CAREGIVER
a love story

CARING FOR THOSE WHO GIVE CARE
FACILITATOR GUIDE
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AS A HOSPITAL-BASED ICU AND PALLIATIVE CARE DOCTOR, I see too many people die lonely deaths filled with non-beneficial suffering. My initial intent for Caregiver: A Love Story was to show viewers that death at home, surrounded by loved ones and in familiar surroundings, can be beautiful.

But as I watched the rough cut, I realized that I had overlooked an essential element—the experience of the caregiver. If the Ricks of the world are struggling financially, physically, and emotionally, then the Bambis can’t have what they so desperately crave: A peaceful death at home that “doesn’t cause too much pain to the ones I love.”

This problem is only going to get worse as more baby boomers need care and fewer are around to support them. The medical system has shifted the burden of care onto the family, and there is no national strategy to support them.

This program will support community educators to use Caregiver: A Love Story to improve the lives of family caregivers. We want them to know that they are not alone, that they need help, and that that help is out there.
Caregiver: A Love Story provides a nuanced look into the expanding public health crisis of Family Caregiver Burden. Millions of people are suffering with physical, psychological, and financial struggles as they care for aging, chronically ill, and/or terminally ill loved ones at home.

The film chronicles the experience of one such person. When Bambi decides to stop cancer treatment and pursue care geared towards enhancing her quality of life, her husband Rick is happy to care for her at home. Yet, despite their many resources—a strong relationship, good communication, some savings, access to hospice care, and a supportive faith and friend community—Rick's caregiving responsibilities take a serious toll on his life. His suffering is doubly concerning when we consider that most people are less equipped than Rick to perform this important task.
HOSTING AN EVENT
FINDING THE RIGHT TIME
Choose a day that does not compete with holidays or major local or national events. For an in-person event, the early afternoon is usually the best time for caregivers. Make sure that your event does not compete with mealtimes as caregivers usually have to tend to their care recipient. If your event is virtual, caregivers will have a little more flexibility without the commute, and the early evening, after dinnertime, is also a good option.

Given the stresses of a caregiver’s schedule, offering more than one event with options can be helpful.

FINDING THE RIGHT PLACE
This program can be delivered both as an in-person or virtual event.

For an in-person event:
• Is the space accessible for people with disabilities?
• Does the space have parking, or easy access to public transportation?
• How will you project the film?
• Is the room wired for sound, or do you need speakers and/or a microphone?
• Do you need signage at the event location to help participants find their way?
• Do you have staff or volunteers to greet people, and help them sign in?
• Do you have a sign-in sheet for attendees in order to keep in touch with them?

For a virtual event:
• Create a registration page with clear information about the program.
• Send out at least 2 reminder emails to registrants to ensure they are all set up in advance. Be sure to attach all “handouts” and materials in all email communications so that participants can easily access them.
• You can send them links to Zoom tutorials with helpful information about how to use Zoom if they are unfamiliar.
• Ensure that there is a waiting room enabled so that you can monitor for potential intruders.
• Consider having another person on the meeting to help run the technology and offer technical support to anyone who might need it.

OUTREACH AND RECRUITMENT
You may choose to partner with a local community organization to help with hosting this event. Classifieds and bulletin boards (e.g. NextDoor) are good ways to reach caregivers who might not already be enrolled in support programs. You may consider making extra efforts to reach disadvantaged communities.

• Which community partners might help you to reach a broader audience?
• How will you make the invitation? Flyers, social media, direct calls, outreach through hospice, health care providers, other ways?
• Who is the contact person for RSVPs, or for questions or concerns?
• If your event is in person, is there a local restaurant or grocery store who could donate or offer low-cost snacks for the event?

PREPARING A LOCAL RESOURCES LIST: (HANDOUT #3 IN PARTICIPANT PACKET)
This program is most effective if participants can walk away with a list of a few key resources, both national and local. Each city, state, county, and region has its own resources available for caregivers. It can be very helpful in this session if you do a little pre-work to identify the resources for caregivers in your community.

Included in the participant packet is a resources handout with some national options. There are blank spaces for local orgs that you can identify and fill out for your attendees. Take some time to consider which resources you want to connect your participants with.

You may consider inviting representatives of organizations to attend the event, whether in-person or virtual.

