

2024 VA

Caregiver Support Program Summit

LEARNING OBJECTIVES



Beyond the Caregiver Role: Seeing the 'Whole' Caregiver

1. Be able to identify what Respite is and the 3 types of Respite.
2. Be able to identify 2 benefits of Respite.
3. Be able to identify 2 impacts, wanted and unwanted, of caregiving.
4. Be able to recognize signs and symptoms of stress and burnout.
5. Be able to engage caregivers in conversations about Respite.
6. Be able to identify 2 VA and Community Resources that pertain to Respite services.

Moving the Body

1. The importance and research behind flexibility and the best methods for gaining flexibility.
2. Energy and the impact of daily activity/walking.
3. Taking moving breaks throughout the workday to keep energy up.

Moral Injury

1. Define the concept of Moral Injury.
2. Identify three antecedents of Moral Injury.
3. Identify three consequences of Moral Injury.

Spirituality – Myth, Magic or Miracle?

1. Connecting with people.
2. Spirituality is part of all of us.
3. How to have the hard conversation.
4. Miracles still happen!

Brain, Mind, Body: Making the Most of the Connection – A Psychiatrist Perspective

1. Review basic brain anatomy and function – the Hand Model.
2. Examples of how stress affect mind/body function.
3. Consider techniques to enhance balance to mind function including meditation, movement, and other supports.



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Relationship Health & Safety: Implications for Caregivers

1. By the end of this presentation, participants will be able to identify effects of Intimate Partner Violence (IPV) on one's physical, social, and emotional health.
2. By the end of this presentation, participants will be able to identify resources available for individuals in an unhealthy or unsafe intimate relationship.
3. By the end of this presentation, participants will be familiar with "The Relationship Health and Safety Check-Up" as a tool to evaluate the health of their own relationship.

Mindful Eating on the Go: Equipping Caregivers to Nourish and Fuel themselves for Whole Health

1. Define Mindful Eating and name a resource to use for conducting a Mindful Eating Exercise.
2. Name 2 benefits of Mindful eating.
3. Name a resource for healthy snacks and beverages to take on the go.

Whole Health Hints for Encouraging Healthy Sleep

1. Identify cognitive, behavioral, physiological, and personal factors that may negatively impact sleep.
2. Discuss the role of sleep hygiene and evidence-based practices that may assist with sleep disruption.
3. Review application of relaxation strategies such as meditation and guided imagery to build into daily practice.

Awakened Insights: the Power of Awareness

1. Will be able to identify 2 benefits of regular practice of mindful awareness strategies.
2. Will be able to verbally describe 3 tools to assist in the practice of mindfulness.

