

# To Everything There is a Season...

## A Guide for Caregivers of Farmers and Ranchers with Disabilities

# Leader's Guide



Hearts Grown Cold  
May Be Warmed by the Summer Sun  
Dreams You Hold  
May Be Closer Than You Know  
Seasons Change...

~ Ray Boltz

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# To Everything There is a Season...

## LEADER'S GUIDE



### PURPOSE

The purpose of this Leader's Guide is to assist you in effectively using the *To Everything There is a Season...* resource kit to plan, organize and conduct local activities designed to encourage and equip rural caregivers. The guide provides a description of the components of the resource kit, provides tips for promoting and conducting a successful caregiver workshop, and includes a suggested narrative for the overhead transparency masters included with the kit. Hopefully, this guide will help you to better serve the needs of those who find themselves in the role of caregiver.

### CONTENTS OF THE RESOURCE KIT

The *To Everything There is a Season...* resource kit contains the following items:

1. The Leader's Guide
2. *To Everything There is a Season... A Guide for Caregivers of Farmers and Ranchers with Disabilities*
3. *To Everything There is a Season...* 48-minute video
4. Participant brochure (available in quantity from the Breaking New Ground Resource Center<sup>1</sup>)
5. Set of 31 transparency masters for use in conjunction with the video and suggested narrative

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1. For additional information, call 1-800-825-4BNG or write the BNG Resource Center at Purdue University, ABE Bldg., 225 S. University, West Lafayette, IN 47907-2093.

### PLANNING A CAREGIVER WORKSHOP

Planning a caregiver workshop can be challenging, but the contents of the *To Everything There is a Season...* resource kit should make your job easier. The following suggestions have also been helpful to others when conducting similar programs and should contribute to a successful workshop:

1. Don't be a "lone ranger":

Organizing a successful caregiver workshop or series of workshops requires the cooperation of interested individuals and groups within your community. A committee comprised of "stakeholders", such as professional caregivers, clergy, mental health professionals and Extension educators will help distribute the work load and provide a network for promotion. You might be surprised at how many individuals in your community have experience with caregiving and are willing to share their insights and resources to help organize and conduct caregiver workshops.

2. Know your target audience:

The *To Everything There is a Season...* material is designed to be used with rural caregivers and their families. Specifically, most of the examples are drawn from experiences with rural farm and ranch families. When using this material, you are encouraged to target rural families. Otherwise, some of the contents may not be relevant.

### 3. Setting realistic expectations:

There are lots of caregivers in every rural community; however, many of them are not willing or able to attend a caregiver workshop. Many are so caught up in the process of caregiving that they find it difficult to let go for even a half day to attend a program designed to assist them. You may want to consider ways of providing short-term respite care in order that some can get away or to ensure that caregivers feel welcome to bring family members. Another option is to utilize "captive audiences" who are attending meetings that were not specifically designed for caregivers. Examples of this type of meeting include Farm Bureau and Extension meetings or church-related events.

One event or workshop will not meet the needs of all caregivers in your community. After you have done your best to plan and promote the workshop, be content if only two or three show up. If the needs of this initial group are addressed, they will become your best advocates for future events.

### 4. Site selection:

Select a site to which people will feel comfortable coming. It should be fully accessible, free from distractions and suitable to show the video. A site visit is always a good idea. Check out rest room facilities, parking, lighting and other features that could cause a problem. Plan for extra meeting space to allow for wheelchairs and walkers.

### 5. Equipment needs:

In addition to adequate seating, other equipment needed for using the contents of the resource kit include: VCR and large screen monitor, overhead projector and screen, and

possibly a flip-chart with markers. Check out everything in advance so that you know that it will work properly. You should plan for large print, audio cassettes and other alternative formats for your handouts, if the need arises.

### 6. Promoting the workshop:

Good publicity increases the attendance at an event and has the added benefit of promoting general awareness of caregiving issues. In fact, you may be surprised to find that the media attention given to a caregiver workshop may have greater impact on the community than the workshop itself.

