



Managing the Caregiving Experience

In-Service e-Learning (PRIDE)

Course Description

Caregivers will consider the changes that occur in the family when caring for children and youth who are under the care of Children and Family Services. Through a number of exercises, participants review how the relationships, both within and outside the family, can grow and change. Through the use of an ecomap, a family sculpting exercise and the concept of family operations, participants are encouraged to reflect on what type of changes each member of your family may experience and how to prepare for these changes, as well as learn to thrive while going through them.

Learning Objectives

1. List three primary areas in which the family is impacted by caregiving.
2. Describe ways that caregiving impacts family operations.
3. Identify five steps in managing the impact of caregiving on family operations.
4. Apply the five steps in managing the impact of caregiving on family operations to a real life situation.
5. Describe how family relationships are impacted by changing family membership.
6. Identify ways to strengthen and maintain the marital relationship while caregiving.
7. Identify ways to strengthen and maintain the parent-child/youth relationship while caregiving.
8. Identify ways to strengthen and maintain the sibling relationship while caregiving.
9. Describe the impact of caregiving on the family's relationships with extended family, friends, culture, spirituality and the community.
10. Use the ecomap as an informal tool to better understand the impact of caregiving on the family's relationship with extended family, friends, and the community.

Resources

Ecomap Exercise Attached to Summary.

Your Ecomap

Name _____ Date _____

Caregiver Program Staff: _____

