CarePAL: A Workshop Series for Care Partners & Care Recipients

♦ Have you or your loved one been diagnosed with a serious chronic illness such as stroke, cancer, diabetes, or a chronic heart, liver, kidney or lower respiratory disease?

♦ Do you have questions or concerns about how to handle the challenges and stressors that come with serious chronic illness or decisions and future plans about ongoing care at home?

If so, CarePAL may be able to help you!

Through our free workshops, you will learn:
- How to manage your concerns, stress, and distress
- How to prepare for changes because of serious illness
- How to communicate about serious illness with others
- How to stay engaged and plan for the future

For more information about our CarePAL series currently being offered in the Phoenix Area, please call:
602-496-1239
OR
(Outside of Maricopa County)
1-844-418-5538

SEE REVERSE FOR DETAILS
WHAT IS THIS PROJECT’S PURPOSE?

- CarePAL is a workshop series that focuses on care partners (CPs), also known as family caregivers: people helping to care for a family member or friend with a serious illness (care recipient).
- It also assists the care recipient (CR or “your loved one”) through key activities and contacts involving both the care partner and the care recipient.
- CarePAL views the two of you as a team, working together now and in the future. Care partners and their care recipients openly and jointly plan for the future together.

WHO WILL BE INVOLVED IN THIS PROJECT?

- Approximately 60 dyads (30 CPs and 30 CRs) residing in Arizona
- Project staff from the Area Agency on Aging, Region One.
- Project staff from Arizona State University.

WHAT WILL INVOLVEMENT MEAN FOR ME?

Participation is voluntary. If you decide to participate in this program, you will be asked to:

- **Attend four group Care Partner sessions** with other care partners to learn strategies to help you handle new situations, reduce stress, improve mood, communicate better with each other, and plan for the future.
- **Participate in one in-home session** for both the Care Partner and the Care Recipient to address specific issues unique to your situation.
- **Participate in two “coach calls” sessions over the phone** for both the Care Partner and the Care Recipient to address issues unique to your situation.
- **Participate in two confidential interviews**: one at the beginning of the overall program and one at the end. Questions asked will include information about your background, mood, and quality of life.
  - Each person will receive up to $50 for completing both interviews, $25 for the initial interview and $25 after the final interview.

HOW WILL THIS HELP ME?

- Participants may benefit directly through increased attention to key aspects of their relationship; as well as gain resources (such as stress reduction techniques, service utilization options, etc.) that pertain to their specific needs.

WHO WILL KNOW THE INFORMATION I GIVE DURING THESE INTERVIEWS?

- Every precaution will be taken to protect your privacy.
- No one will be identified individually in reports or materials developed from the project.

HOW DO I SIGN UP OR GET MORE INFORMATION about CarePAL?

Please call 602-496-1239 (1-844-418-5538 outside Maricopa County)