In some cases, local sponsors may be willing to purchase advertising for a community event. The majority of your publicity, however, will be generated through news media and other public forums. Invitations should also be sent to groups and organizations with special interest in caregiving. This includes not-for-profit disability groups, hospitals, visiting nurses, county health departments, churches, and agencies working with the elderly.

Unless you have a "captive audience," you should allow for a minimum of 4 to 6 months to plan, promote and conduct a successful workshop. This will allow you adequate time to schedule a location, organize a planning committee, send invitations and arrange appropriate media coverage.

News releases should be as brief as possible, but must contain all the relevant information intended for the audience. The following questions should be answered in the first paragraph, or the "lead" of the news release:

- What is the program?
- Who should attend?
- When is it?
- Where is it to be held?

Appendix 1 provides a sample news release, and Appendix 2 is a suggested letter to be sent to potentially interested organizations.

Simple posters and brochures can also be used to help promote the workshop. Each member of the planning committee can be assigned to distribute them to stores, offices, churches and other public places they regularly visit.

## 7. Breaks

Plan on one short break during the workshop. Light refreshments are always welcomed and help people to connect with one another. A local business or civic group could be approached to sponsor the break.

## SUGGESTED WORKSHOP AGENDAS

The contents of the *To Everything There is a Season...* resource kit are designed to provide sufficient material to conduct a three-hour workshop. Additional resources, a family panel, and/or local professionals can also be used to enhance the program. Two suggested agendas are provided for a three-hour and a three- to four-hour workshop.



## Caregivers Workshop Sample Agenda #1

(Based upon contents of resource kit)

# Rural Caregivers Workshop

6:30 - 7:30 p.m.	Registration and distribution of name badges
7:00 - 7:15	Welcome, brief introductions and completion of the Caregiver Workshop Expectation Survey (see Appendix 3)
7:15 - 7:30	Overview of workshop goals and contents using transparency masters 1 - 9
7:30 - 8:20	Show video
8:20 - 8:35	Break with light refreshments
8:35 - 8:50	Summarize contents of video using transparency masters 10 - 26
8:50 - 9:00	Review first caregiver activity in <i>To Everything There is a Season...</i> (Brighten the Season) using overhead transparency masters 27-31
9:00 - 9:25	Open forum/dialogue with participants
9:25 - 9:30	Caregiver Workshop Evaluation (see Appendix 4)

## Caregivers Workshop Sample Agenda #2

(Utilizing additional resources)

## Rural Caregivers Workshop

8:30 - 9:00 a.m.	Registration and distribution of name badges
9:00 - 9:15	Welcome, brief introductions and completion of the Caregiver Workshop Expectation Survey (see Appendix 3) by participants
9:15 - 9:30	Overview of workshop goals and contents using transparency masters 1 - 9
9:30 - 10:20	Show video
10:20 - 10:40	Break
10:40 - 11:00	Summarize contents of video using transparency masters 10 - 26
11:00 - 11:30	Select one of the following two options: 1. Use panel of two couples in caregiving situation to share their insights. 2. Invite a local professional working with caregivers to address a specific aspect of caregiving.
11:30 - 11:40	Review first caregiver activity in <i>To Everything There is a Season...</i> (Brighten the Season) using overhead transparency masters 27-31
11:40 - 11:55	Open forum/dialogue with participants
11:55 - 12:00	Caregiver Workshop Evaluation (see Appendix 4)
12:00 - 1:00	Optional carry-in or catered meal



## UTILIZING RESOURCES

You are encouraged to find a way to provide each workshop participant with a copy of *To Everything There is a Season...* and the accompanying brochure. These materials are available in quantity from the Breaking New Ground Resource Center. The expense could be covered by charging a modest registration fee or by identifying a local sponsor who would be willing to underwrite the cost.

Other helpful resource material is also available from a variety of sources. Review the list on pages 74 to 76 of *To Everything There is a Season*. The public library may also be a good source of related material that could be checked out and displayed at the workshop.

