

# FSHS Update

Mastery  
of  
Aging Well

Facts

Health

Raising  
Grandchildren

Relationships

Housing

Disaster  
Preparedness

Finances

Nutrition

*This Fact  
Sheet is for  
public  
distribution.*

Kansas State  
University Agricultural  
Experiment Station  
and Cooperative  
Extension Service

K-State Research and  
Extension is an equal  
opportunity provider  
and employer. Issued in  
furtherance of Cooperative  
Extension Work, Acts of  
May 8 and June 30, 1914,  
as amended. Kansas State  
University, County Extension  
Councils, Extension  
Districts, and United States  
Department of Agriculture  
Cooperating, Gary  
Pierzynski, Interim Director.

## What is eXtension Family Caregiving?

You've discovered a new information resource for American consumers.

eXtension (<http://www.extension.org>) is a national initiative of the Cooperative Extension System, providing "objective and research and evidence-based information and learning opportunities that help people improve their lives" (eXtension, 2010).

Kansas State University is a member of the eXtension initiative, an educational partnership of more than 70 universities.

As one of the partners, Kansas State University is pleased to improve the lives of caregivers through access to objective, research-based information and educational opportunities.

- Find information any time, any place, in any format and on any Internet-ready device.
- Access information 24/7/365. Whenever you need to make decisions to improve your life, to have your questions answered, or to just learn more, the eXtension family caregiving site is available to you.
- Benefit from the national shared strength of the land grant university system customized to focus on your needs and in your community.

- Connect to content that is dynamic, evolving, and offers you timely information on topics that are important to you.
- Trust in the community-based Cooperative Extension System of the land-grant universities, a national resource that is now at your fingertips.

To see an example of an eXtension resource, visit [www.extension.org](http://www.extension.org) today!

### Reference

eXtension. (2010). *About*. Retrieved September 8, 2010 from <http://www.extension.org/main/about>

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[www.extension.org](http://www.extension.org)