



Care Partner Workshop Overview

Session One: The Big Picture

Re-think aging and transform caregiving into care partnering to develop creative, collaborative care partner teams. **Principles One and Two** of The Eden Alternative[®] frame the discussion and build the foundation for the practical lessons learned in the remaining sessions.

Session Two: The Antidotes

Principles Three, Four, and Five provide the antidotes to the three plagues of loneliness, helplessness, and boredom revealed in Session One. The plagues impact everyone on the care partner team, and this session offers us practical tools to transcend them together.

Session Three: Redefining Genuine Care

Reframe how we define 'care' and how we offer it through **Principles Six, Seven, and Eight**. Care comes in many packages. In Session Three, we apply everything we've learned so far in practical, yet revolutionary ways that create a life worth living for Elders and their care partners. This session emphasizes how identifying meaning, seeing treatment as the servant of care, and prioritizing the "voice and choice" of Elder care partners are the keys to our success.

Session Four: Keeping the Team Strong

How do we take good care of ourselves AND each other as members of a care partner team? What do we need to work together effectively and respectfully? This section reflects on **Principles Nine and Ten**, as it applies to a broad range of care partners, to demonstrate the person-directed skills needed to respond to and integrate the joys and challenges of care partnering.

Care Partner workshops will be coming to Evolve Online Learning soon.