

EQUIPPING THE CAREGIVER IN THE COMMUNITY

Our Purpose

Equipping the Caregiver in the Community is a program that provides caregivers the resources and tools they need to manage their self care and their roles as caregivers through support meetings and educational sessions. The program was developed by Shepherd's Centers of America, an interfaith organization which empowers older adults to use their wisdom and skills for the good of their communities.

Benefits Caregivers Receive

Listen to stimulating and helpful presentations by professionals and leaders in the community
Socialize and share with other family caregivers
Receive information, counseling and referral services for helpful resources in the community

Wide Range of Meeting Topics

Listed below are just some of the topics that may be presented by monthly guest speakers. A portion of the meeting is also devoted to support group interaction with other caregivers.

Tools for effective caregiving
Caring for ourselves—meditation, nutrition and exercise
Reducing stress and increasing strength
Faith and humor in caregiving
Loss, grief, transition
Legal issues for caregivers
Pill talk: prescriptions
Feeling good—mental health
Managing money
Respite care
Finding community assistance and resources



Contact and Meeting Information

If you wish to attend an Equipping the Caregiver in the Community meeting, call Joy George, Program Coordinator, 816-858-2626.

Date: 3rd Friday of each month
Time: 2:00 to 3:30 pm
Place: United Methodist Church
14040 Highway N
Platte City, MO 64079

Funding

This program is sponsored by Shepherd's Centers of America . There is no required cost for participation. All participants are asked to complete a client intake form prior to the meeting.

For locations of other Equipping Caregiving Programs and Breaktime Clubs for care receivers, contact Shepherd's Centers of America, 816-960-2022.

Caregiver Tips

Create a caregiving plan: educate yourself on your care recipients condition, find the available resources and plan ahead.

Be good to yourself by taking respite breaks.

When people offer help accept and suggest specific things they can do.

Seek support from others. There is great strength in knowing you are not alone.

Make your health a priority by taking time to exercise and eat right.

Watch for signs of depression and do not delay in seeking professional help when needed.

Take it one day at a time.

Grieve your losses and then allow yourself to dream new dreams.



Equipping Caregivers in the Community
c/o Joy George
1304 Atchison St.
Platte City, MO 64079

Equipping The Caregiver



Offering Group Support and
Educational Information
for Caregivers