



Become a “Caregiver Advocate!”

Are you enthusiastic about making a difference in the lives of caregivers, trying to decide where you want to volunteer, or trying to find a purpose in your life? Become a Caregiver Advocate and be the voice that spreads awareness about the challenges, stress, anxiety, and burnout faced by caregivers. As a Caregiver Advocate, you have the power to create change for you as a caregiver, the caregivers in your life, caregivers in our companies and communities. Our founder is a caregiver and a caregiver advocate. Our board of directors are advocates.

It is simple to become a caregiver advocate! Join us as a “Caregiver Advocate” and make a difference in a caregiver’s life starting today! If we all contribute a little time, we will make a big difference.

We have listed opportunities for you as a “Caregiver Advocate.” Review the list and find an opportunity to start today! We invite you to contact us to tell us the differences you are making in a caregivers’ life, your communities, and workplaces.

Caregiver Advocate, Individual

We have provided suggestive ways you can start making a positive difference in caregivers’ lives, your communities, and workplaces. Please note that if you register as a Caregiver Advocate, we will periodically be sending you emails.

We look forward to hearing how you plan to bring awareness to caregivers in your life, communities, and in the workplace!

Please contact us at info@caregivermentalwellness.com, if you have questions.

CAREGIVER MENTAL WELLNESS, INC.
“A NONPROFIT ORGANIZATION”



List of “Caregiver Advocate” Opportunities

Social media – bring awareness: Use your social media platforms to share informative articles and resources related to caregiver challenges, stress, anxiety, and burnout. Help educate others in your communities and businesses about the importance of caregiver support. Refer them to www.caregivermentalwellness.com for a caregiver “Action Plan” with techniques and activities to support their wellness plan. We also have free Meditation to minimize stress and relax you.

Bring awareness to businesses: Raise awareness about caregiver’s challenges in the workforce and their work-life balance. Collaborate with employers to promote caregiver-friendly workplace policies, procedures and programs. In the U. S., 61% of the workforce are caregivers with 20% experiencing depression. Advocate for a caregiver-friendly workforce environment. Spread the word in your companies through management and human resources. With the number of caregivers in the United States, forward thinking companies will be planning to retain and recruit caregivers. They are already over 50% of our workforce in the U. S. In a study by a Harvard professor, 73% of our workforce are caregivers either full-time or part-time. Our site will provide information to businesses on how they can make a difference in the workplace and their communities. Refer your workplaces to the “Caregiver Advocate Business™” program on our website.

Organize a support group: Organize a support group in your demographic area if they do not have a Caregiver Support Group. Many times, your communities have a senior center, or the local houses of faith may have a “Caregiver Group.” Check with these groups’ efforts and serve as a volunteer. Also, check with your local Health & Human Services Department about their Caregiver initiatives locally.

Organize workshops or webinars: Find experienced social workers or counselors in your area familiar with caregiver’s issues to have workshops or webinars to promote caregiver’s mental health wellness initiatives and other challenging needs. Go to our “Resources” page for a list of nonprofit organizations and utilize their resources to accomplish your goals for the programs you build. Refer to Caregiver Mental Wellness’s website www.caregivermentalwellness.com for information to use in your caregiver workshops or webinars.

Volunteer at caregiver organizations: Identify caregiver organizations within your community and contact them about volunteering to support caregivers. If your faith-based organization, school or college has a “Caregiver Awareness Club or Program,” join ranks with them as a volunteer. Talk to high schools and colleges in your area about starting a “Caregiver Awareness Club or Program.” Get a few like-minded friends together including caregivers who have a little time to volunteer, brainstorm creative ideas to start clubs or programs in your community. A good way to start would be to set up a “Meetup” group and attract like-minded folks.

Start at “Caregiver’s Awareness Club” at your school or university: You may be a caregiver as a young adult, or even a teenager supporting a caregiver in your family such as your mom, dad, grandparents, family member or friend. Start a club to bring awareness to caregivers’ challenges, stress, anxiety and burnout. Think big, start



an initiative to implement a “Caregiver Awareness Club or Program,” in every college, university and school in the country.

