

CEAL 4C'S OF CAREGIVER SUPPORT

CARE

Every interaction is a chance to show care, small moments add up to big impact.

Care begins with compassion for those you support and for yourself. Effective caregiving means balancing empathy with self-preservation.

- For others: Learn how to listen actively, recognize needs beyond the surface, and create moments of dignity and respect in everyday interactions.
- For yourself: Practice self-care strategies that protect your energy, prevent burnout, and keep you grounded.

COMMITMENT

Commitment turns caregiving from a job into a calling.

Commitment is the dedication that sustains caregivers through challenges and change. It's about finding purpose and passion in your role while building the resilience to keep going.

- Develop tools to manage stress and avoid compassion fatigue.
- Learn to align daily caregiving tasks with a sense of greater mission and meaning.
- Celebrate milestones, both small wins and major achievements, to renew motivation.

COMPETENCE

Competence builds trust with the people you serve.

Competence transforms good intentions into safe, effective, and confident care. It's about equipping caregivers with the skills and knowledge they need to meet real-world challenges.

- Access evidence-based training in areas like dementia care, mobility support, communication, and emergency response.
- Strengthen problem-solving and decision-making for complex care situations.
- Gain confidence by practicing new skills in supportive learning environments.

CONNECTION

When caregivers feel connected, everyone benefits.

Caregiving is stronger when it's not done alone. Connection fosters community, combats isolation, and creates opportunities for shared learning.

- Participate in peer-support groups to share experiences, advice, referrals, and encouragement.
- Build networks of support with fellow caregivers, healthcare professionals, and community resources.
- Learn how teamwork and collaboration improve not only your well-being but also the quality of care.