

YOUR TURN JANELLE TAPPHORN AND MICHELLE TALSMAN EVERSON

Free discussion series is a resource for caregivers



You've walked the walk. You understand the challenges and victories

of caring for a loved one. Why not share them in conversation with others who are going through the same journey?

Duet offers a new resource for family caregivers in its "Finding Meaning and Hope" video discussion series. This 10-week, peer-led group discussion is a free outreach to members of your community who are caregivers.

Based on the book "Loving Someone Who Has Dementia: How to Find Hope While Coping With Stress and Grief," by Pauline Boss, Ph.D., the Finding Meaning and Hope video series is a structured, peer-led conversation for caregivers of loved ones to equip them with

tools to lower stress, build resilience and stay healthy. It is made possible through support from Virginia G. Piper Charitable Trust.

Ron Carmichael, caregiver to his wife, Pat, for the past seven years, saw the need for this conversation and resource in his support group at the Terraces senior-living community. So he trained as a facilitator with Duet to share with others.

"The video series is just good for anyone who wants to get a handle on what's going on in their caregiving lives," Carmichael said. "It's truly unique in concept and gives meaning and hope to others."

"I would encourage anyone on this path to take the time to lead this series."

This spring, the 10-week Finding Meaning and Hope video and discussion groups for family caregivers are debut-

ing in metro Phoenix and Tucson.

"The power of the video series is that, each week, through a 20-minute video, Dr. Boss gives caregivers an understanding of their ambiguous loss journey and teaches them the techniques that are crucial to reducing their stress, reclaiming hope and improving their health and well-being," said Ann Wheat, caregiver services director for Duet.

"These groups are all led by trained volunteers and are free of charge to the caregivers who attend them. We hope to change lives through this new and exciting initiative."

Duet has trained volunteer facilitators for the "Finding Meaning and Hope" video and discussion series who need locations to host the groups, Wheat explained. "If a local faith community, community center or other organization would be willing to host a discussion

group that would greatly help our effort."

Community members can contact Duet at info@duetaz.org or 602-274-5022 to find out about the "Finding Meaning and Hope" video discussion series groups or to connect about providing a space. New video discussion groups are in the works continuously. Visit www.duetaz.org/index.php/finding-meaning-and-hope-video-discussion-series-for-the-latest-group-additions-and-information.

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