

# CARING FOR CAREGIVERS

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BROOKE COLLISON AND BOB LEWIS



## 2 CAREGIVER SUPPORT GROUP

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- Support group: A group of individuals in similar life situations who meet from time to time to share experiences, life situations, issues, problems, and satisfactions related to the common issues they all face.
- A support group is not a therapy group but it may be very therapeutic.
- A support group may or may not be facilitated by a designated person.

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1. Are you a caregiver?
2. Have you been a caregiver?
3. Do you anticipate becoming a caregiver?
4. Are you a care partner?
5. Do you anticipate becoming a care partner?
6. Who is your potential family caregiver? Have you talked with them about being your caregiver?

## 4 TOPICS

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- FORMING A CAREGIVER SUPPORT GROUP
- ROLE CHANGES
- CAREGIVERS' AND CARE RECEIVERS' BELIEFS
- ASKING FOR, GIVING, RECEIVING, AND DECLINING HELP
- ANGER IN THE LIFE OF A CAREGIVER
- ADVOCACY
- DIFFICULT SITUATIONS
- DIFFICULT DECISIONS
- SEX, MONEY, AND DEATH
- HUMOR AND PAIN FOR CAREGIVERS

## 5 RESOURCES

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- [eldercareconnections@lists.oregonstate.edu](mailto:eldercareconnections@lists.oregonstate.edu)
- HEALTH AFTER FIFTY
  - Lots of things to pay for
- ALZ.ORG (ALZHEIMER'S ASSOCIATION)
- Benton Hospice
- Corvallis Parks & Rec (Support Groups)
- AARP.org (search "Caregiver")
- C.A.R.E. Act (1/1/16)
- Announcements in GT
- NY Times (1/19/17—"Who Will Care for the Caregivers?" Dhruv Khullar)
- *Being Mortal* by Atul Gawande
- Media: "Still Alice," "Tuesdays with Morrie"

## 6 DISCUSSION QUESTIONS FOR SMALL GROUPS

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1. Who is the most likely person to be your caregiver? What have you discussed with them?
2. What are the major concerns you would have about being a caregiver?
3. What are the major concerns or issues you would have about being a care partner (receiver)?
4. If you have been a caregiver, what was the one thing you hated to have people say to you?

## 7 DISCUSSION QUESTIONS

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If you are or have been caregivers—WHAT DO (OR DID) YOU FIND TO BE THE MOST CHALLENGING?

For those who anticipate becoming caregivers—WHAT DO YOU IMAGINE WILL BE THE MOST CHALLENGING?

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## TOP FIVE ON-LINE COURSES FROM OREGON CARE PARTNERS

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- Medication: Vital Part of Your Client's or Family Member's Wellbeing
- Activities for Meaningful Dementia care
- Alzheimer's and Dementia: Signs & Symptoms
- Activities: Creating a Well-rounded Program
- Challenging Behaviors: A Framework for Action



## 9 NEW CAREGIVER SUPPORT GROUP

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- Ten sessions—2<sup>nd</sup> and 4<sup>th</sup> Mondays February through June
- 10:30-12:00
- Martha Room, First United Methodist Church, 11<sup>th</sup> and Monroe
- Facilitators: Bob Lewis and Brooke Collison
- No charge

# 10 CONTACT INFO

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