

Are You Caring for a Loved One?

Caring for a loved one takes time, effort, and hard work. *You don't have to do it alone!*

Caregiver Crash Course

All you need in the time you have:
A 30-minute class for new, current, and future caregivers that includes information on safety, falls, getting organized, legal information, community resources, and self care.

Caregiver Groups

Groups meet at various locations throughout Delaware County. They foster supportive conversations, allow you to share experiences, meet other caregivers, and ask questions.

Caregiver Conversations, led by a professional.
Caregivers from the Heart, a peer-led group.
Caregiver Circle, a private Facebook group.

Powerful Tools for Caregivers

Powerful Tools is a proven six-week workshop that helps caregivers develop strategies to face challenges, including how to:

- Identify and reduce stress.
- Communicate your own feelings, needs, and concerns.
- Communicate in challenging situations.
- Learn from your emotions.
- Master caregiving decisions.



One-on-One Discussions

Private discussions with a professional caregiver support coordinator in person or by phone.

Learn more at [MySourcePoint.org/caregiver](https://www.mysourcepoint.org/caregiver) or call 740-363-6677.

SourcePoint provides wraparound services for you throughout your entire caregiving journey.

Our **Caregiver Grief Group** is a six-week course that addresses grief with readings from the renowned book "On Grief and Grieving" and related discussion.

Living Beyond Loss is a group that provides dynamic support for those dealing with loss and empowers members to steer the conversation. Rediscover yourself, regain a sense of identity, and build your support system.



800 Cheshire Road, Delaware, Ohio 43015 | 740-363-6677 | [MySourcePoint.org](https://www.mysourcepoint.org)

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