



For the Lifespan: The Caregiver Guide

Module 10

Eating Healthy for Life

Participant Guide

Module 10

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PURPOSE

The purpose of this module is to educate you on the importance of nutritious meals and physical activity for both you and your loved one. Healthy eating and an active lifestyle improve overall health, reduce the risk for major diseases, improve immune function, decrease blood pressure, and increase strength, resulting in higher energy levels and an enhanced sense of well-being.

WHAT YOU WILL LEARN

After completing this module, you will be able to:

- Understand the purpose of the Dietary Guidelines.
- Learn that nutrition is directly linked to health outcomes.
- Identify the steps in building a healthy plate.
- Learn how to cut back on foods high in solid fats, sugars, and salt.
- Understand the importance of dehydration awareness.
- Identify the right amount of calories for you.
- Learn the importance of physical activity.
- Understand modified diets and allergies.

2010 DIETARY GUIDELINES FOR AMERICANS

The 2010 Dietary Guidelines for Americans, from the U.S. Department of Health and Human Services, provide guidelines to help consumers achieve an overall healthy eating pattern. There are a total of 23 key recommendations for the general population and 6 additional key recommendations for specific groups, such as women who are pregnant. The new guidelines focus on balancing

calories with physical activity, and encourage Americans to consume more healthy foods like vegetables, fruits, whole grains, fat-free and low-fat dairy products, and seafood. It also recommends consuming less sodium, saturated and trans fats, added sugars, and refined grains. We will discuss the following key recommendations:

- Building a healthy plate
- Cutting back on foods high in solid fats, added sugars, and salt
- Eating the right amount of calories
- Being physically active your way

NUTRITION IS DIRECTLY LINKED TO HEALTH OUTCOMES



A healthy diet can reduce the risk of major chronic diseases such as heart disease, diabetes, osteoporosis, and some cancers. Good nutrition provides:

- Improved immune function
- Higher energy levels and a desire to participate in activities
- Well-being and more socialization
- Decreased blood pressure
- Fewer UTI's
- Increased strength and endurance
- Faster wound healing
- Improved disease management

BUILD A HEALTHY PLATE



Before you eat, it is important to think about what goes on your plate, in your bowl, or in your cup. The USDA MyPlate icon is a user friendly tool for individuals to develop healthy eating habits. A great plate includes choices from each food group. There is a consumer website with resources including tips and strategies, on-line tools, menus, recipes, and nutrition education materials that promote healthier eating. The MyPlate website is fully interactive. It helps consumers plan, analyze, and track their diet and physical activity. To access this website, log on to: www.ChooseMyPlate.gov.



Make Half Your Plate Fruits and Vegetables:

- Eat red, orange, and dark green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes
- Eat fruit, vegetables, or unsalted nuts as a snack—they are nature’s original fast foods
- Choose fresh, frozen, canned or dried, and go easy on 100% fruit juice
- Fruits and vegetables are full of nutrients that help us grow, prevent disease, and keep up your energy and mood
- Fruits and vegetables are a good source of some key vitamin nutrients. These include: Vitamin A, C, folic acid, and potassium
- Bananas and oranges are good sources of potassium
- Strawberries and citrus fruits are good sources of Vitamin C
- Tomatoes and cantaloupes are good sources of Vitamin A



- Broccoli and spinach are good sources of Vitamin C
- Orange vegetables including carrots, sweet potatoes, butternut squash, and dark green leafy vegetables are good sources of Vitamin A

Make at Least Half Your Grains Whole:

- Choose 100% whole grain cereals, breads, crackers, rice, and pasta
- Limit refined grains: white flour and white rice
- Check the ingredients list on food packages to find whole grain foods—make sure that whole grain is the first ingredient listed
- Make simple changes: To make half your grains whole grains, substitute a whole grain product for a refined-grain product



Vary Your Protein Food Choices:

- Twice a week, make seafood the protein on your plate
- Eat beans, which are a natural source of fiber and protein
- Keep meat and poultry portions small and lean



