



The Sojourner Project
...help for the journey
Caregiver School
Course Outline - 25 Audio Lessons
*(** Worksheet)*

Introduction

Part One - Becoming a Family Caregiver (3)

- Four journeys of a caregiver **2
- Six essential steps and three different roles **3 **4
- The devastating diagnosis **5

Part Two - Evaluating the Situation (4)

- Understanding normal aging
- When there is a cause for concern
- When driving becomes a problem **6
- The needs assessment **7

Part Three - Make a Plan (4)

- The family meeting **8
- When conversations go wrong **9
- Effective communication **8
- Creating a plan of care **10

Part Four - Navigating the medical world (3)

- Diagnosis and prognosis **11
- Managing medications **12
- Understanding medical insurance **13

Part Five - Managing your loved one's legal and financial affairs (3)

- Understanding Advanced Directives
- Getting their affairs in order **14
- Do I need a lawyer? **15

Part Six - Day to day caregiving (3)

- Staying at home **9
- When professional help is needed
- Long Distance Caregiving **16

Part Seven - When things get complicated (2)

- Understanding dementia & Alzheimer's disease **17
- How to manage challenging behavior and communication **18

Part Eight - Caring for the Caregiver (1)

- Caring for the Caregiver ** 19 **9

Part Nine - When the journey ends (2)

- Letting go **20
- When it's time to say goodbye **21



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Caregiver School Worksheets

Introduction

1. Course outline

Part One - Becoming a Family Caregiver

2. Four journeys of a caregiver
3. Six essential steps
4. Three roles
5. First steps - devastating diagnosis

Part Two - Evaluating the Situation

6. When driving becomes a problem
7. Initial assessment

Part Three - Make a Plan

8. The family meeting
9. Caregiver bill of rights
10. Plan of care checklist

Part Four - Navigating the medical world

11. Communication note
12. Medications audit
13. Medical insurance definitions

Part Five - Managing your loved one's legal & financial affairs

14. Legal and financial checklist
15. Advanced Directives - Definitions

Part Six - Day to day caregiving

7. Initial Assessment (worksheet #7)
16. Resources

Part Seven - Understanding dementia and Alzheimer's disease

17. Brain damage caused by dementia
18. Managing challenging behaviors caused by dementia

Part Eight - Caring for the caregiver

19. Strategies for caring for the caregiver
9. Caregiver bill of rights (worksheet #7)

Part Nine - When the journey ends

20. Death & dying
21. The journey through grief

This information is for educational purposes only and does NOT provide any legal, medical or financial advice.
The goal is to provide general information so that you can seek out professional assistance from the appropriate subject matter expert