

## **Caregivers Support Group(s)**

**Department:** Counseling and Recreation

**Priority:** Elective

**Overall purpose of class:**

When a family member becomes disabled the whole family changes and must discover new coping abilities. This course provides support for family members and caregivers to explore their feelings in caring for a disabled loved one. Resources and reading materials are shared. Confidentiality is maintained.

This is a vitally important class that includes spouses, domestic partners, adult children and occasionally other types of caregivers.

**Number of classes held per week:**

One section a week is offered during the day. One evening section a week is also available. These groups often choose to continue on during winter and summer breaks, meeting on their own at the Center.

**Optimum class time:**

Two hours in the morning so caregivers can bring students and stay for lunch with them if desired.

**Instructor requirements:**

One counselor

**Number of students:**

12-16

**Space and Equipment requirements:**

- Room that will accommodate 15-16 people.
- A minimum of 10 very comfortable chairs and space for 5 wheelchairs
- Television with DVD player
- Video capability to capture discussions of topics that will help other students.