Powerful Tools for Caregivers
Weekly Workshop Topics (2.5 hour)

Class 1: Taking Care of You
Tool 1: Welcome & Course Overview
Tool 2: Introductions: We are not alone
Tool 3: Challenges of Caregiving
Tool 4: Managing Self-Care: Principles
Tool 5: Using Community Resources
Tool 6: Making an Action Plan

Class 2: Identifying & Reducing Personal Stress
Tool 1: Feedback & Solution-Seeking
Tool 2: Managing Caregiving Stress
Tool 3: Identifying Signs & Sources of Caregiver Stress
Tool 4: Identifying What You Can Change
Tool 5: Taking Action: Stress Reducers
Tool 6: Using Positive Self-Talk
Tool 7: Making an Action Plan
Tool 8: Breathing for Relaxation

Class 3: Communicating Feelings, Needs & Concerns
Tool 1: Feedback & Solution-Seeking
Tool 2: Benefits of Good Communication
Tool 3: How to Best Express Yourself
Tool 4: Using “I” Messages
Tool 5: Avoiding “Hidden You” Messages
Tool 6: The Many Uses of “I” Messages
Tool 7: Making an Action Plan
Tool 8: Progressive Muscle Relaxation

Class 4: Communicating in Challenging Situations
Tool 1: Feedback & Solution-Seeking
Tool 2: Communication Tools: Review
Tool 3: Being Assertive, Not Aggressive
Tool 4: Assertive Communication: DESC
Tool 5: Aikido Communication Style
Tool 6: Communication with the Memory-Impaired Person
Tool 7: Making an Action Plan
Tool 8: Relaxation: Guided Imagery

Class 5: Learning from Our Emotions
Tool 1: Feedback & Solution-Seeking
Tool 2: Listening to our Emotions
Tool 3: Dealing with Anger
Tool 4: Dealing with Guilt
Tool 5: Dealing with Depression
Tool 6: Guidelines for Managing Emotions
Tool 7: Making an Action Plan
Tool 8: Progressive Muscle Relaxation

Class 6: Mastering Caregiving Decisions
Tool 1: Feedback & Solution-Seeking
Tool 2: Understanding the Transition Process
Tool 3: The Family Meeting
Tool 4: Using the Power of Optimism
Tool 5: Future Goals & Action Plans
Tool 6: Relaxation: Shoulder Lift
Tool 7: Sharing Accomplishments