

NOW OPEN FOR REGISTRATION!

BUILDING BETTER CAREGIVERS! **A FREE 6 WEEK INTERNET CLASS**

for

**family members and informal caregivers
who are veterans or who take care of veterans with:**

**Traumatic Brain Injury (TBI)
Post Traumatic Stress Disorder (PTSD),
Dementia, or Doctor Diagnosed Memory Problem**

How might this course help me?

Sometimes people who take care of others feel overwhelmed. This workshop is meant to help teach skills to improve or maintain the health of the caregiver and the veteran and to increase the effectiveness of the person providing care. This course covers:

- Skills that may lead to stress reduction for the caregiver and veteran
 - Self care methods to maintain or enhance health
- Dealing with difficult emotions • Managing difficult patient behaviors
- Planning for the future • Information about VA and community resources
- Communication skills to increase effectiveness with the patient and the medical staff
 - How to ask for help when you need it

Who May Participate? Caregivers of veterans and veterans who are caregivers in California, Southern Nevada and Hawaii are eligible. A caregiver can be any relative, partner, friend or neighbor who has a significant personal relationship with the patient and provides at least 10 hours of assistance for someone with TBI, PTSD or Dementia. (Some examples of care include providing transportation, personal care, cooking, cleaning, shopping, lifting, making appointments, etc) These individuals may be the sole caregiver or one of several that live with or separately from the person receiving care.

To enroll please go to: <http://caregivers.stanford.edu/>

You will be asked how you were referred when you register

For additional information either e-mail: caregivers@med.stanford.edu
or call the VA Ca. Offices on Caregiving toll free 877-820-8820