



COMMUNITY  
SERVICES GROUP

*A Network of Services. A World of Possibilities.*

# Family Caregiver and Community Education Programs

## Educate Your Community, Promote Your Services

Educating potential residents and their caregivers on the eldercare issues most important to them is a great way to uniquely position your services as the best choice for them and their families. Our eldercare experts understand the needs and challenges associated with being a caregiver. That's why our programs are aimed at providing the education necessary to aid caregivers in delivering the highest level of care for their loved one.

Our programs are designed to be interactive and to provide family members with information and tools to manage the stress of caregiving, while also ensuring that the needs of the elder are met and exceeded.

## Our Education Programs Can Help You:

- Market your services to potential clients
- Increase the number of inquiries and referrals
- Provide useful, engaging and interactive training for the community you serve
- Show your commitment to educating elders and their families on a variety of eldercare issues



## Eldercare Services

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There for You, Here for Them

# Education Programs

## Caregiver Stress Programs

- Stress Management for Caregivers
- Creating a Support Network for Yourself
- Talking with Others About Alzheimer's Disease
- Utilizing Professional Resources to Help with Caregiving
- Talking with the Doctor About Your Concerns
- Substance Abuse in Older Adults
- Coping with a Difficult Parent

## Caring for Older Adults Programs

- Knowing When It Is Time to Step in for Older Parents
- Talking to Your Parents About Long-Term Care Needs
- Parenting Your Parents
- Choosing the Right Care Facility for Your Parents
- Myths About Assisted Living
- Addiction and Aging
- What to Do When Mom Won't Accept Help
- Navigating the Network of Aging Services

## Sample 6-Week Training Series:

- **Planning & Resources** – where to begin?
- **You Can Cope** - what you should know about caregiving and stress management
- **Knowing When It's Time for a Change** - assessing when to bring in the professionals
- **Understanding Your Options** - navigating the health care system
- **Compassionate Approaches** - understanding your loved one and their ever changing needs
- **What Are Your Benefits** - understanding insurance; what's covered and what's not

## Educational Programs for Caregivers

Our expert clinical services team is comprised of licensed and certified specialists with years of experience providing training on a variety of specialized eldercare topics.

### About Us

Eldercare Assessment & Resources meets the needs of elders through psychological, care management and educational services. These services are provided by compassionate professionals with geriatric expertise and delivered in accordance with industry-recognized best practice standards. Our services are individualized, intensive and driven by the needs and goals of the individual and his or her caregivers.

CSG services are provided in a nondiscriminatory manner, without regard to race, sex, color, national origin, ancestry, religious creed, disability, age or Limited English Proficiency (LEP).

CSG is the preferred choice for individuals and referral sources because of CSG's network of comprehensive mental health, Intellectual and Developmental Disabilities (IDD), children and eldercare services and its commitment to empowering individuals and promoting independence and wellness.