

Corporate Solutions

Caregiver Corporate Edition



As the prevalence of physical/mental health illness and addictions grows, so does the number of employees who are family caregivers. That is, who have a family member living with a debilitating physical or mental health condition or living with addictions?

Family caregiving has a significant impact on organisations as observed by drops in performance, increased medical expenses, lost productivity, increased lateness, higher absenteeism and presenteesim (present but distracted and fatigued employees) and, reluctance to take on growth opportunities, among others.

Our Caregiver Corporate Edition program mitigates the impact of illnesses and/or addictions on organisational performance while enriching the quality of work-life and performance of employees who are family caregivers.

- ✓ **The complexity of Family Caregiving**
- ✓ **Juggling work and Caregiving**
- ✓ **The Loss Dynamic**
- ✓ **Caregiver Guilt**
- ✓ **In-home Assistance – Making it Work Well**
- ✓ **Support Groups**
- ✓ **Long Distance Caregiving**
- ✓ **Abuse - Protecting your loved one, protecting yourself**
- ✓ **Family Communication and Conflict**
- ✓ **Caregiver Stress, Burnout and Compassion Fatigue**
- ✓ **Impact of caregiving on children**
- ✓ **Legal aspects in caregiving**
- ✓ **Self-care**
- ✓ **The blessing in caregiving**

Cost:

Virtual program: Ten (10) x 1½ hour sessions, Kshs. 450,000/\$4,500 (plus VAT) per group (maximum 25 participants)

In-person program: 5 days, Kshs. 750,000/\$7,500 (plus VAT) per group (maximum 25 participants)

Facilitation, caregiver workbook, caregiver journal and experiential creativity (in-person program only) included.

