



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
Hunter Library**

**4740 W 4100 S, West Valley City
Tuesdays starting February 13, 2018
3:00 pm to 4:30 pm**

Call **385.468.3280** RSVP Required
Participants received free managing
care guides and resource packets.

