A partnership between

Benjamin Rose Institute on Aging and Family Caregiver Alliance

## Program Snapshot

# BUILDING BETTER CAREGIVERS ONLINE MODE

#### WHAT IT IS

**BUILDING BETTER CAREGIVERS ONLINE MODE** is a series of online, group education sessions for caregivers of those living with any type of dementia, PTSD or traumatic brain injury.

#### **HELPS CAREGIVERS WITH**



Stress-reduction techniques



Action-planning

Problem-solving

**Decision-making** 

### EASY DELIVERY & SERVES DIVERSE CAREGIVERS



Program can be implemented by any lay leader, which decreases HR costs and increases reach and impact to communities/clients served.

## REMOTE-FRIENDLY & READY TO ADOPT

**BUILDING BETTER CAREGIVERS ONLINE MODE** is proven, vetted and ready for implementation by organizations that support and serve caregivers and their care recipients. Program is delivered to caregivers remotely.

Training, manuals & resources provided?

YES



**BUILDING BETTER CAREGIVERS ONLINE MODE** is one of more than 40 dementia caregiving programs found in Best Practice Caregiving (**bpc.caregiver.org**), a free, online database that helps organizations identify, compare and adopt best-fit programs for their clients and community.

DIRECT LINK: <a href="mailto:bpc.caregiver.org/#programDetails/building-better-caregivers-online">bpc.caregiver.org/#programDetails/building-better-caregivers-online</a>