



Caring for You, Caring for Me!



CAREGIVING, A REWARDING ENDEAVOR,

OFTEN PLACES EXTREME DEMANDS ON CAREGIVERS.

Family caregivers need both education and support to know how to perform their role and also cope with difficult situations.

This program brings educational tools for caregivers to be better prepared to provide care under various circumstances.

This program was created by the Rosalynn Carter Institute.

Five Monday Classes in the Cooperative Extension Building from 5:30-7:30pm

7/21: What It Means to Be a Caregiver.

This class presents common caregiving situations and elements, helpful principles to be guided by, and helps the participant to identify - what *do* caregivers need!?

7/28: Taking Care of Yourself

How to assess 'self-care' skills and how to identify outcomes of NOT taking care of oneself! Learn how to deal with common negative emotions with effective coping skills, as well as the importance of humor and laughter.

8/04: Building Cooperative Relationships

The importance of cooperative relationships between medical professionals and family caregivers, the various styles of caregiver relationships and navigating difficult waters.

8/18: Preventing and Solving Problems

How do you deal with your caregiving problems? Problem-solving guidelines are presented using a 5-step model.

8/25: Accessing and Developing Resources

Identifies barriers to accessing those helpful caregiving resources, navigational guidelines and strategies to tap into the formal system, and how to use social support networks.

All Classes are free & supper will be provided. RSVP @ 292-5250 please!

Cornell Cooperative Extension of Sull. Co.
64 Ferndale-Loomis Road
Liberty, NY 12754
(845) 292-5250 ext.122

**Take Care of Yourself,
So You Can Care For Your Loved Ones**