



## Do you work with Family Caregivers?

The Caregiver Support Program has developed four Self-Care courses for Caregivers of any eligible Veteran who receives care from VA. Talk with your Caregiver Support Coordinator about the courses to be offered or to schedule the face-to-face sessions for your Caregivers. Each course is 3 hours in length and taught by two licensed health care professionals; each course will include lecture, small group discussion and time for personal planning.

### COURSE DESCRIPTIONS

#### Problem Solving and Effective Communication

Caregivers will learn a five step approach to problem solving and utilize this approach to address a current problem. Principles of effective communication and techniques such as "I" messages, and Empathic Listening will be presented and practiced in class.

#### Managing Stress

Caregivers will identify both internal and external sources of stress in their lives and how negative self-talk and unrealistic expectations can contribute to stress. Stress management techniques such as massage, deep breathing, meditation and journaling will be presented. Caregivers will practice these techniques and develop a personal action plan for stress management.

#### Taking Care of Yourself

Caregivers will learn methods to achieve a healthier lifestyle and prevent illness through rest, nutrition, exercise and stress reduction. Common barriers to self-care will be discussed. The Caregiver survival tools of information, resources and respite will be discussed and resources provided.

#### Utilizing Technology

Caregivers new to digital technology and social media and those more experienced will learn about the wide array of websites and apps designed to be helpful for busy Caregivers. Protecting privacy and choosing sites providing medically sound, reputable information will be discussed.

For more information:



[www.caregiver.va.gov](http://www.caregiver.va.gov)



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