



Are you a Caregiver of an older adult?

The Caregiver Champions Program helps informal and family caregivers learn to reduce the stress associated with being a caregiver.

As a family or informal caregiver, are any of the following true for you?

- ✓ I feel completely weighed down by never-ending responsibilities
- ✓ I can't concentrate or make decisions
- ✓ I am edgy, irritable and not sleeping well
- ✓ I don't have time for me or my own needs
- ✓ I don't know where to find the services we need

Gain the confidence and control to balance your life and better care for your loved ones; now or in the future.

What it is:

- Six free monthly two-hour sessions
- Informal learning in a casual setting
- A dialogue with caregivers in your community
- A network of information, tools and resources
- Also valuable for likely caregivers



What it is not:

- A therapeutic support group
- A formal classroom lecture



Discussion Topics

- Accessing local resources and services
- Caregiver burnout
- Asking for help
- Planning ahead
- Documents everyone needs
- Communications skills
- Advocating for your loved one
- Staying organized

**For more information:
Call Beth at 412-594-2569 or
Polonchak@jhf.org**

Respite services are available at no cost to you while you attend!

