

Caregiver Camp Support and Sharing

Initiated by popular demand by participants of previous Caregiver Camp workshops, this workshop is designed to be a forum of sharing successes and struggles in the critical role of caregiver.

Participants should come prepared to share a tip or two about things that have made their experience or their loved one's just a little easier to manage. Examples may range from: self-care tips, support group information (where, when, local, online, pros & cons), home adaptations (no or low cost, assistive devices, renovations, etc.), helpful web resources, long distance caregiver tips, managing challenging behaviors/attitudes (of your loved one or other family members), or simply some words of encouragement from someone who has "been there, done that" to someone who is just beginning the caregiving journey.

I will bring information regarding practical resources for all of the above and will facilitate the discussion and sharing.