- Choose soy products such as veggie burgers or tofu
- Spread hummus (chickpeas) on pita bread
- Choose unsalted nuts or seeds for snacks, salads, or main dishes

Switch to Skim or 1% Milk:

- They have the same amount of calcium and other essential nutrients as whole and 2% milk, but less fat and calories
- Try calcium fortified soy products as an alternative to dairy foods



Fix Healthy Snacks:

- Make snacks from at least two food groups
- Steer clear of chips, soda, and sugary foods

Keep Food Safe to Eat:

- Wash hands and surfaces often
- Don't cross-contaminate. For example, after cutting meat, wash the knife before using it to cut vegetables. Do not use the same cutting board for vegetables that you use to cut meat
- Cook to the proper temperature using a food thermometer
- Refrigerate promptly

CHECK YOUR STEPS: FOUR SIMPLE STEPS TO FOOD SAFETY



www.foodsafety.gov

DECREASE FOODS HIGH IN FATS, ADDED SUGARS, AND SALT

Added sugars and fats load foods with extra calories you don't need. It is important to decrease foods high in fats, added sugars, and salt.

- Choose foods and drinks with little or no added sugars. There are about 10 packets of sugar in a 12 ounce soda can.
- Compare sodium in foods like soup, bread, and frozen meals. Look for salt (sodium) in the foods you buy: read the food label. Choose the foods with lower numbers.
- Eat fewer foods that are high in solid fats such as: butter, milk fat, beef, pork, chicken fat, cream, shortening, stick margarine, hydrogenated and partially hydrogenated oils, coconut oil, palm and palm kernel oils.
- Eat less than 300 mg of cholesterol per day.
- Select fruit for dessert. Eat sugary desserts less often.
- Choose 100% fruit juice instead of fruit-flavored drinks.
- Add spices or herbs to season food – not salt.
- Eat fewer empty calories – for example:

Food with <u>some</u> empty calories	Food with <u>few or no</u> empty calories
Sweetened applesauce (contains added sugars)	Unsweetened applesauce
Regular ground beef (75% lean, contains solid fats)	Extra lean ground beef (95% or more lean)
Fried chicken (contains solid fats from frying and skin)	Baked chicken breast without skin
Sugar-sweetened cereals (contains added sugars)	Unsweetened cereals
Whole milk (contains solid fats)	Fat-free milk

<http://www.choosemyplate.gov/weight-management-calories/calories/empty-calories.htm>

READING FOOD LABELS

Food labels give information about products. Each label may vary with each food product. The following Nutrition Facts label is from: <http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm>.

Each section has been divided up to help you understand and look at each area of the label. More detailed information about how to read a food label can be found at the above website.

Sample label for Macaroni & Cheese

① **Start Here** →

② **Check Calories**

③ **Limit these Nutrients**

④ **Get Enough of these Nutrients**

⑤ **Footnote**

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

DEHYDRATION AWARENESS

It is important for caregivers to be more aware of ways to prevent dehydration, recognize its signs, and treat it properly. As we age, our thirst response becomes blunted and our body does not receive

the signal that fluid is needed until it is too late. The body is made of 60% fluid. Dehydration is one of the most frequent causes of hospitalization among those over 65. Fluid loss can be serious, even fatal.

Dehydration can lead to confusion, weakness, drowsiness, labored speech, sunken eyeballs, UTI's, pneumonia, bedsores in bedridden patients, and even death. Other effects of dehydration include: loss of muscle tone, excess weight gain, slow metabolism, increased toxicity, and organ failure.

Dehydration: Recognize the Symptoms

Mild dehydration:

- Dryness of mouth; dry tongue with thick saliva
- Unable to urinate or pass only small amounts of urine; dark or deep yellow urine
- Cramping in limbs
- Headaches
- Crying but with few or no tears
- Weakness, general feeling of being unwell
- Sleepiness or irritability

More Serious Dehydration

- Low blood pressure
- Convulsions
- Severe cramping and muscle contractions in limbs, back, and stomach
- Bloated stomach
- Rapid but weak pulse
- Dry and sunken eyes with few or no tears
- Wrinkled skin; no elasticity

- Breathing faster than normal

Because some medications actually act as a diuretic, it is important to be aware if any medications that are being taken fall into this category.

