

The Caregiver Advantage



Creating a community that
fosters the
development of
self-care for caregivers

Come join, come learn, come take some time for YOURSELF!

- *Learn self-care techniques
- *Share resources: what works, what doesn't?
- *Explore relaxation practices in good company
- * Pick up tips & tricks from the professionals

FREE seven week program of education and support

Meets twice a month, starting June 17, 2021

10:00 AM -1:00 PM Introductory session and training

10:00 AM -3:00 PM Complementary care and lunch
for you & your loved one

***Training Class room and Adult Day Care Program
Provided by Helping Hands***

Class Size is Limited:

Pre-registration required: Elizabeth Rawson, MA (530) 277 1294

TCA **A sequence of classes to build and support the caregiver**



Helping Hands Adult Day Program
17645 Penn Valley Drive, Penn Valley 95946

TCA **Funding provided by AAUW's
Cleo Project,
Nevada County Branch**



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2021 Class Meeting Sequence

June 17 Meeting # 1: Creativity As Self-Care

Introductions, caregiver welcome. A breathing exercise and visualization introduce techniques for stress reduction. Collage integrates what is needed for each caregiver step out of isolation to find a "safe place" to begin to explore self-priority skills. Sharing begins the group pulling together.

July 1 Meeting # 2: Receiving the gift of self-care: Clay as the container

Caregivers are expert givers. Class experience asks them to consider receiving. Using the breath as a tool for relaxation is practiced. Creating a simple clay container invites awareness to accept and hold the ability to receive moments of time for self-care and alleviate stressors. Brainstorming contributes to caregivers' personal and group pulling together.

July 15 Meeting # 3: The Relaxed and Responsive Caregiver.

What do stress, frustration, and anger look like? Playfully using music, color, lines, shapes and textures caregivers express emotions, thoughts and attitudes experienced in their daily responsibilities. Interrupting thought patterns by noticing the difference between a *tension-producing task* and a *relaxation-producing skill* is reinforced to recognize how to regain control in a difficult situation. The "Phone Pal" is introduced to boost support and connection.

July 29 Meeting # 4: Grace in the Face of Grief

Caregivers decorate a box for their memories, recognition, understanding and comprehension of what it means to hold grief. The creative process helps "make it real", taking time for expressing difficult emotions in a safe place: the ambiguous loss, pain, frustration and strain each caregiver faces; accepting that finding joy in sweet moments allows grace as a gift on their journey.

August 12 Meeting # 5: Collaborating Creatively

Isolation, & lack of knowing how it would be to *advocate for self-care*, are serious issues for caregivers. The task of choosing materials to represent self in a group project creates a sense of individual empowerment and strength in community for the caregivers.

August 26 Meeting # 6: Helping Hands

Caregiving creates isolation. Practicing within a group setting supports each caregiver in developing their skills, acknowledging and strengthening their need to ask for help and support from friends, area services, medical settings as strategies to manage their caregiving role.

September 9 Meeting # 7: You ARE a Blessing!

The visualization & relaxation invites each caregiver to think about what they brought to the class, and who they are now within the group. Caregivers participate in a "round robin", contributing to each others' final image. Validation in accessing self-care techniques within social support and community strengthens capacity for resilience in the caregiver role.

This is a class series that builds upon each meeting. It is not a drop-in group.

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Elizabeth Rawson, MA