

Powerful Tools for Caregivers for Parents of Children with Special Needs

Weekly Workshop Topics

Class 1: Taking Care of You

- Tool 1:**
Welcome & Course
Overview
- Tool 2:**
Challenges of Caregiving
- Tool 3:**
Managing Self-Care:
Principles
- Tool 4:**
Using Community
Resources
- Tool 5:**
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:**
Taking Action: Stress Reducers
- Tool 5:**
Using Positive Self-Talk
- Tool 6:**
Making an Action Plan
- Tool 7:**
Breathing for Relaxation

Class 3: Communicating Feelings, Needs & Concerns

- Tool 1:**
Feedback & Solution-Seeking
- Tool 2:**
Good Communication:
How to Best Express Yourself
- Tool 3:**
Using "I" Messages
- Tool 4:**
Avoiding "Hidden You" Messages
- Tool 5:**
The Many Uses of "I" Messages
- Tool 6:**
Making an Action Plan
- Tool 7:**
Progressive Muscle Relaxation

Class 4: Communicating in Challenging Situations

- Tool 1:**
Feedback & Solution-
Seeking
- Tool 2:**
Being Assertive,
Not Aggressive
- Tool 3:**
Assertive
Communication: DESC
- Tool 4:**
Aikido Communication
Style
- Tool 5:**
Making an Action Plan

Class 5: Learning from Our Emotions

- Tool 1:**
Feedback & Solution-Seeking
- Tool 2:**
Listening to Our Emotions
- Tool 3:**
Dealing with Anger & Guilt
- Tool 4:**
Dealing with Depression
- Tool 5:**
Guidelines for Managing
Emotions
- Tool 6:**
Making an Action Plan
- Tool 7:**
Guided Imagery Relaxation

Class 6: Mastering Caregiving Decisions

- Tool 1:**
Feedback & Solution-Seeking
- Tool 2:**
The Family Meeting
- Tool 3:**
Using the Power of Optimism
- Tool 4:**
Future Goals & Action Plans
- Tool 5:**
Sharing Accomplishments