<table>
<thead>
<tr>
<th>Page</th>
<th>Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Welcome</td>
</tr>
<tr>
<td>3</td>
<td>Preparing for Your Virtual Workshop</td>
</tr>
<tr>
<td>4</td>
<td>Zoom Guidance</td>
</tr>
<tr>
<td>5</td>
<td>Assessing Your Stress Level</td>
</tr>
<tr>
<td>6</td>
<td>Handout 1: Conversation Starters</td>
</tr>
<tr>
<td>7</td>
<td>Handout 2: Home-Grown Help</td>
</tr>
<tr>
<td>10</td>
<td>Handout 3: Caregiver Resources</td>
</tr>
</tbody>
</table>
Thank you for registering for the Caregiver: A Love Story screening and workshop for family caregivers.

PREPARING FOR YOUR VIRTUAL WORKSHOP

• There are a few optional worksheets (like Home-Grown Help) that you might find helpful to do before our session. You are also welcome to do them as homework following the session.

• During the workshop, please have on hand blank paper and a pen or pencil on hand. Please review the Zoom Guidance, on the following page.

“You are not alone. There are so many like you, suffering silently alongside those you care for. 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
ZOOM GUIDANCE

We will use Zoom video conferencing for the workshop. The Zoom meeting information was sent to you at registration. If this is your first time using Zoom, it will prompt you to download a small application onto your computer or phone. The following links provide a short and sweet introduction to how Zoom works.

**HOW TO JOIN A MEETING (WITH A VIDEO TUTORIAL):**
support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting

**INTRO TO YOUR ATTENDEE CONTROLS:**
support.zoom.us/hc/en-us/articles/200941109-Attendee-Controls-in-a-Meeting

**HOW TO JOIN AUDIO VIA PHONE (WHILE STILL USING VIDEO ON YOUR COMPUTER):**
support.zoom.us/hc/en-us/articles/201362663-Joining-a-meeting-by-phone

We encourage you to explore Zoom functions (e.g. chat box, hand raise, starting and stopping your video camera) prior to the meeting. You can even join a test meeting here: zoom.us/test.

**TIPS TO SUPPORT A SMOOTH ONLINE EXPERIENCE**

- **If your internet connection isn’t great, consider joining the audio by phone (you can still use your computer for video).** You may do so by joining the online meeting on your computer via the Zoom link and opting to join audio via phone. When you are dialing in, please be sure to enter your participant ID, in order to link your computer video and phone audio. Note that the bullet directly above contains a link to a step-by-step guide.

- **Please mute yourself when you are not speaking.** This helps cut down on background noise. If we notice your audio is producing background noise during the event, we may manually mute you.

- **Please check that your video camera is on.** We encourage you to join us via video if possible. Seeing each other’s faces makes for a more personal engaging experience. If you’d like, you can use a virtual background.
ASSESSING YOUR STRESS LEVEL

Let’s start by taking your stress pulse. Oftentimes family caregivers aren’t aware of how much of a toll stress is taking on their lives.

The Caregiver self-assessment is a handy tool that can help you better understand your stress. You can take it by clicking on this link.
The journey of caregiving creates a new phase in a relationship, with very different dynamics and challenges than existed before. Open and honest dialogue about these changes will help as you move through this new territory.

Use these or other conversation starters to open dialogue with your care recipient:

- How does it / would it feel for you to receive care from me?
- What support do you / will you expect from me as a caregiver?
- What support do you / will you NOT expect from me as a caregiver?
- What are your biggest fears about what might happen?
- How can we build in opportunities for joy and celebration of life?
- What is the best way for me to show you appreciation?
- What is the best way for me to ask you for help?
- Who are the people in our life we can turn to for help?
- If I can't / couldn't provide all the care you need, what might we do to make bringing in outside care easier?
TO START

1. Review each section below and add any “other” tasks.
2. Fill out the “who can help” column for each task.

## SUPPORT FOR HOUSEHOLD

### HOUSEWORK

<table>
<thead>
<tr>
<th>TASK</th>
<th>WHO CAN HELP?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shopping</td>
<td></td>
</tr>
<tr>
<td>Laundry</td>
<td></td>
</tr>
<tr>
<td>Cooking/Dishes</td>
<td></td>
</tr>
<tr>
<td>Cleaning</td>
<td></td>
</tr>
<tr>
<td>Other:</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### FINANCES

<table>
<thead>
<tr>
<th>TASK</th>
<th>WHO CAN HELP?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outside work and job</td>
<td></td>
</tr>
<tr>
<td>Paying Bills</td>
<td></td>
</tr>
<tr>
<td>Support for medical and caregiving expenses</td>
<td></td>
</tr>
<tr>
<td>Transportation</td>
<td></td>
</tr>
<tr>
<td>Other:</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### CAREGIVING MANAGEMENT

<table>
<thead>
<tr>
<th>Activity</th>
<th>WHO CAN HELP?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Managing providers</td>
<td></td>
</tr>
<tr>
<td>Managing caregiving services</td>
<td></td>
</tr>
<tr>
<td>(respite care, hospice, housekeepers)</td>
<td></td>
</tr>
<tr>
<td>Transportation to appointments</td>
<td></td>
</tr>
<tr>
<td>Advocacy</td>
<td></td>
</tr>
<tr>
<td>Other:</td>
<td></td>
</tr>
</tbody>
</table>

