

Christian Associates of Southwest Pennsylvania

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The Call...



On the Web: www.casp.org

to be one in Christ

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A Unifying Voice in the Name of Jesus Christ for the Mission of the Gospel and the Wholeness of Communities

"YOU ARE WITNESSES OF THESE THINGS"

Caregiver Champions

The Jewish Healthcare Foundation (JHF) is launching a new initiative, the **Caregiver Champions Program**. The program is designed to support and empower the many caregivers of frail, older adults in Allegheny County by helping them to better care for themselves, reduce stress, and gain access to important caregiving information and resources. Local caregivers can participate in the program two ways.

The first way to get involved is by attending **Caregiver Salons**. Caregiver Salons are free, two-hour sessions that provide informal learning in a casual setting. Hosted by a Caregiver Champion, the salons are designed to serve as a networking opportunity for information, tools, and resources. Attendees will learn about several topics including preventing caregiver burnout, asking for help, accessing local tools and resources, and advocating for loved ones.

The second way to get involved is by becoming a **Caregiver Champion**. The Foundation is currently recruiting experienced family and informal caregivers to take part in a facilitator/host training that will enable them to feel comfortable hosting Salons. Champions will also learn to become a resource for information and support within their own communities. Through the Salons, they will also learn to advocate, navigate service systems, and access tools and resources related to caregiving.

While funded by JHF with a grant from the Harry and Jeanette Weinberg Foundation, **Caregiver Champion** is open to people of all faiths. To register for the Salons or to inquire about becoming a Caregiver Champion please contact Beth at 412-594-2569 or Polonchak@jhf.org.