

# Supporting Caregiver Well-being

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Regardless of the patient diagnosis, their primary caregivers must assume significant responsibilities and with those responsibilities come emotional, physical, and financial strain. This learning pathway helps clinicians who are caring for people with serious illness to recognize caregiver distress and provide meaningful guidance to support caregivers.

## The Basics

### Supporting the Caregivers of People with Serious Illness

This course offers tools and guidance for assessing and addressing the needs of caregivers of people with serious illness.

### Communicating Prognosis to Patients and Caregivers

Learn how to effectively discuss prognosis with patients and their caregivers to ensure understanding and set the context for decision-making.

### Leading Goals of Care Conversations

Learn best practices for building trust, eliciting patient values, and having patient-centered conversations about goals of care.

### Conducting Effective Patient and Caregiver Meetings

Learn to effectively lead conversations that address a range of concerns and emotions to help patients and caregivers become aligned around the patient's goals.

### Supporting the Caregivers of People Living with Dementia

Learn how to support caregivers of people living with dementia, including assessment of caregiver burden and connecting caregivers to essential support systems.

### Successfully Collaborating to Support People Living with Dementia and Their Caregivers

This on-demand webinar discusses successfully collaborating to support people living with dementia and their caregivers.

## **Empathic Responses Guide**

This resource provides practical samples of empathic responses to use in conversations with patients and families, as well as template responses to challenging questions. Developed by VitalTalk.

## **Additional Resources**

### **Discharge Planning is a Family Affair**

Brought to you by the United Hospital Fund's Next Step in Care campaign to improve transitions in care through improved communication between family caregivers and health care professionals, this cartoon is an illustration from "Cultures of Caregiving" (Levine & Murray, 2004).

### **The Loneliness of the Long-Term Care Giver**

Seminal article on the experience of caregiving. New England Journal of Medicine, 1999.

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