






Journaling for Caregivers: Outline

Session	Active Listening	Group Sharing	Journal Basics	Techniques	Journaling	Life Cycle	Message
1	<ul style="list-style-type: none"> * Facilitator introductions; * Why are we here? See Session 1 – Why are you here?; About this workshop; and Protocol (reviewed each week) 	<p>Participant introductions & Discussion</p> <ul style="list-style-type: none"> * Have you ever established a journal? What kind? What prompted you to start a journal? * What are you currently struggling with in relation to care giving for a loved one with dementia? * What do you expect to gain from this workshop? 	<ul style="list-style-type: none"> * What is journaling? * Why journaling? 	<ul style="list-style-type: none"> * How to get started * Journal types 	<p>During the week: Start thinking about types of journaling that may interest you and the atmosphere needed to foster journaling and creativity.</p> <ul style="list-style-type: none"> * Thank all the participants for coming. * Encourage the participants to contact the Resource Center (585-760-5400) with any questions or concerns, or if they are looking for information regarding resources available in the community. * Inform them that there will also be materials from the Alzheimer's Association available at each meeting that participants are welcome to take. 	<p>Who we are is an evolution process much like a butterfly's life cycle</p>	<p>Like a butterfly, our life and that of our loved one are not about their ending, rather it's about growing and changing to prepare for a new beginning ... an even greater life beyond.</p>
2	<ul style="list-style-type: none"> * Welcome * Protocol 	<p>* Discussion: - Did you enjoy the first session of the group?</p> <ul style="list-style-type: none"> - Did you think about the types of journals you want to experiment with? - Did you have the opportunity to think about what kinds of atmospheres might be best for you when journaling? * Provide the opportunity for group members to discuss what they are currently struggling with in relation to caregiving for a loved one with dementia. 	<p>Becoming familiar with who you are and your surroundings</p>	<ul style="list-style-type: none"> * Creating Atmosphere: Meet in a garden. - What is comfortable and peaceful to you? Consider your senses, time, and feelings. * Discuss what settings would be conducive for journaling and settings that would not be conducive. * Experiment with different settings when journaling. Determine what works best for you. 	<ul style="list-style-type: none"> * Thank all the participants for coming. * During the week, experiment with different settings when journaling. * For next time, bring in some pictures, poems, prayers, etc. to include in your journal as next week's topic is Artistic Journaling. They may want to bring copies rather than originals. * Encourage participants to contact the Resource Center (585-760-5400) with any questions or concerns, or if they are looking for information regarding resources available in the community. * Also, remind the participants about the resource materials that are available. 		<p>The egg. Taking control of our life starts with defining who we are. Like an egg, the essence of who we are - our heart, mind, spirit, and senses - develop within a physical entity (body).</p>
3	<ul style="list-style-type: none"> * Welcome * Protocol 	<p>* Discuss and review the previous week's topic (Creating Atmosphere).</p> <ul style="list-style-type: none"> - What settings/ atmospheres did you experiment with when journaling at home? - What worked? - What didn't? - Why? - What would you do differently? * Provide the opportunity for group members to discuss what they are currently struggling with in relation to caregiving for a loved one with dementia. * Give all participants an opportunity to share. 	<p>Using artistic journals to cherish memories</p>	<ul style="list-style-type: none"> * Artistic Journaling * Examples. Show participants different examples of creative artistic journaling. There is no right way to do this. Stress if they want it to be a lasting memory to use the correct materials. * Talk about the Memories in the Making program briefly. See attached handout for facilitator. Memory books for their loved one affected by dementia: * Exercise. Ask each participant to get out the items they have brought with him or her for this exercise. Have some generic materials available if they have forgotten to bring their own. Introduce the consultant from Creative Memories. 	<ul style="list-style-type: none"> * Thank all the participants for coming. * During the week, experiment further with scrapbook, artistic & poetic journals. * For next week, think about what brings you joy and what you are thankful for. * Encourage participants to contact the Resource Center (585-760-5400) with any questions or concerns, or if they are looking for information regarding resources available in the community. * Remind the participants to take whatever resource materials are available at the meeting. 		<p>The caterpillar. As we learn and grow, we acknowledge our heart, mind, spirit, and senses eventually outlive the physical body</p>