You might consider placing a copy of the accompanying *To Everything There is a Season...* video or other caregiver resources in the public library, Extension office, mental health centers, crisis centers or other community service agencies. A local business or civic group may be willing to sponsor the purchase and placement of the materials in appropriate locations. The participants can then review these materials at a later time.

## PROVIDING APPROPRIATE RECOGNITION

The most effective way to recognize and express appreciation to those individuals or organizations who assist with a program is to send them a thank-you note. Send these notes as soon after the event as possible and provide a brief report on outcomes.

Publicly recognizing sponsors and helpers is often appropriate, particularly if your workshop was sponsored by local businesses. Submitting a short thank-you note to the local newspaper listing the program contributors is an excellent method of providing this deserved recognition.

## FOLLOW-UP ACTIVITIES

One workshop and its related media attention on caregiving will not fully address the needs of all caregivers in your community. These folks need ongoing support and encouragement. One approach to meeting this need is to assist in establishing regular support group meetings and events. These might be coordinated by organizations that already exist but are not adequately publicized. You may want to utilize the *To Everything There is a Season...* guide and cover one chapter each week for eight weeks.

## LIST OF VISUALS

The Leader's Guide contains 31 overhead transparency masters designed to enhance and summarize the contents of the accompanying video and book. The masters can be inexpensively converted into transparencies and highlighted with colors using transparency markers. In some cases, you might want to duplicate a specific master and use it as a handout.

The suggested narrative is provided as a means to prepare for presenting the information on the overheads. Review the narrative and modify it to put into your own words. The narrative was not intended to be read to the audience.



Description	Suggested Narrative
<p>1) WELCOME  <i>To Everything There is a Season...</i> A Workshop for Rural Caregivers</p>	<p>On behalf of all of us on the planning committee, I want to welcome each of you to this workshop and thank you for making the effort to be here. Each of you, by your presence is a significant contributor to the success of this workshop.</p> <p>It is our hope that this event will be the first in a series of activities in our community to address the needs of caregivers.</p>
<p>2) WORKSHOP GOAL  To encourage and better equip individuals and families who are caring for a family member with a long-term or chronic illness or disability</p>	<p>The primary goal of this workshop is to encourage and better equip individuals and families who are caring for another family member with a long-term or chronic illness or disability.</p> <p>We do not have any false illusions that this three- to four-hour event will meet all your needs or even equip you to handle every problem or crisis that you will face as a caregiver. It is our hope that you will leave here today a little stronger, better equipped, and with a little heavier tool box of resources to draw upon when the need arises.</p>
<p>3) WHO IS A CAREGIVER?  "There are four kinds of people in this world: those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers."  <i>Rosalynn Carter</i></p>	<p>Who is a caregiver? It is interesting to note how few of us identify ourselves as caregivers. In fact, the term is relatively new, first found in the literature in about 1975 to describe a person who provides direct care for a chronically ill or disabled individual.</p> <p>Former First Lady Rosalynn Carter, who through her experience as a caregiver was motivated to write about the topic, describes a caregiver in the following way: (Read overhead. You may wish to obtain a copy of Mrs. Carter's book <i>Helping Yourself Help Others: A Book for Caregivers</i> to display at this time.)</p>

