



CAREGIVER

Thrive Learn Connect



Make a Difference in your Life: Join the Program

CAREGIVER.TLC.ORG

SCREENING QUESTIONS:

- 1. Do you provide a broad range of assistance for an adult relative, partner, friend or neighbor with a chronic or disabling condition at least 4 hours a week?**
- 2. Are you 18 years of age or older?**
- 3. Could you attend six weekly 2-hour Zoom* sessions?**
- 4. Would you like to connect with other caregivers near you?**
- 5. Do you have a personal email address?**

**Technical support available to assist with Zoom access and usage*



Caregiver TLC Workshop Overview

1. Strategies for Stress:

- **Management of stress: we examine stress and how each person has a unique pattern of stress response.**
- **Discuss physical & mental consequences of chronic stress.**
- **Learn two valuable yet simple stress management tools you can use at any time.**
- **Create an action plan that will help you to plan for how to use these tools in your day to day life.**

Caregiver TLC Workshop Overview

2. Dealing with the Blues:

- **Caregiver common depressive symptoms.**
- **Discuss strategies to manage mood more effectively, by increasing everyday positive activities that have been proven to lift mood.**
- **Those you care for may also experience depressive symptoms. Learn tips & strategies that can help you to help the person you are caring for.**

Caregiver TLC Workshop Overview

3. Bouncing Back:

- **The importance of resilience in caregiving.**
- **Discuss ways to increase a caregiver's own sense of well-being.**
- **Participants create a visual representation of who is on their support team.**
- **Learn to complete a draft of a CareMap. It will provide insights into your own personal caring networks.**

Caregiver TLC Workshop Overview

4. Filling the Well:

- **The importance of self-care, focusing on 4 areas (spiritual, physical, mental, and social).**
- **Emphasis on proactive behavioral activities such as:**
 - **getting regular exercise**
 - **getting a sound sleep**
 - **mindfulness**
- **Development of an individual self-care plan.**

Caregiver TLC Workshop Overview

5. Coping with Frustration:

- **Dealing with Frustration, anger and emotions that can get in the way of successful caregiving.**
- **Learn strategies for managing these feelings, including learning to STOP and think before responding, and the need to walk away or take a break when necessary.**
- **Learn strategies that you can practice at home when frustration or anger become overwhelming.**

Caregiver TLC Workshop Overview

6. Loneliness & Social Isolation:

- **Loneliness and Isolation are negative outcomes for caregivers, more so during the past years of COVID-19.**
- **Learn how to increase compliance with COVID-19 recommendations that can be difficult for some care recipients.**
- **Join a Virtual Community of Caregivers to get connected to others, get resources, health education, and volunteer helping other caregivers in the community.**

Make a Difference in your Life: Join the Caregiver TLC Program: [CAREGIVER TLC.ORG](https://caregivertlc.org)

- Evidence-based Psycho-educational Program Delivered on Zoom over Six Sessions to Help Caregivers with Stress, Burden and Depression.
- Caregivers Provide their Preferences and Availability in Order to Schedule their Dates and Times to Attend the Workshop.
- **To Register:** Visit the Caregiver TLC Website at caregivertlc.org
- **To Ask Questions:** contact us at jmontoro@uncc.edu
or call us at 704 687-6166