SURVEYING (APPENDIX #1)
You (or your community partners, if applicable) may wish to evaluate whether the screening event resulted in participants being more likely to connect with supportive resources. If you are doing pre-surveys virtually, you may want to send the link out several times in advance as it’s harder to ensure everyone completes the survey. Please find sample surveys in Appendix 1. Please consider sharing your data with us at Caregiver@jessicazitter.com.
Hosting a screening of *Caregiver: A Love Story* for people who are on the journey of caring for a family member or friend may evoke strong emotions. The following tips will help you to create an atmosphere where participants can feel supported through their emotional responses, and strengthen their skills for seeking and accessing resources.

**DO SOME HOMEWORK**
Take the time to watch the film and read through this guide before your screening to familiarize yourself with the topic and make a plan for your screening event. Doing so will allow you to work through your own emotional responses with a friend or colleague, to plan for the group conversation, and to identify the resources you want to offer.

**FOCUS ON INCLUSION**
People from different racial, ethnic, religious, and national backgrounds may have very different norms and understandings about family caregiving, sickness, and end-of-life issues. In a diverse group, acknowledging those different perspectives will set a tone of openness and learning where all are welcome.

**ALLOW SPACE FOR EMOTION**
Before showing the film, acknowledge that it may be triggering for some. After the film ends, take the time to acknowledge and validate participants’ emotions before proceeding with the powerpoint section of the workshop. Allow brief time for sharing. If someone seems unable to continue the conversation, offer them the opportunity to speak with you or someone else after, and have referrals prepared for those in crisis.

**INVITE DIFFERENT EXPERIENCES**
Parts of Rick and Bambi’s story may be familiar to, or quite different from the experiences of members in your group. Acknowledging that each family’s story is different is important, as is inviting the group to seek opportunities for insight and learning from Rick, Bambi, and one another.

**SET GROUP AGREEMENTS**
When discussing very sensitive and personal topics with a group, it is useful to set some agreements in advance about how to listen actively to one another, be inclusive of everyone in the room, and respect one another’s confidentiality. For an example of group agreements, see Appendix 1: Sample Group Agreements.

**PAY ATTENTION TO LANGUAGE**
The words that people use to describe themselves, their loved ones, and end-of-life decision-making can vary widely, and carry very different meanings. Open up the conversation by coming to a shared understanding of the terms and language the group will use together to facilitate better communication. Refer to the terms in Background Reading as a place to begin the conversation.
BEST PRACTICES FOR CONDUCTING A VIRTUAL SESSION

☐ **Ensure** you have a reliable internet connection.

☐ **Set up** a space for your computer where your face will be well-lit and there will be no disruptions.

☐ **Welcome** people as they come in, using their names.

☐ **Remind** people of best practices as participants:
  - Mute yourself when you are not speaking
  - Turn your camera on if you are comfortable
  - Try not to move around too much
  - Use the chat to participate

☐ If you have **additional support**, give participants a contact in the meeting who they can reach out to if they are having any difficulties.

☐ When you are ready to **share screen** for the film:
  - Make sure all participants are muted with video turned off
  - When starting the screen share, be sure to click “Optimize Screen Share for Video Clip” and “Share computer sound”
  - For the optimal viewing experience, share only the window of the film, not your entire screen.
APPENDIX 1

EVENT PLANNING DOCUMENTS
SCREENING EVENT CHECKLIST

SIX WEEKS TO TWO MONTHS PRIOR

_____ Set a time, date and location.
_____ Brainstorm and prioritize a list of possible community partners to support outreach.
_____ Identify your guest list, secure community partners, and begin compiling your resource and referral list.
_____ Decide on the format for your screening and post-screening event.

ONE MONTH PRIOR

_____ Send out the invitation with time, date, location (or Zoom registration page) and description of the film and the post-screening agenda.
_____ Coordinate with community partners to make sure everyone is familiar with the film and can prepare and participate fully in the agenda.

DAY(S) BEFORE

_____ Send reminders to speakers and to guests. For a virtual event, include PDFs of all resource materials and handouts, and if applicable, a link to complete the pre-survey.
_____ Re-watch the film, review the guide and your agenda, and test your a/v equipment on-site, or practice Zoom screen share.
_____ If your event is in person, copy and assemble any handouts, evaluation materials, and resource and referral lists.

