

Caregiver Support



Questions? Contact: CDDERTraining@umassmed.edu

Audience

Staff and Paid Caregivers

Learning Objectives

- Recognize the positive aspects of caregiving.
- Develop self-care strategies.
- Identify challenges for caregivers.
- Learn about coping strategies around grief.

Action Strategies for the Trainer

Introduce the course.

We're going to watch a video that shifts the focus to you, the caregiver. You play a vital role in the life of the person you care for, and taking care of yourself will benefit both you and the person you're caring for.

After each section, there are review questions, and we'll pause to discuss these and any questions you have.

Since some of the discussion during this training could bring up personal experiences, I would remind you to keep the discussion confidential beyond this training.

We'll start by looking at positive aspects of caregiving.

Play Section 1. Pause after the Think About It.

Are there any questions? Do terms need to be clarified?

Use the "Think About It" question in the course to guide a group discussion.

- *Think about an activity that you enjoy with a person you serve who has dementia. Maybe it's a fun routine you do every week, such as sharing music. Or maybe it's just watching a favorite show on TV.*
- *How do these small moments help you feel connected?*

□If you have staff from different programs, remind them not to give names or details that would violate confidentiality.

Introduce Section 2:

This next section will discuss some of the demands and difficulties of caregiving.

Play Section 2. Pause after the self-checks.

Are there any questions?

Does anyone want to share some of the challenges you have faced?

∟Remind people to keep group members' personal responses confidential.

Introduce Section 3:

The last video segment will discuss ways to manage stressful situations.

Play Section 3.

Does anyone have any self-care tips or resources that you want to share with the group?

How have you supported others, such as peers or housemates?

∟Remind people to keep group members' personal responses confidential, unless they are general resources.

Resources

- [Respecting Choices](#)
- [Applying the Knowledge Webinar](#)
- [Caregiving in Action Webinar](#)
- [Family Caregiver Alliance](#)
- [Alzheimer's Caregiving: Caring for Yourself](#)
- [MA DDS, Family Support Center](#)
- [Mass Council on Aging](#)
- [Alzheimer's Association](#)
- [Your Local Aging and Disability Resource Consortia Agency \(ADRC\)](#)
- [MassOptions](#)
- [After the Diagnosis](#)
- [End of Life Planning](#)
- [MOLST Training Webinar](#)
- [Aging Information and Webinars](#)

NB: Web Links are current as of July 2023