



The Caregiver ACADEMY

Caregiver Academy workshops assist family and community caregivers in developing the skills needed to manage an in-home care environment.

1

Finding Caregiver Resources

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

Building Caregiver Resilience

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

2

3

Setting Good Care Boundaries

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

Involving the Family and Others

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

4

5

Coping With Difficult Behaviors

Discuss tools, resources and techniques for managing challenging behaviors.

Understanding Care Options

Discuss home services, facility choices and legal documentation.

6

Please call **385.468.3280** to place your name on the waitlist for this program. Visit slco.org/caregiver for more information about the Caregiver Support Program.

