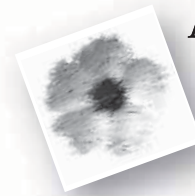


# Community Caregivers Workshops 2008



Alberta  
Caregivers  
Association

*Caring for Caregivers*

The *Community Caregiver Workshops* are developed for caregivers living in both rural and urban Alberta communities. The workshops serve to explore issues relevant to caregivers, to their care-recipients and their families. Understanding that the caregiver's time is often limited; each workshop has been created to be delivered in a 2-3 hour format. With the assistance of a trained facilitator, workshop participants will gain information and share what they know about the following topics:

1. **Introduction to the Caregiver:** This workshop will assist those who belong to a crucial part of the community's support system – the CAREGIVER. The caregiver is an important person in community life, usually unseen and un-heralded, but essential for a kind and progressive society.
2. **Housing and Transportation:** The situation of the care-recipient, who remains the focal concern of the caregiver, essentially presents key choices when it comes to housing and transportation. This workshop will deal with these sometimes tangled issues.
3. **Wellness:** Caregivers may neglect their own wellness needs when caring for someone with obvious health problems. Wellness, as experienced by the caregiver will be examined in this workshop.
4. **Finance:** This workshop explores financial choices that influence the quality of caregiving. Planning as a key element for long-term financial issues and the connection between good financial and lifestyle choices that will lead to increased wellbeing for the caregiver.
5. **Communications:** Differences in communications can be significant. How we talk to one another is often as important as what we are saying.
6. **Legal Issues:** A broad range of topics from Wills and Estates to keeping an agreement are addressed. Some of these are emerging legal issues such as caregiver rights.
7. **Caregiver Lifestyle:** Various factors influence lifestyle: health, personality, attitudes, cultural values and others. Selecting a lifestyle and then making decisions related to it is an important consideration in the journey of caregiving.