

# Caregiver Support



Questions? Contact: [CDDERTraining@umassmed.edu](mailto:CDDERTraining@umassmed.edu)

## Audience

**Family 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 your family member.*

*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 sharing with your family member with 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?*

**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 other family members or friends?*

*∟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.*