

COPING WITH CAREGIVING VIRTUAL TRAINING PROGRAM

The Coping with Caregiving Virtual Training Program is a LIVE online training program designed to improve the lives of caregivers and care receivers. This FREE online training program is divided into two classes. Take one or both depending on your current caregiver needs. Each class meets once a week for 2 hours for 4 weeks.

Coping with Caregiving I is for individuals in all types of caregiving situations. This class is designed to focus on you and your needs as a caregiver. (More information below.)

Coping with Caregiving II is for the caregiver of a person with memory loss or dementia. This class is designed to give you the tools you require to address the needs of the person you are caring for. (More information on page 2.)

Coping with Caregiving I Schedule

Week	Topics
Week 1: Bouncing Back	❖ Defining Bouncing Back ❖ Finding Balance in Your Day ❖ Identifying Your Support Team
Week 2: Strategies for Stress	❖ Stress & Caregiving ❖ Recognizing Stress ❖ Relaxation Skills
Week 3: Dealing with the Blues	❖ Caregiving & Your Mood ❖ Positive Activities ❖ Memory Loss & Mood
Week 4: Filling the Well	❖ Caregiver Burnout ❖ Self-Care ❖ Tips & Strategies

Start Date	Day of the Week	Time	Contact
4/1/2021	Thursdays	1 pm to 3 pm	Sam 352-692-5246
4/5/2021	Mondays	6 pm to 8 am	Renee 352-692-5226
4/6/2021	Tuesdays	10 am to 12 pm	Judi 352-692-5233
5/5/2021	Wednesdays	2 pm to 4 pm	Teri 352-692-5220
5/6/2021	Thursdays	9 am to 11 am	Michelle 352-692-5204

Coping with Caregiving II Schedule

Week	Topics
Week 1: Being Heard	<ul style="list-style-type: none"> ❖ Empathy as the Foundation of Communication ❖ Communication and Memory Loss ❖ Getting Help from Family & Friends
Week 2: Coping with Frustration	<ul style="list-style-type: none"> ❖ Negative Emotions ❖ Recognizing Intensity ❖ Strategies for Managing Frustration
Week 3: Challenging Behaviors I	<ul style="list-style-type: none"> ❖ Challenging Behaviors ❖ Anatomy of Behavior ❖ Step-by-Step Examples
Week 4: Challenging Behaviors II	<ul style="list-style-type: none"> ❖ Changing Challenging Behavior ❖ Proposed Changes ❖ Things to Try

Start Date	Day of the Week	Time	Contact
4/29/2021	Thursdays	1 pm to 3 pm	Sam 352-692-5246
5/3/2021	Mondays	6 pm to 8 pm	Renee 352-692-5226
5/4/2021	Tuesdays	10 am to 12 pm	Judi 352-692-5233
6/2/2021	Wednesdays	2 pm to 4 pm	Teri 352-692-5220
7/8/2021	Thursdays	9 am to 11 am	Michelle 352-692-5204

To register for ANY class please contact us:

- call any one of our team members
- email savvy@agingresources.org
- go to agingresources.org/savvy-caregiver-for-families



Coping with Caregiving is sponsored by Elder Options
and the State of Florida, Department of Elder Affairs



800-262-2243

