



COMPASS for the Caregiver

Caregiver Orientation for Mobilizing Personal Assets and Strengths for Self-care

Do you assist a **family member or friend** living with challenges resulting from disability, illness, or aging? If you said yes; you are a caregiver.

Caregiving can be stressful, isolating, and have a negative impact on your physical and mental health. COMPASS encourages caregivers to care for themselves. The program is facilitated by a caregiver or professional who understands how hard it can be. Along with fellow participants caregivers gain an understanding of the journey and how to make it less difficult.

Module 1: Caregiver Characteristics

Recognize your role as a caregiver and take pride in your contributions to a healthy society.

Module 2: The Emotional Journey

Explore your emotions and put feelings of “guilt” into perspective and recognize your strengths, needs, and challenges.

Module 3: The Balancing Act

Explore grief and loss and how to foster hope and seek balance in caregiving.

Module 4: Improving Communication

Gain confidence and learn how to communicate what you need, ask for help, and share the care.

Module 5: Putting Yourself First

The hardest lesson; regain your identity as a whole person by taking care of yourself first.

Module 6: Managing Stress

Learn how stress can lead to burnout and what you can do to prevent or recover from burnout.

Module 7: Navigating the System

Increase your confidence in accessing services and learn about Caregivers Alberta.

Module 8: Planning for the Journey Ahead

Reflect on your caregiving journey and plan for the future to avoid the stress associated with uncertainty.

Module 9: Gathering Again (4 - 6 week follow-up session)

Catch up with your fellow participants and share your successes and challenges since Module 8.