



Southern Caregiver Resource Center

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EDUCATION AND TRAINING

Southern Caregiver Resource Center offers educational presentations for family caregivers or service providers anywhere in San Diego County

Presented in either English or Spanish

Aging Parents:

When and How to Help

- Understand the physical, social and emotional changes in the aging adult
- Explore ways to respond to the physical, emotional, and financial warning signs
- Learn of community resources available for seniors and family caregivers

Caregiving Through the Holidays

- Find ways to overcome the “holiday blues”
- Learn strategies to reduce stress related to holidays or special occasions
- Learn strategies to help make the holidays enjoyable for everyone

Dementia and Driving

- Explore the warning signs of unsafe driving in a loved one with a dementia diagnosis
- Learn communication strategies to help manage this topic
- Explore transportation alternatives

Finding Balance Between Work and Life

- Learn ways in which to respond to daily tasks and responsibilities in order to be more “present” in the here and now
- Learn simple time management strategies
- Explore the areas in which you need additional help, both personally and professionally

Intimacy and Dementia

- Define and understand the role of sexuality and intimacy throughout life
- Explore the effects of dementia on sexuality and intimacy
- Learn how to address the issues related to dementia, intimacy, and sexuality

The Aging Process:

What is Normal and What is Not

- Understand the physical, social and emotional changes in the aging adult
- Explore signs of normal vs. abnormal aging
- Discuss successful ways of staying physically, emotionally, and socially active

Communicating with Your Loved One

- Explore communication strategies
- Learn how to communicate with someone who has a cognitive impairment, is chronically ill, and/or frail and elderly
- Learn how to share your needs and expectations with your loved one

Family Involvement

- Learn how to create a care plan involving family members, friends, and providers
- Learn communication strategies to help you facilitate these discussions
- Learn how to facilitate a family meeting

I’m a Caregiver, What Now?

- Learn ways in which to manage your caregiving responsibilities
- Learn ways in which you can improve communication with those around you
- Learn about the importance of staying organized

The Long-Distance Caregiver

- Explore ways in which you can provide care for a loved one who resides away from you
- Learn ways in which you can improve communication with those who are close to your loved one
- Learn how to manage the emotional aspects of being a long-distance caregiver

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Making the Most of Your Doctor Visits

- Learn how to prepare for your visit to the doctor, how to make the most out of your time with the physician, and what to do after
- Explore successful communication strategies
- Learn how to help your loved one with his/her doctor visits

Managing Difficult Conversations

- Learn the skills needed to facilitate or respond to difficult conversations
- Explore ways in which to address stressful topics with your loved ones
- Learn ways to start, finish, and follow up on these conversations

The Sandwich Generation

- Learn how to make inter-generational relationships successful
- Explore ways to support adult children and elderly parents, while taking care of yourself
- Learn ways in which to respond to being “caught in the middle”

Successful Mealtime for Everyone

- Learn how to recognize, understand and respond to possible changes with eating behavior due to a cognitive impairment, illness, and/or disease
- Explore healthy and energizing meals for the caregiver

Understanding Parkinson’s Disease

- Define and understand Parkinson’s disease
- Understand the challenges associated with Parkinson’s disease
- Learn ways in which to improve the relationship between caregiver and care receiver

Managing the Difficult Behaviors of Dementia

- Define and understand dementia
- Understand the difficult behaviors generally associated with dementia
- Learn how to respond to the difficult behaviors

Managing the Emotional Aspects of Caregiving

- Learn how to recognize, understand, and respond to the emotional challenges of being a caregiver
- Explore stress management techniques
- Learn of the recourses available for caregivers and their loved ones

Spirituality and Caregiving

- Understand the importance of staying spiritually active while caregiving
- Learn how to manage the spiritual and/or religious questions that may arise
- Learn how to make the best of a difficult situation

Understanding Alzheimer’s Disease

- Define and understand Alzheimer’s disease and dementia
- Recognize the warning signs of Alzheimer’s disease
- Understand causes of difficult behaviors and ways in which to respond

Other Topics:

- Caring for Adult with Post Traumatic Stress Disorder (PTSD)
- Caring for Adult with Cognitive Impairment
- Caring for Adult with Multiple Sclerosis
- Coming to Terms with End-of-Life Choices
- Understanding Housing Options
- Dementia with Lewy Bodies
- Holding a Family Meeting
- Home Safety

Training on Services Provided by Southern Caregiver Resource Center

Please keep in mind that this is a general list of the topics that are most often requested. Our Director of Education and Outreach is always able to develop a personalized presentation to meet your needs.