

COMPASS for the Caregiver

Caregiver Orientation for Mobilizing Personal Assets and Strengths for Self-care



Do you provide care for a **family or friend** who is living with challenges due to disability, illness, or old age? You are a Caregiver.

Caregiving can be stressful, isolating, and have a negative impact on your physical and mental health. COMPASS teaches caregivers to care for themselves. The program is facilitated by a past caregiver who understands how hard it can be. Along with their fellow participants, caregivers gain an understanding of the journey and learn how to make it a little less difficult.

Module 1: Caregiver Characteristics

Recognize your role as a caregiver and take pride in your contributions to a healthy society.

Module 2: The Emotional Journey

Explore your emotions and put that feeling of “guilt” about being mad or sad into perspective.

Module 3: Knowing Your Capacities

Understand that you have strengths and needs, and learn how to seek support for your work.

Module 4: Assertiveness and Sharing the Care

Become more confident, gain assertiveness to get what you need, and learn how to ask for help.

Module 5: Putting Yourself First

The hardest lesson. Regain your identity as a whole person by taking care of yourself first.

Module 6: Caregiver Burnout

Learn how stress can lead to burnout, and what you can do to save yourself before its too late.

Module 7: Navigating the System

Increase your confidence in accessing services by building your communication skills.

Module 8: Planning for the Journey Ahead

Reflect on your caregiving journey and plan for the future to avoid the stress of uncertainty.

Module 9: Gathering Again (6 week follow-up session)

Catch up with your fellow participants and share your successes and challenges since session 8.

To find a COMPASS provider in your area or to offer COMPASS through your organization, workplace, or church please contact the Alberta Caregivers Association.

Phone: 780 (or 877)-453-5088 | Website: AlbertaCaregivers.org

Email: office@albertacaregivers.org