

CAREGIVER SUPPORT GROUP

OVERVIEW

ARBI's is hoping to offer a monthly caregiver support group, to provide opportunities for spouses, partner's , extended family members , and immediate support staff to discuss and review issues and needs pertinent to stroke and brain injury survivors.

The *two-hour* group sessions will be co-facilitated by a social worker and psychologist, and when applicable, relevant guest speakers will be invited. Some of the information will be psychoeducation-based, and the remainder of the session open to questioning and socializing with other survivor families. The group will run monthly on a drop-in basis, so no need to register!

POTENTIAL TOPICS COVERED

Below is a list of common issues or topics that arise for survivors and their families that may be a focus of one or more sessions throughout the year. Please identify the three most important topics for you:

- ✿ Emotional/personality& behavioral changes
- ✿ Legal and financial matters
- ✿ Accessibility home renovations
- ✿ Stress management / coping / anxiety management
- ✿ Self-care / respite
- ✿ Vacationing with survivor / transportation / hiring a health care provider to go with you etc.
- ✿ Community activities / programs / private therapies
- ✿ Navigating the healthcare system (post TBI / Stroke)
- ✿ Grief and Loss
- ✿ Guilt

Upcoming sessions:

Wednesday, November 7th, 2018 – 5:30pm to 7:30pm

Wednesday, December 5th, 2018 – 5:30pm to 7:30pm

Wednesday, January 9, 2019 – 5:30pm to 7:30pm

Location:

ARBI – 3412 Spruce Drive SW

To attend contact: Geraldine (403) 242-7116 – Social Worker