Description	Suggested Narrative
<p>4) YOU ARE NOT ALONE</p> <ul style="list-style-type: none"> <li>• There are 49 million Americans with some form of disability</li> <li>• Many of these individuals require some type of assistance or care from a family member, friend or professional</li> <li>• Nearly everyone will be a caregiver at some time during his or her life</li> </ul>	<p>If you now identify yourself as a caregiver, it is important that you recognize that you are not alone.</p> <p>There are 49 million Americans with some type of disability. Not all, but many of these individuals need some type of regular assistance or care. The concept of personal independence may sound noble and desirable, but for many it may not be an achievable goal.</p> <p>Regardless of how strong and able you are, each of us will at some point be the beneficiary of a caregiver. And nearly all of us have been or will be caregivers at some point.</p>
<p>5) CAN YOU CURRENTLY IDENTIFY ONE OF THE FOLLOWING CHARACTERISTICS OF A CAREGIVER?</p> <ul style="list-style-type: none"> <li>• Giving assistance in time, energy and money</li> <li>• Caring for an individual who has some physical or mental impairment</li> <li>• Helping with many basic activities, such as going to work, getting out of the house, and personal hygiene</li> <li>• Having your family member depend upon your care for their well-being</li> </ul>	<p>Can you currently identify with one of these characteristics of a caregiver? (Read or paraphrase contents of the overhead.)</p> <p>How many of you can relate to these characteristics today? (Ask for a show of hands.)</p>
<p>6) WHAT ARE THE CHALLENGES FOR RURAL CAREGIVERS?</p> <ul style="list-style-type: none"> <li>• Philosophy of work</li> <li>• Isolation</li> <li>• Independent spirit</li> <li>• Transportation</li> <li>• Standard of living (older adults)</li> <li>• Separation from extended family</li> <li>• Can you think of others?</li> </ul>	<p>There are unique challenges that face many members of rural farm or ranch families who are also caregivers. (Uncover each of the challenges on the overhead and read or paraphrase material on overheads, expand when presented.)</p> <p>Can you think of other challenges you have faced as a rural caregiver? How have these challenges made it more difficult for you?</p>

Description	Suggested Narrative
<p>7) WHAT ARE THE BENEFITS OF BEING A CAREGIVER IN A RURAL COMMUNITY?</p> <ul style="list-style-type: none"> <li>• Familiar surroundings</li> <li>• Many rural communities have strong informal support systems</li> <li>• Slower pace of life</li> <li>• Can you think of others?</li> </ul>	<p>There are, however, very real benefits of being a caregiver in a rural community. (Uncover each of the benefits.)</p> <p>Can you think of other benefits that you have experienced living in a rural community?</p>
<p>8) ISSUES THAT WILL BE TOUCHED UPON DURING THIS WORKSHOP</p> <ul style="list-style-type: none"> <li>• Impact &amp; Asking for assistance</li> <li>• Commitment to marriage &amp; Communication</li> <li>• Changing roles &amp; Children</li> <li>• Laughter &amp; Resources</li> </ul>	<p>During this workshop, we will briefly address several key issues of caregiving. They include: (Paraphrase list on overhead.)</p> <p>None of these topics will be covered in depth because each is a separate workshop in itself. You are encouraged to explore some of these topics on your own by reading <i>To Everything There is a Season</i>. (Hold up a copy of the book for everyone to see.)</p>
<p>9) FEEL FREE TO:</p> <ul style="list-style-type: none"> <li>• Take notes</li> <li>• Ask questions</li> <li>• Challenge concepts presented</li> <li>• Share insights</li> <li>• Encourage others</li> </ul>	<p>As we go through the rest of the workshop, you are encouraged to be a full participant. Take notes and feel free to ask questions. Maybe you won't agree with everything we present – that's okay. Also, we hope that you will share your insights and personal experiences in a way that will encourage others.</p>
<p>10) WHILE WATCHING THE VIDEO, ASK YOURSELF THE FOLLOWING QUESTIONS:</p> <ul style="list-style-type: none"> <li>• Can I identify with anyone in this presentation?</li> <li>• Are any of their responses to caregiving similar to my own?</li> <li>• Are there ideas presented that would be helpful for my situation?</li> <li>• Are there ideas presented that I have tried but don't seem to work?</li> <li>• Would any of the ideas presented be helpful to someone I know?</li> </ul>	<p>While we watch the <i>To Everything There is a Season...</i> video, I would like for each of you to ask yourself the following questions. To assist you with this exercise, I have a handout with the questions written out for you (see Appendix 5.)</p> <p>Following the video presentation, we will take a short break.</p>