As our bodies age, the body is less efficient in using or retaining water. Seniors have a harder time getting up to get a drink. They rely on caregivers who may not sense that they need fluids. Adults need at least 6-8 cups of water per day depending on their health status. It is important to know if there is a fluid restriction.

As a caregiver, it is important that you not try to change a person's behavior, but to get creative. If you see an opportunity to introduce water, like after a walk or when sitting in the sun, take the opportunity to offer water. 'Timing is everything.' The good news is that most effects of dehydration are preventable. Water definitely has a lot of benefits for the elderly.

There are other sources that can help with dehydration. Foods that have high water content should be included in the diet. These include fruits, vegetables, watermelon, yogurt, or even Jell-O.

EAT AND SERVE THE RIGHT AMOUNT OF CALORIES

Everyone has a personal calorie limit. Get your personal calorie limit at www.ChooseMyPlate.gov. Use that number when deciding what to eat. Some people are able to manage their weight by keeping track of what they eat each day. Enjoy your food but eat the right amount of calories.

Basic guidelines to eating include:

- Think before you eat, is it worth the calories?
- Eat breakfast

- Avoid oversized portions
- Use a smaller plate, bowl, or glass
- Stop eating when you are satisfied, not full
- Cook more often at home: this gives you more control of what is in your food
- If you drink alcoholic beverages, do so sensibly—limit to one drink a day for women and two drinks for men
- When eating out:
 - Choose lower calorie options
 - Choose dishes that include vegetables, fruits, and/or whole grains
 - Order smaller portions or share

BE PHYSICALLY ACTIVE



Physical activity is important at any age. Physical activity improves your health. Pick activities that you like. You can start by doing 10-15 minutes at a time and increasing as you are able. The more you do, the greater the health benefits and the better you will feel. Fitting activities into a daily routine is recommended. Keep it interesting by trying new things or alternating what you do each day. Be sure to check with your doctor before you enter into any exercise program.

If you are able:

- Join a gym
- Hire a trainer
- Go for a walk
- Sittercise
- Zumba
- Find a class near you
- Swim



- Bike
- Hike
- The important thing is just get moving!

If you are unable to do any of the above, then the following are some easy exercises you can do at home:

Exercise 1: Chair Push Ups

Sit on a firm surface with arms at side. Push downward with both hands, raising buttocks off the chair or seat, and return to start position.



Exercise 2: Double Toe Raises

Stand using chair/table for balance, raise up on heels. Lower and repeat.

Exercise 3: Double Heel Raises

Stand using table/chair for balance, raise on toes for full range, return to start position and repeat.

Exercise 4: Partial Squat

Stand using chair/table for balance use wall or secure object to maintain balance if needed. Bend knees to 45 degrees. Return to starting position.



Exercise 5: Chair March

Stand using chair/table for balance, lift right leg if possible bending knee then lower leg. Perform on left side. Repeat.

Exercise 6: Arm stretch

Sit on the chair and stretch both arms above head. Then stretch both arms individually above your head.





Exercise 7: Leg Stretches

Stand using chair/table for balance, lift right leg if possible bending knee and holding onto leg, then lower leg. Perform on left side.

Repeat.

Heart Healthy Diet

Everyone should follow a heart healthy diet. However, the diet becomes an important lifestyle component for those who are overweight/obese, have high cholesterol, high blood pressure, or have diabetes. Following this diet may help prevent the development of heart disease by improving health status (i.e. lowers blood pressure, lowers cholesterol levels, and may help in weight maintenance/loss).

