



The Sojourner Project
...help for the journey
Caregiver School
Course Outline - 25 Audio Lessons
(** *Worksheet*)

Introduction

Part One - Becoming a Family Caregiver (3)

- Four journeys of a caregiver **2
- Six essential steps and three different roles **3 **4
- The devastating diagnosis **5

Part Two - Evaluating the Situation (4)

- Understanding normal aging
- When there is a cause for concern
- When driving becomes a problem **6
- The needs assessment **7

Part Three - Make a Plan (4)

- The family meeting **8
- When conversations go wrong **9
- Effective communication **8
- Creating a plan of care **10

Part Four - Navigating the medical world (3)

- Diagnosis and prognosis **11
- Managing medications **12
- Understanding medical insurance **13

Part Five - Managing your loved one's legal and financial affairs (3)

- Understanding Advanced Directives
- Getting their affairs in order **14
- Do I need a lawyer? **15

Part Six - Day to day caregiving (3)

- Staying at home **9
- When professional help is needed
- Long Distance Caregiving **16

Part Seven - When things get complicated (2)

- Understanding dementia & Alzheimer's disease **17
- How to manage challenging behavior and communication **18

Part Eight - Caring for the Caregiver (1)

- Caring for the Caregiver ** 19 **9

Part Nine - When the journey ends (2)

- Letting go **20
- When it's time to say goodbye **21

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The goal is to provide general information so that you can seek out professional assistance from the appropriate subject matter expert
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Caregiver School Worksheets

Introduction

1. Course outline

Part One - Becoming a Family Caregiver

2. Four journeys of a caregiver
3. Six essential steps
4. Three roles
5. First steps - devastating diagnosis

Part Two - Evaluating the Situation

6. When driving becomes a problem
7. Initial assessment

Part Three - Make a Plan

8. The family meeting
9. Caregiver bill of rights
10. Plan of care checklist

Part Four - Navigating the medical world

11. Communication note
12. Medications audit
13. Medical insurance definitions

Part Five - Managing your loved one's legal & financial affairs

14. Legal and financial checklist
15. Advanced Directives - Definitions

Part Six - Day to day caregiving

7. Initial Assessment (worksheet #7)
16. Resources

Part Seven - Understanding dementia and Alzheimer's disease

17. Brain damage caused by dementia
18. Managing challenging behaviors caused by dementia

Part Eight - Caring for the caregiver

19. Strategies for caring for the caregiver
9. Caregiver bill of rights (worksheet #7)

Part Nine - When the journey ends

20. Death & dying
21. The journey through grief

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