



# BUILDING BETTER CAREGIVERS



**Q. What is Building Better Caregivers?**

**A.** An interactive, group workshop led by two facilitators. The workshop includes six weekly sessions, where participants learn effective strategies to increase their caregiving skills, knowledge, and confidence while also reducing stress. Research demonstrates significant positive outcomes regarding caregivers' beliefs about caregiving, their reactions to the behavioral symptoms of their care recipient, and their feelings of stress and burden.

**Q. Who can benefit from Building Better Caregivers?**

**A.** This program is ideal for caregivers looking to increase confidence in their ability to best manage their health and their care partner's needs while maintaining active and fulfilling lives. Each participant is guided to tailor the workshop content to their own needs.

**Q. What does Building Better Caregivers do for participants?**

**A.** This program covers a variety of topics, including self-care methods to improve caregiver's health, dealing with difficult emotions, managing difficult care partner behaviors, planning for the future, finding resources, improving communication skills with family and friends, family meetings, communicating with health professionals and health care systems, action-planning, problem-solving, and decision-making.



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