	Description	Suggested Narrative
11)	<p>TO EVERYTHING THERE IS A SEASON  <i>I see a farmer in his field at dawn  His land is crying out for rain  The year's been hard  His crops are almost gone  But he is not to blame  Better days will come and then  You will find the blessing  Is worth the pain  So just believe and let the  Seasons Change</i></p> <p style="text-align: right;">Ray Boltz</p>	<p>(After break, while people are being seated, have this overhead on the screen. It is a verse from the sound track song by Ray Boltz.)</p>
12)	<p>BASED UPON THE INTERVIEWS IN THE VIDEO, MOST INDIVIDUALS ARE WELL PREPARED TO BECOME CAREGIVERS.</p> <p style="text-align: center;">TRUE OR FALSE</p>	<p>Based upon the interviews that you saw in the video, most individuals are well pre-pared to become caregivers.</p> <p style="text-align: center;">TRUE OR FALSE</p> <p>The correct answer is FALSE. Most caregiving roles come about as a response to a crisis; usually there is a rapid decline in the health or well-being of a family member due to an injury or disease. Because of the hazardous nature of agriculture, for many farm and ranch families the need for caregivers is often the result of a sudden, unintentional disabling injury.</p>
13)	<p>CAREGIVING IS PRESENTED AS OFFERING CHALLENGES SUCH AS:</p> <ul style="list-style-type: none"> <li>• Changes in the pace of life</li> <li>• Changes in personal freedom</li> <li>• A need to reassign responsibilities</li> <li>• A decrease in income</li> <li>• A need to become more patient</li> </ul>	<p>The video explains the role of caregiver by presenting several challenges such as: (read or paraphrase list on overhead.)</p>

Description	Suggested Narrative
<p>14) ON THE OTHER HAND, CAREGIVING ALSO COMES WITH SIGNIFICANT OPPORTUNITIES SUCH AS:</p> <ul style="list-style-type: none"> <li>• More time to spend as a family</li> <li>• A renewed commitment to family</li> <li>• An opportunity to learn new skills</li> <li>• An opportunity to reprioritize what is important to your family</li> <li>• Experiencing the joy that can come through service</li> </ul>	<p>On the other hand, the video also points out that the role of caregiving brings with it significant opportunities such as: (read or paraphrase list on overhead.)</p>
<p>15) WHAT WERE SOME OF THE DANGER SIGNALS IDENTIFIED BY THOSE INTERVIEWED?</p> <ul style="list-style-type: none"> <li>• Can't seem to do enough</li> <li>• No time alone</li> <li>• No social life</li> <li>• Shut out others trying to help</li> <li>• Loving and caring give way to exhaustion and resentment</li> <li>• Others?</li> </ul>	<p>What were some of the danger signs that the caregivers interviewed in the video identified? (Read or paraphrase the list on the overheads after giving the participants a brief opportunity to respond.)</p> <p>Can you identify other signs?</p> <p>Do any of you presently identify with any of these danger signs?</p>
<p>16) WHAT WERE SOME OF THE WAYS PRESENTED TO PREVENT STRESS?</p> <ul style="list-style-type: none"> <li>• Learn to laugh</li> <li>• Keep connected with friends</li> <li>• Allow time for yourself</li> <li>• Ask others for help</li> <li>• Practice good health habits</li> <li>• Maintain your faith</li> </ul>	<p>What were some of the ways presented in the video to prevent the buildup of harmful stress? (Read or paraphrase the contents of the overhead.)</p> <p>Other approaches include:</p> <ul style="list-style-type: none"> <li>• Focus on the positive</li> <li>• Enjoy what you do accomplish</li> </ul> <p>What are some other stress coping techniques that have worked for you? (Provide the opportunity for participant feedback.)</p>
<p>17) "TWO ARE BETTER THAN ONE... IF ONE FALLS DOWN, HIS FRIEND CAN HELP HIM UP."</p> <p style="text-align: right;"><i>Solomon</i></p>	<p>We all need to remember that we can't do it all by ourselves. No one is "an island unto themselves"; we need others to accomplish many different tasks in our lives. It is no different with caregiving. There will be times that we need to recognize that "two are better than one."</p>