DAY OF SCREENING

_____ If your event is in person, arrive at least an hour prior. This allows for enough time if you need to set up the room, test the a/v equipment, greet guests and panelists, and review your agenda.
_____ If your event is virtual, start the Zoom meeting 10 minutes early and test your screenshare capabilities.
Group agreements set explicit guidelines for how you want your group to work together. Before you begin the screening, propose a few ideas, like the ones below. Offer your group the opportunity to add ideas or adjust these, so that the agreements feel specific to your community.

**PROPOSED GROUP AGREEMENTS:**

1. Make sure everyone is able to contribute
   - Talkative people consider stepping back
   - Quieter people consider stepping up
2. Only one person speaks at a time
   - Wait for your turn, don’t interrupt others
3. Respect others’ opinions and experiences, even if they are different from your own
4. Honor confidentiality - share the concepts you learn, but not names or specific details
5. Mobile phones off or on vibrate to minimize disruptions. Step outside if you need to take a call.
6. Do what you need to take care of yourself

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22 Adapted from https://www.seedsforchange.org.uk/groupagree
“You are not alone. Let’s heed the flight attendants who tell us to put on our own masks before helping others. There’s support out there for you and we’re going to help you find it.”

—DR. JESSICA ZITTER

DEAR FAMILY CAREGIVER,

Have you been caring for a loved one at home? Do you want to learn how to get more support to help you in your role? Would you like to see a powerful new film about a family caregiver that recently won Best Short Documentary at a large film festival?

If you answered yes to any of these questions, we have the perfect program for you!

You are invited to a screening of the beautiful new film Caregiver: A Love Story. The film chronicles the experience of one caregiver as he cares for his wife at home during the last nine weeks of her life. As he does so, he struggles with his own physical, mental, and financial health.

Our hope is that this film will raise awareness and support for the 53 million family caregivers across the nation who face similar challenges.

At the screening, you’ll connect with other caregivers, learn about self-care, finding resources for support, and more.

Join us!

Organization:

For More Information:

Date:

Time:

Location:

RSVP:
PRE-SURVEY

DEMOGRAPHICS
1. How many years have you been providing care?
   - [ ] < 6 months  [ ] 6-12 months  [ ] 1-2 years  [ ] 2-5  [ ] >5 years

2. How many hours/week do you currently provide assistance, care, supervision, or companionship for the person you care for?
   - [ ] <10 hours  [ ] 10-20 hours  [ ] 21-40 hours  [ ] > 40 hours

3. Gender
   - [ ] Male  [ ] Female  [ ] Other  [ ] Not Listed

4. What is your age?
   - [ ] <25  [ ] 26-39  [ ] 40-64  [ ] 65-79  [ ] >80

5. Which categories best describe your race and ethnicity?
   - [ ] White  [ ] Black or African American  [ ] Hispanic or LatinX  [ ] Native American  [ ] Asian
   - [ ] Native Hawaiian or Pacific Islander  [ ] Other (please specify):____________________

6. My loved one’s primary condition requiring my support is:
   - [ ] Dementia  [ ] Cancer  [ ] Other chronic illness  [ ] Other (please specify):_______________

7. What is your relationship to the person you care for? I am:
   - [ ] Spouse/partner  [ ] daughter/son  [ ] other relative  [ ] friend
   - [ ] Other (please specify):____________________

CAREGIVER BURDEN
(0 = never; 1 = rarely; 2 = sometimes; 3 = quite frequently; 4 = nearly always)

8. ZARIT 3 question:
   • Are you afraid of what the future holds for your relative? _______
   • Your health has suffered because of your involvement with your relative? _______
   • You have lost control of your life since your relative’s illness? _______

ATTITUDES ABOUT GETTING HELP FOR YOUR CAREGIVING ROLE
(0 = never; 1 = rarely; 2 = sometimes; 3 = quite frequently; 4 = nearly always)

9. I need more help as a caregiver. _______
10. I can identify what would be helpful to me as a caregiver. _______
11. I am planning to ask for (more) help from family, friends, or community. _______
12. I am planning to seek (more) support from professional resources. _______
EXPERIENCE WITH THE FILM
(0 = never; 1 = rarely; 2 = sometimes; 3 = quite frequently; 4 = nearly always)

1. I like the format of watching a film for a program like this
2. Bambi and Rick’s experiences are relevant to me as a caregiver
3. Seeing their experiences taught me something new
4. I appreciated the session and am glad I attended
5. I am motivated to do something different

DID THIS SESSION INSPIRE YOU TO LEARN MORE ABOUT RESOURCES IN THE FOLLOWING AREAS?
(Yes, No, NA)

