

**Caregiver Coalition Project Ideas**

**Outreach Projects**

* Bookmarks with “Are You a Caregiver” quiz and local contact information, distribute to local libraries at the check-out desk
* Create and maintain a Facebook page or website
* Caregiver newsletter – members can take turns contributing information
* Provide regular caregiver-focused articles to local newspaper
* Display caregiver information at clinics, hospitals, libraries, etc. for a week or two at a time
* Create email list of caregivers – send monthly email with resources, and reminders about support groups, classes and upcoming events

**Partnership Building**

* Outreach to health professionals
	+ Create packets/folders of information for them to give to caregivers
* Caregiver Information Packet distributed to all churches and faith-based communities
* Partner with library to create “caregiver kits” with activities to engage the older person/person with dementia to be checked out by caregivers.
* Work with community-based facilities on creating a transfer form to ensure good communication between facilities and the hospital to decrease readmission rates.

**Education for Caregivers**

* Caregiver Conference and Vendor Fair
* Powerful Tools for Caregivers classes and/or supplemental curriculum, Managing Stress
* Independence Your Way – vendor fair displaying local resources of coalition members (and others) offering support to caregivers
* Skills Fair for Caregivers – provide hands-on education/training for caregivers on various topics – handling medications, oral care, incontinence management, stress surveys, food care, bathing/personal care, transfers, safety devices, etc.
* Final Affairs program
* One-time or Series of educational opportunities with speakers on variety of topics
* Brain Health – Dementia
* Q/A session with an elder law attorney
* Advance Directives presentation (funeral home director)
* Q/A session with a pharmacist
* DMV employee – aging and driving
* Caregiver Burnout
* Cooking for the Caregiver - nutrition

**Education for Professionals**

* Employer Outreach
	+ Members take turns meeting with local businesses – offer Lunch ‘n Learns and/or a meeting with HR to explain Caregiver issues and resources
	+ Bring information to Employee Wellness Fairs of local larger employers
	+ Conduct an Employed Caregiver Survey (use survey developed by UW Extension)
* Monthly spotlight of a current coalition member or community resource (law enforcement, fire/rescue, ombudsman, facilities, etc) to give overview of their services and how they see what’s happening in the community

**Support for Caregivers**

* Start a new Caregiver Support Group, Men’s Group, Grief Support Group or Coffee Hour – members can take turns organizing the topics and speakers
* Caregiver Café’s can be a nice alternative to a support group as they are time limited (i.e. 4 sessions) and are more educational/discussion focused
* Plan social events for caregiver-care partner to attend together
* Holiday Respite Day – provide transportation to shopping mall and respite so caregivers can get holiday shopping done
* Start a Music and Memory program for people in their homes.
* Host a tour of local facilities – nursing home, assisted living, memory care, etc. – offer to have coalition member tour facilities with caregivers if placement is in the future
* Art Journaling class for Caregivers
* Yoga for Caregivers
* [File of Life](http://www.folife.org/): Program designed to provide emergency personnel with the necessary medical data to begin immediate treatment.
* Plan nurturing event for caregivers
	+ Caregiver appreciation luncheon or caregiver picnic
	+ Select a caregiver each month to be honored in newsletter and/or receive a small gift
	+ Host a paint party, jewelry making or comedian for caregivers
	+ The Caregiver’s Approach to Memory and Merriment – a workshop designed to help caregivers survive the holiday season (based on the 12 days of Christmas)
	+ SPARK (museum project) <https://www.alz.org/sewi/in_my_community_19695.asp>

**Raise Community Awareness**

* Dementia Friends – members can become Champions and offer Information Sessions around the community. This can be a good precursor to Dementia Friendly Business training.
* Participate with the Memory Walk and/or Longest Day activities
* Create an Annual Report of members and activities your coalition does and share it widely
* Provide caregiver books to “little libraries” and local libraries – host a book discussion about the donated caregiver books
* Community Caregiver Needs Assessment – implement a survey to understand needs of local caregivers – follow up with focus group to address identified needs

**Dementia Friendly Initiatives**

* Members take turns doing dementia friendly business training
* Provide training for law enforcement and EMS
* All agencies commit to being dementia friendly – staff training and environment
* Start a memory café –agencies rotate planning activities
* Host “Steering into the Skid” and other plays followed by discussion
* Host a Virtual Dementia Tour or Dementia Live
* Purple Tube Project (similar to File of Life, but with dementia focus)