



## Southern Caregiver Resource Center

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### EDUCATION AND TRAINING FOR FAMILY CAREGIVERS

Educational presentations for family caregivers and service providers;  
free of cost and delivered at your site, in either English or Spanish.

<p><b>Caring for the Caregiver</b></p> <ul style="list-style-type: none"> <li>Resources available in the community for family caregivers</li> <li>Simple techniques to help you be a successful caregiver, while taking care of you</li> <li>Overview of stress management techniques</li> </ul>	<p><b>Stress Management</b></p> <ul style="list-style-type: none"> <li>In depth focus on various forms of managing stress</li> <li>Simple daily techniques to help achieve balance</li> <li>Caregiving strategies to manage stress</li> </ul>
<p><b>Communicating with Your Loved One</b></p> <ul style="list-style-type: none"> <li>Verbal and non-verbal communication strategies</li> <li>Communicating with someone who has dementia, is chronically ill, or frail and elderly</li> </ul>	<p><b>Caregiving Through the Holidays</b></p> <ul style="list-style-type: none"> <li>Find ways to overcome the “holiday blues”</li> <li>Simple strategies to reduce holiday stress</li> <li>Caregiving strategies to make the holidays enjoyable for everyone</li> </ul>
<p><b>Making the Most of Your Doctor Visits</b></p> <ul style="list-style-type: none"> <li>Tips for before, during, and after the visit to the doctor</li> <li>Successful communication tips for when visiting the doctor</li> <li>How to help your loved one with his/her doctor visits</li> </ul>	<p><b>Finding Balance Between Work and Life</b></p> <ul style="list-style-type: none"> <li>Learn ways to be present</li> <li>Simple organization strategies</li> <li>Techniques to manage your “to-do’s”</li> <li>Ways to take care of you, your loved ones, your job, and your personal time</li> </ul>
<p><b>The Long-Distance Caregiver</b></p> <ul style="list-style-type: none"> <li>Strategies to provide care for a loved one who resides away from you</li> <li>Manage emotional aspects of being a long-distance caregiver</li> </ul>	<p><b>Spirituality and Caregiving</b></p> <ul style="list-style-type: none"> <li>Importance of spirituality while providing care for a love one</li> <li>Tips for dealing with spiritual issues while caregiving</li> <li>Making the best out of a difficult situation</li> </ul>
<p><b>The Aging Process: What is Normal and What is Not</b></p> <ul style="list-style-type: none"> <li>Understand the physical, social and emotional changes in the aging adult</li> <li>Explore the signs of normal vs. abnormal memory loss</li> <li>Discuss successful ways of staying active</li> </ul>	<p><b>Aging Parents: When and How to Help</b></p> <ul style="list-style-type: none"> <li>Understand the physical, social and emotional changes in the aging adult</li> <li>Explore the warning signs of abnormal aging</li> <li>Learn of community resources available for seniors and family caregivers</li> </ul>
<p><b>Understanding Alzheimer’s Disease and Dementia</b></p> <ul style="list-style-type: none"> <li>Define and understand Alzheimer’s disease and dementia</li> <li>Recognize the warning signs of Alzheimer’s disease</li> <li>Understand causes of difficult behaviors</li> </ul>	<p><b>Understanding Parkinson’s Disease</b></p> <ul style="list-style-type: none"> <li>Define and understand Parkinson’s disease</li> <li>Understand the challenges associated with Parkinson’s disease</li> <li>Explore the resources available for caregivers</li> </ul>

<p><b>The Sandwich Generation</b></p> <ul style="list-style-type: none"> <li>• Improving communication between generations</li> <li>• Explore ways to support adult children and elderly parents</li> <li>• Tips on how to handle day-to-day problematic situations</li> </ul>	<p><b>Successful Mealtime for Everyone</b></p> <ul style="list-style-type: none"> <li>• Recognize, understand and respond to possible changes with eating behavior</li> <li>• Learn strategies to improve meal times for a loved one with dementia and the caregiver</li> <li>• Explore healthy and energizing meals for the caregiver</li> </ul>
<p><b>Managing the Difficult Behaviors of Dementia</b></p> <ul style="list-style-type: none"> <li>• Define and understand dementia and Alzheimer's disease</li> <li>• Understand the difficult behaviors associated with dementia and the various approaches used to help with these behaviors</li> <li>• Improve communication with care receiver</li> </ul>	<p><b>Managing the Emotional Aspects of Caregiving</b></p> <ul style="list-style-type: none"> <li>• Recognize, understand, and respond to the challenges of being a caregiver</li> <li>• Explore stress management techniques</li> <li>• Learn of the recourses available for caregivers</li> </ul>
<p><b>Overview of Services Provided by the Southern Caregiver Resource Center</b></p>	

Please keep in mind that this is a general list of topics and we are always able to develop a specialized presentation that meets the needs of your community of family caregivers.