

## Caring for You and Me Programme Overview

Topic	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of Caring & the Programme	●					
Thoughtful Breathing	●					
Improving Fatigue	●					
Challenging Behaviours	●	●	●			●
Action Plans	●	●	●	●	●	
Feedback / Sharing		●	●	●	●	●
Problem-Solving		●	●			
Staying Healthy		●				
Difficult Thoughts & Emotions			●			●
Getting a Good Night's Sleep			●			
Making Decisions				●		
Helpful / Unhelpful Thinking				●	●	
Getting Help				●	●	
Medication Usage					●	
Future Planning/ Legal Issues					●	
Relaxation					●	
Working with Health Care Systems & Healthcare Professionals						●
Communication						●
Looking Back & Planning for the Future						●

## Out of Course Activities by Session

### Session 1:

- Challenging Behaviour Diary — Choose one difficult behaviour and keep a diary of the causes and triggers. You will be using this in week two to help you decide what you want to do about the behaviour. A form to keep track is on page 32 of your book.
- Action Plan — During the week carry out your action plan and note if there are any challenges and how you overcame them. Next session you will have an opportunity to report on your action plan.
- Reading (optional) — *Building Better Caregivers*, Chapters 1 & 3; pages 16-19, 22, 27, 43

### Session 2:

- Behaviour diary and change triggers — Continue keeping your behaviour diary and to try changing the triggers for one difficult behaviour. Note your reaction to their difficult behaviour, as well as the reactions of the person you care for. A form to do this is on page 32.
- Action Plan — During the week carry out your action plan and note if there are any challenges and how you overcame them. Next session you will have an opportunity to report on your action plan.
- Call your classmate — During the week, call your classmate and see how they are doing with their action plan.
- Reading (optional) — *Building Better Caregivers*, Chapters 8, 9, & 10; pages 10-12, 27-32

### Session 3:

- Behaviour Diary — Continue keeping your behaviour diary and to try changing the triggers for one difficult behaviour. Note your reaction to their difficult behaviour, as well as the reactions of the person you care for. A form to do this is on page 32.
- Think about a decision you want to make. It can be big or small. You will have an opportunity to work on this next week.
- Action Plan — During the week carry out your action plan and note if there are any challenges and how you overcame them. Next session you will have an opportunity to report on your action plan.
- Call your classmate — During the week, call your classmate and see how they are doing with their action plan.
- Reading (optional) — *Building Better Caregivers*, Chapter 4; pages 54-55

### Session 4:

- Note your unhelpful thoughts and come prepared to share one next week.
- Make a list of the help you want or need.
- Behaviour Diary — Continue keeping your behaviour diary and to try changing the triggers for one difficult behaviour. Note your reaction to their difficult behaviour, as well as the reactions of the person you care for. A form to do this is on page 32
- Action Plan — During the week carry out your action plan and note if there are any challenges and how you overcame them. Next session you will have an opportunity to report on your action plan.
- Call your classmate — During the week, call your classmate and see how they are doing with their action plan.
- Reading (optional) — *Building Better Caregivers*, Chapter 7; pages 12-14, 43-44, 56-57, 78-79

### Session 5:

- Write down a daily small joy. A form to use in on page 53 in your *Workbook*.
- Behaviour Diary — Continue keeping your behaviour diary and to try changing the triggers for one difficult behaviour. Note your reaction to their difficult behaviour, as well as the reactions of the person you care for. A form to do this is on page 32
- Prepare for sharing — Write a letter to your GP an coordinator / programme manager. You do not have to send your letter if you don't want to.
- Action Plan — During the week carry out your action plan and note if there are any challenges and how you overcame them. Next session you will have an opportunity to report on your action plan.
- Reading (optional) — *Building Better Caregivers*, Chapters 12 & 14, pages 52-54, 56-57, 102-104, 246-250

### Session 6:

- Reading covered this session: *Building Better Caregivers*, Chapters 6 & 14; pages 44-46