

The highs and lows of caring for a dependent adult are familiar experiences to caregivers. The struggle to meet the immediate needs of the care-receiver may intensify strong emotional pressures, causing the caregiver to feel as though she were riding on an emotional roller coaster. *Caregiving Relationships For People Who Care For Adults* is a curriculum designed to reduce the emotional pressures associated with caregiving.

This brochure is part of a series:

*Caregiving Relationships
For People Who Care For Adults*

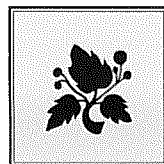
University of Illinois Extension, College of Agricultural, Consumer and Environmental Sciences, University of Illinois at Urbana-Champaign.

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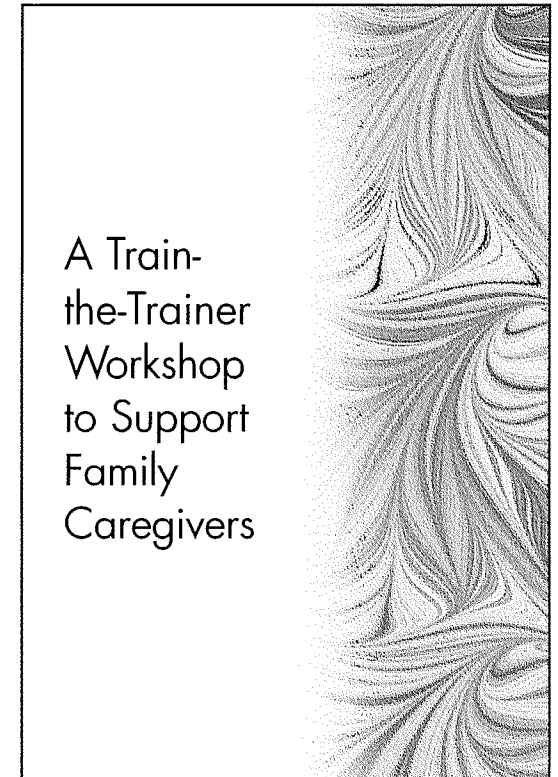
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Caregiving Relationships
Promotional Materials
Caregivers Need Support
7-1

CAREGIVING
RELATIONSHIPS
For People Who Care For Adults



A Train-
the-Trainer
Workshop
to Support
Family
Caregivers



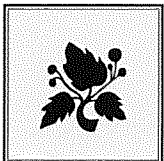
UNIVERSITY OF ILLINOIS
EXTENSION

A New Curriculum

After talking with caregivers throughout Illinois, a curriculum called *Caregiving Relationships For People Who Care for Adults* was written to assist family caregivers as they cope with caring for adults. Professionals working with caregivers will receive brochures and training guides for talking about the uncomfortable emotions that caregivers often experience.

Caregivers will learn:

- How to identify the uncomfortable emotions associated with caregiving
- How to handle these emotions to achieve positive results
- How to strengthen family bonds through the caring experience
- How to talk to family caregivers as they experience the emotions of caregiving



CAREGIVING RELATIONSHIPS

For People Who Care For Adults

The following brochures are available.

- Making Frustration Work for You
- Using Guilt Constructively
- Facing Fear
- Changing Relationships in Caregiving
- Family Dynamics in Distance Caregiving
- Caregivers Need Family Support
- Coping with Loss
- Grief in Caregiving
- After the Death
- When Families Disagree
- Listen Carefully
- Speak Clearly
- Take a Break: Finding Respite in Caregiving
- Take a Break: Take Care of Yourself
- Eldercare Services and Professionals: How to Maneuver Through the Maze

For more information:

When: Thursday evenings 6:30-8:30 pm Febr

Location: Saint John Neumar

Registration Contact: R

Registration Deadline: Fe

Class Fee: \$15.00 pa

Instructors: Pat Ne