For a 2,000 calorie diet:

- 4-5 servings of vegetables
- 4-5 servings of fruit
- 6-8 servings whole grains
- 2-3 servings fat-free/low-fat dairy products
- 6 or less servings healthy proteins
- 4-5 servings per week of nuts, seeds, and legumes (1 serving = 1 oz of nuts)
- Limit salt (sodium) intake
 - Avoid adding salt to food during meal time
 - Limit consumption of processed foods (they are high in sodium)

Serving Sizes:

- Fruit
 - 1 medium sized piece
 - 1 cup chopped
 - ½ cup 100% juice
 - ¼ cup dried
- Vegetables
 - 1 cup raw
 - ½ cup cooked
 - ½ cup vegetable juice
- Whole Grains
 - 1 slice bread
 - ½ cup cooked oatmeal, brown rice, whole wheat pasta
- Dairy
 - 1 cup fat-free/low-fat milk
 - 1 oz cheese
 - 1 cup yogurt
- Protein
 - 3 oz lean meats, fish, poultry
 - 1 egg
 - ½ cup beans or lentils
 - 1 oz nuts
 - 2 Tbsp peanut butter
- Low sodium
 - Total per day: 1,500 mg or less

MODIFIED DIETS

There are times when a health care provider will order a special diet. The following provides general information about a few modified diets. It is important to follow the specific directions.

Renal Diet

The renal diet is prescribed to people with kidney disease. The kidneys help in “filtering” the blood by removing excess substances. Often, intake of foods that are high in potassium, phosphorus, and sodium are limited or eliminated from the diet. Accumulation of potassium, phosphorus, and sodium in the blood can further damage the kidneys and have detrimental effects on other organs. Sometimes fluid intake may be restricted because it can accumulate in the body causing high blood pressure and/or swelling (edema).

Recommended Foods

- Milk, yogurt, rice milk (limit to 1 per day)
- Lean meats, fish, and poultry (limit to 6 oz per day)
- White breads, pasta, rice, popcorn
- Cucumber, lettuce, peppers, broccoli, celery, mushroom, squash
- Grapes, apples, strawberries, pineapple, watermelon

Foods to Limit

- Almond milk, soy milk, buttermilk
- Hot dogs, deli meats, bacon, tuna, dried beans
- Whole-wheat breads and cereals, oatmeal, dark rye
- Avocado, potato, tomato, brussel sprouts, pumpkin
- Banana, cantaloupe, prunes, papaya, kiwi, orange, peaches

Tips to Control Thirst:

- Suck on frozen grapes
- Suck on lemon wedges
- Suck on hard candy

Consistent Carbohydrate Diet

The consistent carbohydrate diet is for people who have been diagnosed with pre-diabetes or diabetes. This diet follows a pattern of consistent carbohydrate intake throughout the day. With this said, it is very important to eat breakfast and not skip any meals. Also, a protein source and a fiber source should be incorporated at every meal to prevent blood glucose (sugar) spikes. Following this diet will help maintain stable blood glucose levels.

Men need to consume 4-5 carbohydrate exchanges per meal. Women need to consume 3-4 carbohydrate exchanges per meal.

*1 carbohydrate exchange = 15 grams of carbohydrates

Food groups that contain carbohydrates are:

- Starches: bread, rice, cereal, and grains
- Starchy vegetables: corn, potatoes, and peas
- Fruits: banana, apples, grapes, pineapple, etc.
- Dairy products: milk and yogurt
- Non-starchy vegetables (only 5 grams per serving): carrots, broccoli, spinach, etc.
- Sweets and desserts: doughnuts, brownie, ice cream, chocolate, etc. (limit intake to 5 or less per week)

Food groups that are carbohydrate-free:

- Proteins: Lean meats, fish, poultry, and cheese
- Fats and oils: olive oil, avocado, mayonnaise, vegetable oil, and butter

A Carbohydrate Exchange is:

- Starches and starchy vegetables
 - 1 slice of bread
 - ¼ bagel
 - ½ cup oatmeal
 - ½ cup corn
 - ¼ potato
- Fruit
 - ½ banana
 - 1 small apple
 - 17 grapes
- Dairy
 - 8 oz milk
 - 6 oz yogurt
- Non-starchy vegetables
 - 3 cups raw broccoli
 - 3 cups spinach
 - 3 cups carrots
- Sweets
 - ½ cup ice cream
 - 5 chocolate Kisses
 - 1 ¼ inch by 1 inch brownie

Calorie Restricted Diet

Calorie restricted diets are recommended for people who are trying to lose weight. Calorie restrictions can be difficult because you often are left feeling hungry. However, this diet is doable if you know how to increase the volume of your food, while lowering your calorie intake*.