Start a “Caregiver’s Ministry” at your faith-based organization: Our faith-based organizations have volunteer resources to establish programs to support caregivers’ issues in their congregations and communities. Talk to your pastor about implementing a “Caregiver Ministry,” in your faith-based organization? Many congregations have caregivers who have stopped attending services, they feel isolated and alone. Help them today! If you contact us, we will send you information to assist you in setting up a program.

Connect caregivers to resources: Help caregivers access local resources and support services. Offer to be their advocate and research all services including respite care, support groups, counseling services, meals on wheels, legal and financial services. Many caregivers do not have the time to research available resources and are missing services they pay taxes for and deserve. To readily find out resources available contact your local health and human services, and visit Family Caregiver Alliance, nonprofit organizations’ website at <https://www.caregiver.org/connecting-caregivers/services-by-state/>. This site has a map of every state. Click on your state and it will provide you with all types of resources. It is an impressive tool which will save you time in locating information.

Research available caregiver resources: They are avenues to research resources for caregivers and their care recipients. Here are ideas: Visit the Family Caregiver Alliance, AARP or other caregiver organizations listed on our “Resource” page. As stated above, on the Family Caregiver Alliance website, it has a map of the United States. Click on your state, and it provides multiple services available. The link is <https://www.caregiver.org/connecting-caregivers/services-by-state/>.

Fund raisers for Respite funds: Organize a group, or talk to your civic group, ladies or men’s club, or faith-based organization about raising funds for respite care. Many caregivers feel isolated, and they never take time to themselves. They may want to go shopping, have coffee with friends, take a walk or go on a two-day getaway or vacation, but they cannot afford a sitter. If you go to our “Resources” page of the website, refer to the ARCH National Respite Network & Resource Center. Along with other nonprofits such as the Alzheimer’s Association, they will provide ideas and solutions for respite funds. Also, go to the Family Caregiver Alliance website to get the contact information of other agencies in your county or state that have respite fund programs. Your health and human services for your county will also be on the map at <https://www.caregiver.org/connecting-caregivers/services-by-state/> or you can call them direct about their caregiver benefits and respite funds. Also, check with the Veterans Administration on their caregiver programs.

Start a nonprofit organization: If we have ignited your interest, and if you have a burning desire to support caregivers and their challenges, start a nonprofit organization. There are many grants available to support nonprofit organizations. Contact a nonprofit consultant. Here is the website of a nonprofit consultant, www.trustsusanwoods.com.



Write and apply for grants: If you have the expertise in grant writing, caregiver nonprofit organizations need you. Make a difference in caregivers' lives! Find grant funds available to support caregivers' issues and mental wellness. At www.trustsusanwoods.com, they provide classes and webinars on grant writing.

Offer emotional support: Be a listening ear and provide emotional support to caregivers. Ask them do you need me to just listen or would you like advice? Sometimes people just need you to hold space for them while they vent. By asking them if they just want you to listen, you are respecting their wishes and offering an emotional outlet. Be proactive in contacting a caregiver. They appreciate that someone is thinking of them.

Engage communities: Go big! Organize a group of liked-minded individuals or organizations that want to support caregivers. Pool the resources and plan of action to support the caregivers you know in your community. Our most **vulnerable communities** desperately need assistance and are suffering the most. Contact your local health and human services because they may have information, supporting material, and a list of services for caregiver programs. On our website www.caregivermentalwellness.com, refer to our "Action Plan", it will be a great resource to individually help caregivers, a document to provide in caregiver support groups, or your group may think of other creative ways to use it. Contact us and let us know how your community volunteers and leaders are making a difference.

Stay involved and informed: Go out to our "Resources" page and contact various organizations of your choice to get on their mailing lists to stay abreast of what is going on for caregivers across the country.

Remember, being a "Caregiver Advocate" involves actively supporting and promoting the well-being of caregivers. Always use caution when providing actions or activities for someone's well-being and health. We are not medical professionals, doctors or counselors, and we always want our caregivers to seek medical advice from licensed professionals before they start any program such as changing their diet, medication, or starting an exercising activity. Every effort, no matter how small, can make a difference in the lives of caregivers and help create a more supportive and understanding society.