

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