



Session Modules Explained

Compass encourages caregivers to care for themselves.

Throughout these group sessions, led by a trained facilitator who understands how challenging this can be, caregivers gain an understanding of the journey and how to make it less difficult.

Module 1: *Caregivers Characteristics.*

Recognize your role as a caregiver and take pride in your contributions to a healthy society.

Module 2: *The Emotional Journey.*

Explore your emotions to put feelings of "guilt" into perspective and recognize your strengths, needs and challenges.

Module 3: *The Balancing Act.*

Explore grief and loss. Learn how to foster hope and to seek balance in caregiving.

Module 4: *Improving Communication.*

Gain confidence and learn how to communicate what you need, ask for help and to share the care.

Module 5: *Putting Yourself First.*

The hardest lesson! Regain your identity as a whole person by taking care of yourself first.

Module 6: *Managing Stress.*

Learn how stress can lead to burnout and what you can do to prevent or recover.

Module 7: *Navigating the System.*

Increase your confidence in accessing services and learn about the tools and resources Caregivers Alberta has to offer.

Module 8: *Planning for the Journey Ahead.*

Reflect on your caregiving journey and plan for the future to avoid the stress associated with uncertainty.

Module 9: *Gathering Again.* (4-6 week follow-up session).

Catch up with your fellow participants and share your successes and challenges since Module 8.