*Women need a minimum of 1,200 calories per day and men need a minimum of 1,500 calories per day. Falling below the minimum intake of calories puts the body in starvation mode and can result in headaches, muscle break down, and slow down the body's metabolic rate.

Increase volume, decrease calories:

Eat more fruits and vegetables

Eat whole grains

Snack in between meals (pair a protein with a high-fiber carbohydrate source)

Drink water instead of juice or soda

Use portion control

Proteins:

- Beans and nuts
- Lean meats, poultry, and fish
- Fat-free/low-fat milk, yogurt, and cheese
- Cottage cheese
- Legumes
- Peanut butter

High-fiber Carbohydrates:

- Whole grain bread
- Whole wheat tortilla
- Popcorn
- Brown rice
- Wheat thins
- Whole grain cereals
- Fruits and vegetables
- Flaxseed

Power Packing Diet

The power packing diet is needed when a person has a poor appetite or high volumes of foods are not tolerated. This diet consists of packing a lot of calories and protein into a small meal. Calories are needed for energy, and protein is needed for wound healing, growth, and many other cellular functions.

How to Power Pack:

- Use whole milk
- Add milk powder to milk and cooked dishes
- Add sour cream, butter, olive oil, gravies, dressings, and cheese to meals
- Drink 100% fruit and vegetable juices instead of water
- Eat dried fruits and nuts
- Eat peanut butter or cottage cheese with toast, apple slices, bananas, etc.

ALLERGIES

The person you are caring for may have food allergies. Following is a brief table describing different types of food allergies, symptoms, risk factors, complications, prevention, and substitutions. It is important to always follow the guidance of a medical care provider.

Food Allergies

Type	Symptoms	Risk Factors	Complications	Prevention	Substitutions
Egg	<ul style="list-style-type: none"> • Hives • Nasal inflammation • Abdominal cramps • Nausea • Vomiting • Shortness of breath • Chest tightness 	<ul style="list-style-type: none"> • Family history • Age (more common in children) • If other allergies exist 	<ul style="list-style-type: none"> • Hay fever • May develop other food allergies • Atopic dermatitis • Asthma • Anaphylaxis 	<p>Avoid foods that contain egg as an ingredient. Carefully read food labels and avoid consuming those that contain the prefixes <i>ova</i> or <i>ovo</i> in the ingredient list. When eating out, ask if egg products have been used to cook your meal.</p>	<p>In recipes replace 1 egg with:</p> <ul style="list-style-type: none"> • 2 Tbsp cornstarch • 2 Tbsp potato starch • 1 banana (in cakes) • ¼ cup mashed potatoes • 1 Tbsp ground flaxseed simmered in 3 Tbsp water
Milk	<ul style="list-style-type: none"> • Wheezing • Hives • Vomiting • Diarrhea • Runny nose • Watery eyes • Itchy skin • Abdominal cramps 	<ul style="list-style-type: none"> • Family history • Age (more common in children) • If other allergies exist 	<ul style="list-style-type: none"> • Hay fever • May develop other food allergies • Anaphylaxis 	<p>Avoid foods that contain milk as an ingredient. Carefully read food label ingredients and avoid consuming those that contain whey, casein, or the prefix <i>lact</i> (i.e. lactose). When eating out, ask if milk products have been used to cook your meal.</p>	<p>For children:</p> <ul style="list-style-type: none"> • Breastmilk • Hypoallergenic formulas • Soy-based formulas (caution: some children may also be allergic to soy) <p>For adults:</p> <ul style="list-style-type: none"> • Soy, almond, or rice milk