6. Medical services for the person you care for (hospice, PT, nursing) ________
7. Medical services for yourself ________
8. Community resources (adult day care, meals, transportation) ________
9. Respite care to give you a break (in-home professional, household help, temp placement in a facility) ________
10. Resources to help manage your emotional or physical stress (support groups, personal therapy, general wellness support.) ________

TAKE-AWAY
11. I intend to seek more support from family and friends ________
12. I intend to look for new professional resources to support me as a caregiver ________
APPENDIX 2

SUGGESTED FACILITATOR SCRIPT TO ACCOMPANY POWERPOINT
Note: This agenda is currently created for groups of 10 and under. If you have a larger group, you might need to break into small groups for discussion or use the chat box function instead of verbal communication.

Color coding instructions as follows:
- **Yellow highlights** indicate a new slide
- **Blue highlights** indicate places to stop for group discussion
- **Blue text** indicate the time allotted per slide
- **Green text** indicates places to animate or build the slide
- **Red text** indicates direction for speaker

**SLIDE 1: OPENER** 2 min.
- Welcome to all of you! Thank you so much for joining this program designed for family caregivers.
  - My name is [X], and I am [role/professional position]. Also with us is [X], who is organizing the technical aspects of the presentation, and [X], who is evaluating the program.
- Some quick housekeeping...
  - If you didn’t have an opportunity to fill out the pre-survey, please take a moment to do so now. [X] will put the link in the chat.
  - We ask that everyone have a **pen and blank sheet of paper handy**. We’ll be jotting down thoughts and reflections as we move through the program.
  - We emailed a Participant Packet with some helpful exercises and resources that we’ll be referring to during this session. You might want to have it nearby.

**SLIDE 2: AGENDA** 2 min.
- We’ll start with some introductions.
- Then, we’ll have a screening of a new 24-minute documentary, Caregiver: A Love Story. The film tells the story of Rick, who cared for his wife Bambi at home during the last nine weeks of her life.
- Then we’ll discuss your reflections on the film and go over resources that can help you in your caregiving journey.
- At the end we’ll ask you to complete a very quick survey to help us improve this program.

**SLIDE 3: INTRODUCTIONS** 20 min. 1-2 minutes per person.
- Don’t want to have this session go overtime, so we’ll keep our introductions to 2 minutes each.
- Tell us
  - your name
  - who you’re caring for, and
  - why you’re here.

**SLIDE 4: MESSAGE FROM DR. JESSICA ZITTER** 2 min.
We’re going to watch a quick **film before the film**!
- Dr. Jessica Zitter, the director of this film, is committed to improving the care of seriously ill patients in America. And that includes the experience of those who care for them. Like you!
- She’d like to welcome you to this program in a short video.
- **Play video**
SLIDE 5: SCREEN THE FILM ~25 min.
• NOW, LET’S WATCH THE FILM!!! 24 minutes.
  • This film is powerful and audiences have been very moved, but it might bring up challenging emotions for some of you. Bambi had a serious illness and this film follows her all the way to the end of her life. We hope that you will stick with it as we feel that it is filled with hopeful messages and strategies that can help.

***ASK EVERYONE TO TURN OFF VIDEO AND MUTE THEMSELVES!
***SHARE SCREEN TO SHOW THE FILM

SLIDE 6: TAKE A DEEP BREATH ~3 min.
***KEEP THEM MUTED WHEN THEY COME BACK!
• This film can bring up a lot of emotions. Let’s take a few minutes together to process what we’ve just watched.
  • (Breathe--1 min) Let’s start by taking a deep breath and releasing it slowly. As you breathe in, notice the places in your body where you feel those emotions. HOLD THE BREATH FOR A FEW BEATS, AND THEN LET IT OUT SLOWLY. PAUSE “Now, let’s take a few more breaths to allow those places of tension to release further.”
  • (Write down your thoughts-2 min)---Now, grab your pen and paper and write down any emotions you are feeling or thoughts that came up for you.