	Description	Suggested Narrative
18)	<p>HOW WERE MARRIAGES STRENGTHENED BY BEING PLACED IN A CAREGIVER ROLE?</p> <ul style="list-style-type: none"> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>	<p>What are some of the ways that couples found that their marriages were strengthened by being placed in a caregiver role? (Ask the participants to share what they learned on this topic from the video.) Some of the ways that might be identified include:</p> <ul style="list-style-type: none"> <li>• More time together</li> <li>• Deeper levels of communication</li> <li>• Rearranging priorities - what is really important</li> <li>• Becoming a team</li> <li>• Learning to laugh together</li> </ul>
19)	<p>HOW CAN COMMUNICATION BE IMPROVED BETWEEN THE CAREGIVER AND THE CARE-RECEIVER?</p> <ul style="list-style-type: none"> <li>• Telling the other what helps you</li> <li>• Letting the other know you appreciate specific things they do for you</li> <li>• Praise openly and often – criticize privately and infrequently</li> <li>• Avoid sarcasm, avoidance and teasing</li> <li>• Touching</li> <li>• Are there other ways?</li> </ul>	<p>For example, one area that was strengthened for many couples was their ability to communicate their needs and feelings more effectively. Some of the techniques used were: (read or paraphrase list on overhead.)</p> <p>Are there other ways that you can use to improve communication? (Give participants the opportunity to respond.)</p>
20)	<p>HOW DID THOSE IN THE VIDEO HANDLE CHANGING ROLES?</p> <ul style="list-style-type: none"> <li>• Focusing on the important</li> <li>• Establishing priorities</li> <li>• Communicating concerns and expectations</li> <li>• Communicating needs with employees</li> <li>• Accepting the need to learn new skills</li> <li>• Setting aside traditional roles</li> </ul>	<p>Did you notice how several of the couples experienced significant changes in their roles? How were these changes handled and what may have been some of the barriers to changing? (Read or paraphrase contents of overhead.)</p>

Description	Suggested Narrative
<p>21) WERE YOU AWARE THAT HUGGING IS GOOD FOR YOU?</p> <ul style="list-style-type: none"> <li>• Hugging is healthy</li> <li>• Hugging is all natural</li> <li>• Hugging is practically perfect</li> <li>• Have you had your hug today?</li> </ul>	<p>Now how many of you are aware that a hug is like a good dose of vitamins or like sunshine after a cloudy spell? Hugs are down right good for you!</p> <p>Hugging helps the body's immune system, it cures depression, it reduces stress, it induces sleep, and it's rejuvenating. Hugging is nothing less than a miracle drug.</p> <p>Hugging is organic, naturally sweet, contains no preservatives, no artificial ingredients, and is 100% wholesome.</p> <p>Hugs have no movable parts, no batteries to wear out, low energy consumption, high energy yield, are non-taxable, and fully refundable.</p>
<p>22) CULTIVATE LAUGHTER          "A cheerful heart is good medicine, but a crushed spirit dries up the bones."  <i>Solomon</i></p>	<p>Did you know that laughter is also good medicine? People who laugh are healthier and live fuller lives than those who don't.</p> <p>Have you laughed today?</p>
<p>23) HOW HAVE SOME OF YOU EXPERIENCED HEALING THROUGH SERVICE?</p> <ul style="list-style-type: none"> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul> <p>"Love is a fruit always in season."  <i>Mother Teresa</i></p>	<p>When life gets really tough, it doesn't take much looking to find someone who has it even tougher. There is considerable evidence to demonstrate that refocusing our attention on the needs of others can lead to healing in our own lives.</p> <p>How have some of you experienced healing through your role as caregiver?</p>
<p>24) "Hearts grown cold          May be warmed by the summer sun          Dreams you hold          May be closer than you know          SEASONS CHANGE..."  <i>Ray Boltz</i></p>	<p>Remember that song on the video. Some times it takes a change of the weather in our lives to warm up our hearts again.</p> <p>One change you may find useful is beginning to use assistive technology.</p>



