

Family Caregiving Seminar Abstracts

Working and Caregiving Overview- Workday interruptions and partial absenteeism due to family caregiving responsibilities, (i.e. extended lunch breaks, leaving work early or arriving late) is costing business an estimated \$327 million. In addition to regular work hours, employees clock an average additional twenty hours per week providing care for their loved one/s. (Source: Family Caregiving Alliance) This program provides an overview on the present day reality of caregiving and best practices of how some companies are responding.

The Caregiving Years- Throughout the caregiving journey, the role of family caregiver evolves – and so should the support they receive. The Caregiving Years describes the phases that family caregivers experience – from Expectant Caregiver, to Freshman Caregiver, to Entrenched Caregiver, to Pragmatic Caregiver to Transitioning Caregiver to Godspeed Caregiver. Using a “key word” approach, participants benefit from learning the stumbles and steadies that correspond to each stage, providing a map for existing and future family caregivers to navigate successfully through the emotional journey.

Manager Sensitivity Training- Our work life now includes our life’s work – caring for a family member with a chronic illness, disease or who is aging. As managers, how do you make room for both in the workplace? Caregiving Sensitivity training helps ensure that managers respond appropriately so that employees feel supported while workplace business expectations and norms continue. Through small group discussions and/or one on one coaching, participants benefit from new found understanding of the trauma of caregiving— the worries, concerns and stresses a working family caregiver experiences.

Understanding Compassion Fatigue- Compassion fatigue, also known as secondary traumatic stress (STS), is a condition characterized by a gradual lessening of compassion over time. It is common among individuals who work directly with trauma victims, such as therapists, nurses, psychologists, first responders and most recently recognized in family caregivers. Contrary to the implication, it is the sensitive and empathetic employees who are most likely at risk. Objectives include recognizing signs/symptoms, the importance of validation and self care.

Options and Resources for Older Relatives- Key objectives covered are factors for assessing needs of older relatives, as well as formal and Informal resources that can help meet an older relative's needs. This program stresses the importance of understanding (and using!) available resources, services and support. Ideally delivered in conjunction with HR/Corporate contact to underscore specific company offerings and benefits. Participants appreciate walking away with tangible action plans, exposure to the language surrounding elder care and having completed a caregiver stress assessment.

Facilitated Caregiver Support Groups (or Employee Circles) - The most powerful learning experiences often occur informally- peer to peer. Support sessions provide a forum for working professionals to share lessons learned around pre-determined, agreed upon topics. (i.e. Acceptance, Life after caregiving, Gifts we give ourselves, Responding to “how are you?”)

Format: All of our seminars are tailored to the needs of the individual, group or company. Topics can be delivered as a one hour overview or longer to factor in additional exercises and group discussions. A consultation will determine the session fee based on need and the number of participants. Please contact Sarahbeth for more information. sb@wearesharingthesun.com