

Learning to Communicate and Advocate for Older Parents

This course is one in a series of short courses built on a framework called CARE Coaching. CARE Coaching courses provide working caregivers, both current and future, with essential tools and knowledge to effectively deal with a variety of issues arising from caring for older relatives or friends.

CARE Coaching considers real life situations that family caregivers must often deal with (such as having conversations with aging parents about their future care, managing health information, communicating with health care providers, navigating the health care system, and addressing home safety issues, to name a few). Activities in the course help stimulate new thinking by family caregivers providing them with tools to strengthen their knowledge, skills, and self-awareness about their role and responsibilities. As a result, family caregivers can focus on what is most important in caring for their loved ones.

A fundamental learning approach that is used throughout this course is that of coaching. CARE Coaching is a model developed specifically for working caregivers that combines the best of what we know about coaching methods. CARE Coaching improves working caregivers' abilities to:

- ✓ Communicate
- ✓ Advocate
- ✓ Relate
- ✓ Encourage

CARE Coaching involves helping family caregivers think differently about a caregiving situation so they may feel confident about their responsibilities and actions.

Objectives

Caregivers will address 'communicating' as the first component of CARE Coaching.

Facilitator - Ellen Ziegemeier, MA

Ms. Ziegemeier has been facilitating online courses for Mather LifeWays Institute on Aging since 2004. She earned her Masters in Anthropology, and has worked locally and in Latin America and South America for various aging services. She is fluent in English and Spanish, and she has a strong passion for caregiver training. Email Ellen at eziegemeier@matherlifeways.com.

Required Materials

- ✓ A reliable computer with the following operating system installed: Windows, OSX, Linux
- ✓ Internet access
- ✓ Word processor (Microsoft Word, LibreOffice Writer or similar)
- ✓ Spreadsheet processor (Microsoft Power Point, LibreOffice Calc or similar)
- ✓ Presentation processor (Microsoft Power Point, LibreOffice Impress or similar)
- ✓ Adobe Acrobat

Participant Access

You will have access for 90 days from the date of your original enrollment.

Course Participation

Participation will only enhance what you get out of this online course. Please participate on a consistent basis.

Grading

n/a

Available Support

Please email jwoodall@matherlifeways.com for technical support.