees and their spouse or partner**. These evidence-based online courses have been developed by [Mather LifeWays Institute on Aging](#).

Created specifically for caregivers, these confidential, self-paced online courses offer essential tools, knowledge, and skills to effectively manage a variety of issues arising from caring for an elderly parent, relative, or friend.

Topics include:

- Understanding and managing caregiving responsibilities,
- Supporting the needs of care recipients,
- Balancing work and caregiving,
- Communicating effectively with health providers,
- Understanding memory loss, and
- Locating caregiver resources.

IBM employees in seven countries reported a number of benefits from participating:

- Reduced feelings of stress,
- Increased participation in healthy behaviors,
- Increased competencies as a caregiver,
- Increased awareness of resources, and
- A greater overall understanding of the caregiver role.

[Register Now](#) - <http://onlineportal.matherlifeways.com/>

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