	Description	Suggested Narrative
25)	<p><b>ASSISTIVE TECHNOLOGY</b> Any item, piece of equipment or system, modified or customized, that is used to increase, maintain or improve functional capabilities of individuals with disabilities or assist caregivers.</p>	<p>Assistive technology can help you as a caregiver. (Use the definition in Overhead 25 to point out that assistive technology can benefit the caregiver.)</p>
26)	<p><b>HOW COULD ASSISTIVE TECHNOLOGY HELP YOU IN YOUR CAREGIVING ROLE?</b></p> <ul style="list-style-type: none"> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>	<p>What are some of the ways that you think assistive technology could help you in your role as a caregiver?</p> <p>For more information on types and sources of assistive technology, refer to <i>To Everything There is a Season</i>.</p>
27)	<p><b>EXAMPLE ACTIVITY:</b> <b>BRIGHTENING THE SEASON</b></p> <p><input type="checkbox"/> Desired outcome: This activity will help your family discuss both the positive and negative aspects of the disability.</p>	<p>During the next few minutes, I am going to acquaint you with the activities contained in <i>To Everything There is a Season...</i> that are designed to better equip you as a caregiver and to help smooth out some of the bumps.</p> <p>The first activity is entitled "Brightening the Season." It is intended to encourage your family to discuss both the positive and negative aspects of the disability or illness that has placed you in a caregiver role.</p>
28)	<p><b>BRIGHTENING THE SEASON</b></p> <p><input type="checkbox"/> Activity: Discuss one of the following topics:</p> <ul style="list-style-type: none"> <li>• What is really important to our family?</li> <li>• How will this disability affect our plans for the future?</li> <li>• Should we develop a budget?</li> <li>• How should we reassign</li> </ul>	<p>[Overheads 28 - 30]</p> <p>The suggested activity involves setting aside 10 to 20 minutes after dinner or at another appropriate time on a regular basis to discuss topics related to the changes taking place in your family. Each session can be used to address a specific topic such as: (Review list from overhead.)</p>

Description	Suggested Narrative
<p>29) BRIGHTENING THE SEASON</p> <p><input type="checkbox"/> Assignment: After everyone has had the opportunity to talk and share their feelings, select one area that you want to work on together as a family.</p> <ul style="list-style-type: none"> <li>• How can we overcome or improve a negative aspect of a specific issue?</li> <li>• How can we enhance one positive aspect and explore ways to strengthen our family?</li> </ul>	<p>The next step of the activity is to make an assignment to work on one issue impacting your family. It should address at least one negative aspect and explore how you and your family can collectively overcome or improve it.</p> <p>The assignment should also explore ways to enhance at least one positive aspect that has the potential of strengthening the family.</p>
<p>30) BRIGHTENING THE SEASON</p> <p><input type="checkbox"/> Personal thoughts:</p> <ul style="list-style-type: none"> <li>• Describe your feelings.</li> <li>• How do you respond to them?</li> </ul>	<p>The final component of the activity is to jot down your personal thoughts. Don't worry about form but rather expressing your thoughts and feelings. By writing down your thoughts at this time, you will be able to look back and see your progress and recognize that change can come and things can get better.</p>
<p>31) REMEMBER: "Never give up, never, never, never give up." <i>Winston Churchill</i></p>	<p>Let me leave you with a brief quote from Winston Churchill that he shared with the people of Great Britain during one of their darkest hours. The concept he shares is one that we should all remember.</p> <p>Our success in life is not determined by how many times we fall or fail, but rather how often we get back up and press on.</p> <p>Before we end, are there any questions from any of you?</p> <p>On behalf of all of us involved in planning this workshop, I want to thank you for coming.</p>

## Appendix 1

Sample News Release for  
Caregivers Workshop

### News Release

#### WORKSHOP TO TRAIN AND ENCOURAGE RURAL CAREGIVERS

The Well County Extension Office, Well County Farm Bureau and the local Easter Seal Society are hosting a workshop for rural caregivers. The workshop will be in the community room at the Well County Library on May 1 and will begin at 8:30 a.m. The workshop will close with a luncheon sponsored by First Bank.