Wheat	<ul style="list-style-type: none"> • Swelling and itching of the mouth/throat • Hives • Abdominal cramps • Nausea • Vomiting • Diarrhea 	<ul style="list-style-type: none"> • Family history • Age (more common in babies and toddlers) 	<ul style="list-style-type: none"> • May develop other food allergies • Anaphylaxis 	Avoid foods that contain wheat as an ingredient. Carefully read food labels and avoid consuming those that contain wheat, barley, rye, or gluten in the ingredient list. When eating out, ask if wheat products have been used to cook your meal.	<ul style="list-style-type: none"> • Gluten-free products • Rice flour • Tapioca starch • Potato starch • Bean flours
Peanut	<ul style="list-style-type: none"> • Hives • Runny nose • Abdominal cramps • Nausea • Vomiting • Shortness of breath • Diarrhea • Tightening of the throat 	<ul style="list-style-type: none"> • Family history • Age (more common in children) • If other allergies exist • Atopic dermatitis 	<ul style="list-style-type: none"> • Anaphylaxis 	Avoid foods that contain peanuts as an ingredient. Carefully read food labels and avoid consuming those that say that the food was produced in a factory that processes peanuts. When eating out, ask if peanut products have been used to cook your meal.	Alternative to peanut butter: <ul style="list-style-type: none"> • Nut butters (almond, cashews, macadamia, etc.)

Reference: www.mayoclinic.com

SUMMARY

Hopefully this Guide has improved your understanding that healthy eating is important for everyone. Improving what you eat and being active will help reduce the risk of chronic diseases such as diabetes, heart disease, some cancers, and obesity. Following the Dietary Guidelines for Americans encourages you to eat for health, understand the right amount of calories to consume daily, and the importance of including physical activity in your daily life. It is also very important to remember the importance of drinking water to prevent dehydration. In addition, we have given you brief tables of modified diets and allergies. Remember these are brief guides and you should talk to medical personnel and nutritionists for specific

information for your loved one. This module is not only for you, the caregiver, but also for the person that you are caring for.

THINGS TO REMEMBER

- This module is for the caregiver and the care recipient.
- Remember to take care of yourself.
- Remember to eat healthy, sleep enough, exercise, use good body mechanics, laugh, and relax when you can.
- Be positive.
- Always believe in yourself and your abilities.
- Remember that you have the strength, compassion, insight, and wisdom to succeed.

RESOURCES

MyPlate: This website features practical information and tips to help Americans build healthier diets

<http://www.ChooseMyPlate.gov>.

Food Labels: Reading and understanding food labels

<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm>.

Montana Disability and Health Update

<http://mtdh.ruralinstitute.umt.edu/blog/wp-content/uploads/Issue-7-29108-MyPlate-071212.pdf>.

Food Safety

<http://www.foodsafety.gov>.

Older Adults and Food Safety

http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/at-risk-populations/older-adults-and-food-safety/ct_index.

How to determine the correct amount of calories for you
<http://www.choosemyplate.gov/weight-management-calories/calories/empty-calories.html>.

A few sites with sample menus and recipes
<http://www.choosemyplate.gov/healthy-eating-tips/sample-menus-recipes.html>.

The resource center links include a variety of information on nutrition
http://www.cnputah.org/resource_center

This website includes healthy and easy recipe ideas
<http://www.helpinghandsutah.com/Recipes.html>.

UCARE MODULE TOPICS

1. Providing Personal Care
2. Dementia and Memory Loss
3. A) Caring for Older Adults with Chronic Health Issues
3. B) Caring for Children with Special Health Care Needs
4. The Accessible Home
5. Taking Care of the Caregiver
6. Caring for those with Depression, Anxiety, Stress, or Mental Health Issues
7. Community Supports for Remaining at Home
8. Working Effectively with In-Home Service Providers
9. Keeping Your Home and the Person You Care For Safe
10. Eating Healthy for Life
11. Assistive Devices: Tools to Help You
12. Legal and Financial Matters: What You Need to Know

For more information, please visit: <http://www.ucare.utah.gov>

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For more information, please visit: <http://www.ucare.utah.gov>,
or email: ucare@utah.gov

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