STOP UNTIL READY FOR NEXT SLIDE

SLIDE 7: WHAT EXACTLY IS A FAMILY CAREGIVER? ~2 min.
Your caregiving situation may not look exactly like Rick’s. In fact, it probably doesn’t. Family Caregiver is a term that is very broad.
Let’s get our terms straight--be on the same page.
• Caregiver or Family Caregiver is a term used to describe family, friends, and other unpaid non-professionals who provide care to someone who is in need. NOT medical providers or paid caregivers.
• This is an important identity because:
  • You may think of yourself primarily as a husband, wife, daughter, or son.
  • Acknowledging this new role as a caregiver can give the feeling of not being alone, and also help you access more support.
• Family Caregiver can mean a lot of different things: Many variables can impact the experience. Each of you has your own unique situation. SOME variables include:
  • The disease itself — end stage cancer is very different from dementia
  • Levels of illness and distress
  • The relationship and communication of the pair
  • The person’s financial situation and other modes of support
  • The duration of the experience
  • Sometimes caregiving happens on the phone (very stressful!!)

STOP UNTIL READY FOR NEXT SLIDE
SLIDE 8: A RISING PUBLIC HEALTH CRISIS -1 min.
We want to give you some context on the issue of caregiving in America. First of all, know that you’re not alone. And that the work you are doing can be overwhelming.

- 1 in 5 Americans is caring for someone in need in their homes and that number is rising.
- Caregivers provide care for an average of 4.5 years, 24 hours per week.
- 31% have used up their personal savings.
- 50% do it alone, with no outside or family help.
- 60% of caregivers have symptoms of depression.
- 67% of caregivers say they do not go to the doctor because they put the care recipient’s needs first.

STOP UNTIL READY FOR NEXT SLIDE

SLIDE 9: RICK’S CHALLENGES -3 min.
- Rick had some advantages: a financial cushion, a supportive community, and a supportive and appreciative partner he could communicate with. He also cared for Bambi for only 9 weeks, when the average is 4.5 years.
- Yet he also faced profound challenges. I imagine some (or all) of these resonate?
  - OVERWHELMING RANGE OF DUTIES: Laundry, cooking, shopping, childcare, Maya—all while caring for a frighteningly sick person.
  - EXHAUSTION: “On call 24/7”.
  - FINANCIAL STRESS: Couldn’t work, and no employment relief. Used up a lot of his savings.
  - EMOTIONAL DURESS:
    - GUILT- “Want to get on with my life. This isn’t what I signed up for.” Putting her in respite.
    - GRIEF
  - MEDICAL CHALLENGES: He wasn’t able to exercise or do any of the self-care that he was used to. He became so run down, he had to send Bambi to medical respite.
- I wonder, would he have lasted longer than 9 weeks at the rate he was going?

STOP UNTIL READY FOR NEXT SLIDE

SLIDE 10: YOUR CAREGIVING JOURNEY -1 min.
- This isn’t what I signed up for
- Those were the best years of my life
  I assume that like Rick, your journey has been a bit of an emotional roller coaster.

STOP UNTIL READY FOR NEXT SLIDE

SLIDE 11: YOUR CAREGIVING JOURNEY -20 min.
Are there a few volunteers who are comfortable sharing a little bit about your own personal journeys as caregivers?

- the most rewarding part of your caregiving journey
- the most challenging part of your caregiving journey?

***FACILITATOR SHOULD GENTLY CUT PEOPLE OFF TO KEEP TO 20 MIN TOTAL
Caregiving is some of the most important, and exhausting, work being done. And yet many caregivers don’t even know who to ask, how to ask, and what to ask for. So let’s talk about some strategies that can help.

- **STEP ONE**, we’ll remind you about the incredible importance of caring for YOURSELF!
- **STEP TWO**, we’ll think about some strategies that can make the relationship with your care-recipient the best it can be.
- **STEP THREE**, we’ll help you identify helpers that might be right in front of you-- family, friends, and community. Home-Grown Help!
- **STEP FOUR**, we’ll tell you about professional resources in your community that you might not be aware of, but that can be extremely helpful.

STOP UNTIL READY FOR NEXT SLIDE

### SLIDE 13: STEP ONE: CARING FOR YOURSELF

- You might want to start by evaluating your own stress level, using the Caregiver Self-Assessment tool. Homework! You’ll see a link to a “Caregiver Self-Assessment” in your participant packet.
  - Most caregivers will score pretty high. Some higher than others.
  - As flight attendants tell us, “put your own mask on before assisting others.” We realize that may be a tall order when you’re as overwhelmed as Rick was.
  - But if you possibly can, hang onto something that helps you care for yourself. Even occasionally. (exercising, massage, seeing your doctor, or talking with friends.)