### SUPPORT FOR CAREGIVER

#### SOCIAL/PSYCHOLOGICAL SUPPORT

<table>
<thead>
<tr>
<th>Activity</th>
<th>WHO CAN HELP?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-care activities such as seeing friends</td>
<td></td>
</tr>
<tr>
<td>Mental health support (Support groups</td>
<td></td>
</tr>
<tr>
<td>and/or personal therapy)</td>
<td></td>
</tr>
<tr>
<td>Other:</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### MEDICAL SUPPORT

<table>
<thead>
<tr>
<th>Activity</th>
<th>WHO CAN HELP?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preventive care, care for existing medical</td>
<td></td>
</tr>
<tr>
<td>conditions</td>
<td></td>
</tr>
<tr>
<td>Eating healthy meals</td>
<td></td>
</tr>
<tr>
<td>Other:</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### PERSONAL CARE

<table>
<thead>
<tr>
<th>Activity</th>
<th>WHO CAN HELP?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grooming</td>
<td></td>
</tr>
<tr>
<td>Exercise</td>
<td></td>
</tr>
<tr>
<td>Other:</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Support for Care Recipient

### Social/Psychological Support
- Planning family and friend visits
- Support for mental health needs
- Other: ________________________  
  ________________________  
  ________________________  

### Medical Support
- Medication and Equipment Management
- Symptom Management
- Wound Care
- Other: ________________________  
  ________________________  
  ________________________  

### Physical Care
- Feeding/Nutrition
- Bathing/Dressing/Hygiene
- Toileting
- Turning, transferring, moving around the house
- Other: ________________________  
  ________________________  
  ________________________
GENERAL TYPES OF PROFESSIONAL SUPPORT (DIFFERENT AGENCIES WILL PROVIDE DIFFERENT COMBINATIONS OF THESE SERVICES):

COMMUNITY RESOURCES
- Adult day care
- Meal delivery
- Transportation help
- Home modifications

MEDICAL RESOURCES
- Hospice or Palliative Care
- Home health services
- Physical or Occupational Therapy

RESPITE CARE
- In-home care
- Short stays in care homes
- Grants to help pay for breaks

MANAGING STRESS
- Support Groups
- Counseling
- Caregiver classes

SOME OF THE AGENCIES THAT CAN HELP
Here is a list of some of the many local agencies supporting caregivers near you. Each is unique in what it offers, its eligibility requirements, and catchment area. See page 12 for tips about finding the best resource for you!

ALAMEDA COUNTY

Center for Elders Independence
844.319.1150
cei.elders.org
Services: Community Resources, Managing Stress Support

DayBreak Adult Day Care Centers
www.daybreakcenters.org
Services: Community Resources, Managing stress support

Family Caregiver Alliance
Bay Area Caregiver Resource Center
800.445.8106
www.caregiver.org/bay-area-caregiver-resource-center
Services: Community Resources, Respite, Managing Stress support

Area Agency on Aging
800.510.2020
www.alamedasocialservices.org/public/services/elders_and_disabled_adults/area_agency_on_aging.cfm

Senior Resource Guides
www.alamedasocialservices.org/public/services/elders_and_disabled_adults/aaa_senior_ia.cfm
Services: Community Resources, Medical program referrals

Senior Support Program of the Tri-Valley
925-931-5389
www.nhpco.org/patients-and-caregivers/caregiving/caring-for-the-caregiver
Services: Community Resources, Medical program referrals, Respite, Managing Stress support
ALAMEDA COUNTY (CONT’D)

City of Berkeley Caregiver Support
(510) 981-5202
Services: Community Resources, Managing Stress support

City of Fremont Family Caregiver Support Program
(510) 574-2041
Services: Community Resources, Medical program referrals, Managing Stress support

SAN FRANCISCO COUNTY

Family Caregiver Alliance
Bay Area Caregiver Resource Center
800.445.8106
www.caregiver.org/bay-area-caregiver-resource-center
Services: Community Resources, Respite, Managing Stress support

Kimochi Family Caregiver Support
415.931.2275
Services: Community Resources, Medical program referrals, Respite, Managing Stress support (emphasis on serving Japanese older adults and caregivers)

Institute on Aging
415.750.4111
www.ioaging.org
Services: Community Resources, Managing Stress support

Zen Caregiving Project
www.zencaregiving.org/caregivers
Services: Mindful Caregiving Education Program

Department of Disability and Aging Services Resource Hub
415.355.6700
Services: Community Resources, Medical program referrals

Self Help for the Elderly Caregiver Support Services
415.677.7600
Services: Community Resources, Medical program referrals, Respite, Managing Stress support (emphasis on serving Chinese older adults and caregivers)

NATIONAL RESOURCES

Alzheimer’s Association
800.272.3900
www.alz.org/help-support/caregiving
Services: Community Resources, Managing Stress Support, Education

Eldercare Locator
www.eldercare.acl.gov/Public/Index.aspx

Family Caregiver Alliance – Family Care Navigator
www.caregiver.org/family-care-navigator
Get a sense of what general help you need before you call (ie. medical, household, respite, stress management.)

When you reach them, ask the following questions:
- Does your agency support the types of help that I need?
- If not, do you have suggestions for other agencies to call?
- What county, city, or area does the program serve?
- What are the program’s eligibility requirements (ie. Insurance type, type of illness supported?)
- Is there a cost to their service?

Don’t hang up until you’ve asked about next steps.
- What do you need to do?
- What will they do?
- When will they follow-up or to get back to you?

Be aware that there may be a waiting list. Consider registering for the service anyway.