



A Skill Development Program for Caregivers

1

Finding Caregiver Resources

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

2

Building Caregiver Resilience

Develop a self-care plan to minimize the risk of care fatigue and reduce stress.

3

Setting Good Care Boundaries

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

4

Involving Family and Others

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

5

Coping With Difficult Behaviors

Discuss tools, resources and techniques for managing challenging behaviors.

6

Understanding Care Options

Explore options for home services, facility choices and low-income assistance.

**Free Caregiver Workshops at
Liberty Senior Center**

251 E 700 S, Salt Lake City

Tuesdays starting April 17, 2018

1:30 pm to 3:00 pm

Call **385.468.3280** RSVP Required

Participants receive free managing care guides and resource packets.

