



# The Caregiver ACADEMY

A Skill Development Program for Caregivers

**1**

## Caregiving 101: Finding Resources

The big picture of care management—services, resource guides and more.

## Compassion Fatigue & Building Resilience

Learn to create a self-care plan to minimize the risk of care fatigue.

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## Setting Good Care Boundaries

Learning to redirect and renegotiate a sense of security and control.

## Family Dynamics: Involving the Family

Learn to hold family meetings, avoid the Drama Triangle and share tasks.

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## Coping With Difficult Behaviors

Discuss tools, resources and techniques for managing challenging behaviors.

## Making Home & Facility Care Choices

Explore the options. Discuss at home services, documentation and placement.

**6**

Contact Caregiver Support at  
**385.468.3280** or **[slco.org/caregiver](http://slco.org/caregiver)**  
for current times and locations