Journaling for Caregivers: Outline

Session	Active Listening	Group Sharing	Journal Basics	Techniques	Journaling	Life Cycle	Message
4	<ul style="list-style-type: none"> * Welcome * Protocol 	<ul style="list-style-type: none"> * Discuss and review the previous week's topic (Artistic Journaling). Did anyone use the scrapbook pages created to reflect on the memories that were recorded? - Did anyone share the pages that were created with loved ones? - Did anyone find that expressing themselves in a way other than the formal written word was easier? * Provide the opportunity for group members to discuss what they are currently struggling with in relation to caregiving for a loved one with dementia. * Encourage all members to share. 	Reaping rewards	<ul style="list-style-type: none"> * Joy Journals, Prayer Journals and Letter Writing * What are some ways you can share thanks and reaffirm your gratitude? * Express gratification and reaffirm gratitude as a way of making your journal experience more worthwhile. * Write letters to be sent or not sent. 	<ul style="list-style-type: none"> * Thank the participants for coming. * If you have time during the week, practice focusing on the positive through a "Joy Journal" or "Prayer Journal" or writing a letter (sent or unsent) to yourself or a loved one. * For next week, bring in decoration or item that brings back memories of a holiday or special moment. Next week's topic is factual/historical journaling about past holidays and special occasions. * Encourage participants to contact the Resource Center (585-760-5400) with any questions or concerns, or if they are looking for information regarding resources available in the community. * Remind the participants to take whatever resource materials are available at the meeting. 		The early chrysalis. As our faith in our selves and others grow, we begin to believe in our full potential.
5	<ul style="list-style-type: none"> * Welcome * Protocol 	<ul style="list-style-type: none"> * Discuss and review the previous week's topic (Joy Journals, Prayer Journals and Letter Writing). What did you get out of the last session? Were you able to create your own "Joy Journal" or "Prayer Journal"? Did you write a letter to anyone? Would you like to share whom the letter was to and/or what it was about? Do you think you will use anything from last session on your own in the future? * Provide the opportunity for group members to discuss what they are currently struggling with in relation to caregiving for a loved one with dementia. Give all participants an opportunity to share. 	Celebrating holidays and special memories	<ul style="list-style-type: none"> * Journaling memories about special moments and holidays gives us an opportunity to reminisce about our past, and may open our eyes to emotions and lessons that we might have forgotten about or never before realized. * Create a factual or historical journal to celebrate holidays & special memories. * Determine what you want to write about. * Explore the details of your memories (past historical events, difficult times, special moments with your loved one). Ask the participants to get out the trinket that reminds them of a holiday or special event. 	<ul style="list-style-type: none"> * Thank all the participants for coming. * Remind the group that the next meeting will be the last of the session. * During the week, experiment with factual or historical journals to celebrate a family holiday or special memory. * For next week, encourage the group to think about their journaling experiences to date. * Encourage participants to contact the Resource Center (585-760-5400) with any questions or concerns, or if they are looking for information regarding resources available in the community. * Remind the participants to take whatever resource materials are available at the meeting. 		Later chrysalis. Experiencing our full potential ... we accept who we are unconditionally and we begin to see and feel our true heart, mind, spirit & senses emerge

Journaling for Caregivers: Outline

Session	Active Listening	Group Sharing	Journal Basics	Techniques	Journaling	Life Cycle	Message
6	<ul style="list-style-type: none"> * Welcome * Protocol 	<ul style="list-style-type: none"> * Discuss and review the previous weeks' topic (Holidays/Special Memories). - What worked for you? Why? - What didn't work? Why? - What techniques would you still like to try? * Provide the opportunity for group members to discuss what they are currently struggling with in relation to caregiving for a loved one with dementia. * Give all participants an opportunity to share. 	<p>Looking back before moving forward</p>	<ul style="list-style-type: none"> * Meet in a garden. * Evaluate your journey and your journaling experience. Ask questions for reflection. What did you expect to gain from this workshop? - Did you get out of the class what you hoped you would? * Obtain feedback from the class as a group. - What worked? Why? - What didn't work? Why? - What would you like to see included next time? - Would you attend future sessions of this group? - Are you interested in having a group get-together in the future? - Are you interested in attending an ongoing support group? * Ask the group members to fill out the survey. * Summarize statements and ask 	<ul style="list-style-type: none"> * Release balloons. * Thank all the participants for coming. * Continue to explore other journaling techniques. Experiment with Chat Rooms, Blogs, and Message Boards. * Provide additional resources. See Session 6 handout. * Encourage participants to contact the Resource Center (585-760-5400) with any questions or concerns, or if they are looking for information regarding resources available in the community. * Provide participants with encouragement to continue taking care of themselves. Give them a list of ongoing support groups. 		<p>The butterfly. A butterfly lights beside us like a sunbeam. And for a brief moment its glory and beauty belong to our world. But then it flies again. Though we wish it could have stayed... We feel lucky to have seen it. Author Unknown</p>