"Most rural caregivers I talk to say, 'The rehabilitation center provided training on how to take care of the disability, but very little training was given to the family member who serves as a caregiver,'" according to Barry Delks, director of the Breaking New Ground Resource Center at Purdue University (modify using local resource.)

Rural areas have special needs and barriers. This workshop is designed to encourage and equip local caregivers who are responsible for caring for family members with long-term or chronic disabilities.

The workshop will include information on asking for assistance, changing family roles, teamwork, laughter, and advice from a panel of caregivers. To register for the workshop, call the Well County Extension Office at 124-123-1234.

## Appendix 2

### Sample Invitation Letter

R.U. Healthy  
Visiting Nurse  
Well County Health Department

Dear Ms. Healthy:

The Well County Extension Office, Well County Farm Bureau and the local Easter Seal Affiliate are cooperating to host a workshop for rural caregivers. The workshop is designed to encourage and equip local caregivers who are responsible for caring for family members with long-term or chronic disabilities.

The workshop will be in the new community room at the Well County Library. The building is fully accessible for persons with disabilities. The workshop will begin at 8:30 a.m. on May 1 and end at noon with a lunch being sponsored by First Bank.

Workshop agenda includes:

- Caring for the caregiver
- Asking for assistance
- Accepting changing family roles
- Teamwork and laughter
- Panel of caregivers

Your assistance in helping to identify or encourage interested individuals or families to attend this event would be greatly appreciated. If you need additional promotional material or information, please feel free to call.

Thank you in advance for helping make this event successful and a service to those who serve others through their caregiving.

Sincerely yours,

## Appendix 3

### Caregiver Workshop Expectation Survey



- 
- |  | Yes                      | No                       |
|--|--------------------------|--------------------------|
| 1. Are you a caregiver?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Are you a care receiver?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. What do you find most frustrating about being a caregiver?  |                          |                          |
|  |                          |                          |
|  |                          |                          |
|  |                          |                          |
|  |                          |                          |
| 4. What do you find most frustrating about being a care receiver?  |                          |                          |
|  |                          |                          |
|  |                          |                          |
|  |                          |                          |
|  |                          |                          |
|  |                          |                          |
| 5. What are your personal expectations for this workshop? (How would you like to benefit from being here?) |                          |                          |
|  |                          |                          |
|  |                          |                          |
|  |                          |                          |
|  |                          |                          |



## Appendix 5

### Questions to Respond to While Watching *To Everything There is a Season*

- |  | Yes                      | No                       |
|--|--------------------------|--------------------------|
| 1. Can I identify with anyone in this presentation?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Are any of their responses to caregiving similar to my own?<br>If yes, which ones are similar?                | <input type="checkbox"/> | <input type="checkbox"/> |
| • _____  |                          |                          |
| • _____  |                          |                          |
| 3. Are there any ideas presented that would be helpful for my situation?<br>If yes, which ones would be helpful? | <input type="checkbox"/> | <input type="checkbox"/> |
| • _____  |                          |                          |
| • _____  |                          |                          |
| 4. Are there ideas presented that I have tried but don't seem to work?<br>If yes, which ones don't work?         | <input type="checkbox"/> | <input type="checkbox"/> |
| • _____  |                          |                          |
| • _____  |                          |                          |
| 5. Would any of the ideas presented be helpful to someone I know?<br>If yes, which ones could I share?           | <input type="checkbox"/> | <input type="checkbox"/> |
| • _____  |                          |                          |
| • _____  |                          |                          |
| 6. List one action you will take this week to make your situation better.  |                          |                          |
| • _____  |                          |                          |

## **BACK COVER**

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It is the policy of Purdue University Cooperative Extension Service that all persons shall have equal opportunity and access to its programs and facilities without regard to race, color, sex, religion, national origin, age, or disability. Purdue University is an Affirmative Action employer. This material may be available in alternative formats.

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