- Please share (in person or in chat) one activity that recharges you, and tell us the last time you were able to do it.

### SLIDE 14: STEP TWO: CARING FOR THE RELATIONSHIP

- The relationship between you and your care-partner can also make the experience of caregiving easier, or harder.
- Rick was lucky in that Bambi could express appreciation of Rick, and even help him. “If I have to wear Depends, I’ll wear Depends.” Can go a long way.
- However, many care recipients, (advanced dementia), can’t communicate well, if at all. Some may even be agitated and hard to interact with or manage.
- And even if communication is not the issue, some relationships are challenging interpersonally. Maybe they always were. Or maybe they worsened due to the new challenges of serious illness.

### SLIDE 15 - COMMUNICATION TIPS

In your handout, you’ll find some “conversation starters”, that might help you connect with your care partner by:

- Establishing common ground
- Talking about things you have been uncomfortable bringing up, or maybe didn’t even think of.
- Working together to identify and address challenges as they come up.

STOP UNTIL READY FOR NEXT SLIDE

Caregiver support programs (which we’ll mention soon) are a great place to practice communication skills, not only with people like Bambi, but also with others who might have cognitive or behavioral challenges.
SLIDE 16: STEP THREE: HOME-GROWN HELP 1 min.
• Now, let’s think about getting help from others. (Friends, family, neighbors, community)
  • many resources might already be right there, waiting to help but not knowing how.
  • many of the tasks overwhelming Rick (e.g. laundry, shopping, cooking) can be delegated--don’t require any specific expertise.
• Are you delegating all of the things that you can?

SLIDE 17: STEP THREE: HOME-GROWN HELP 1 min.
• You may want to fill out the worksheet in the handout called HOME-GROWN HELP when you have a quiet moment.
• might help you match your needs with willing helpers.

SLIDE 18: STEP FOUR: PROFESSIONAL HELP AND RESOURCES 1 min.
• This slide shows an overview of the types of professional support available to caregivers through agencies and community organizations.
  • MEDICAL
  • RESpite
  • COMMUNITY
  • MANAGING STRESS

STOP UNTIL READY FOR NEXT SLIDE
• Many agencies provide combinations of these offerings.
• Home-Grown help can take you a long way, but these professional programs might have a lot more to offer for you.
• Take a minute to write down what types of professional support might help you in your situation.

SLIDE 19: PROFESSIONAL HELP AND RESOURCES 1 min.
• Here are some of the many local bay area resources for caregivers. Some of them are in SF, some in Alameda Cty. Some charge, some are free. Some take insurance, including Medicaid, some do not.
• See the Resource Page in your handout for a longer list of agencies and their contact information.

SLIDE 20: PROFESSIONAL HELP AND RESOURCES: SELECTING THE RIGHT ONE FOR YOU 1 min.
• We want to give you some tips to help you find the right resource. Here are some steps to consider when you reach out:
  • Be clear about what help you need (ie. medical, household, respite, stress management.)
  • Find out if that agency provides that support
  • Do you qualify for it (ie. location, insurance)
  • Will it cost you money?
  • What are the next steps

STOP UNTIL READY FOR NEXT SLIDE
• You’ll find these tips in the Handout.
SLIDE 21: MOVING TO ACTION - 4 min.

- We hope that the time we spent with Rick and Bambi, and the conversation that followed, has given you some takeaways.
  - We hope you feel...
    - Less alone in your experience
    - More supported
    - More willing to ask for, and accept, help
    - Motivated to take a next step
      - Ask a friend for help
      - Call community resource
      - Schedule a self-care activity
      - Plan a conversation with a loved one

STOP UNTIL READY FOR NEXT SLIDE

SLIDE 22: MOVING TO ACTION (CHAT BOX) - 1 min.

- Please write in the chat box one action that you plan to take over the next week or two

SLIDE 23: CLOSING - 1 min.

- We are so appreciative of your time. And even more appreciative of the incredible work you are doing every day.
- If you’re interested in staying connected to this group, let us know at by emailing us at [EMAIL] and we can share the emails of interested people so you can keep in touch with each other

SLIDE 24: POST SURVEY - 10 min.

- BEFORE YOU GO, we would greatly appreciate you completing the evaluation. It is quick, and the information will help us help many other family caregivers like yourself. We have added the link to the chat and will keep this Zoom room open for you to complete it if you would be so kind! THANK YOU!

Link to Post-Workshop Survey goes in chat