



Managing the Caregiving Experience

PRIDE In-Service eLearning

Course Description

This eLearning Module has one session that can be taken on your own schedule. This session covers the changes that occur in your family when you are caring for children and youth who are under the care of Children and Family Services. Through a number of exercises, you will review how the relationships, both within and outside your family, can grow and change. Through the use of an ecomap, a family sculpting exercise and the concept of family operations, you will be encouraged to reflect on what type of changes each member of your family may experience and how to prepare for these changes, as well as learn to thrive while going through them.

Learning Objectives

- List three primary areas in which the family is impacted by caregiving.
- Describe ways that caregiving impacts family operations.
- Identify five steps in managing the impact of caregiving on family operations.
- Apply the five steps in managing the impact of caregiving on family operations to a real life situation.
- Describe how family relationships are impacted by changing family membership.
- Identify ways to strengthen and maintain the marital relationship while caregiving.
- Identify ways to strengthen and maintain the parent-child/youth relationship while caregiving.
- Identify ways to strengthen and maintain the sibling relationship while caregiving.
- Describe the impact of caregiving on the family's relationships with extended family, friends, culture, spirituality and the community.
- Use the ecomap as an informal tool to better understand the impact of caregiving on the family's relationship with extended family, friends, and the community.

Guided Discussion Questions

1. How has your family changed since you began fostering? What would you say is the big adjustment you have made as a family?
2. What are you doing to ensure you maintain relationship with those who are within your family system and outside your family system?
3. What would help you and your family grow develop as you continue on your fostering journey?

Resources

Ecomap Exercise Attached to Summary.

Your Ecomap

Name _____ Date _____

Caregiver Program Staff: _____

