

AMERICAN ASSOCIATION FOR CAREGIVER EDUCATION, INC.

AACE

AACE CAREGIVER COORDINATOR PROGRAM

The American Association for Caregiver Education, Inc. (AACE) was founded in 1998 by social service and healthcare professionals knowledgeable in all aspects of the family caregiver experience. AACE recognizes that caregiving happens at all ages and for all types of chronic and debilitating conditions—the young and old are caregivers as well as care receivers.

AACE also has recognized that family caregiver education has not been the focus, or expertise inside of medical, nursing and social work curriculums. Therefore, AACE has assembled a team of family caregiver experts whose formal training was in healthcare, legal, technology and education and have created, used and refined a training program for family caregiver coordinators.

The program is taught over a period of days depending on the group size and the prior education/experience. Certification costs \$399 per participant at our Deerfield Beach, Florida training center. Participants receive a course syllabus and a *Caregiver Specialists Certification*. Annual credentialing of coordinators assures ongoing knowledge and awareness of leading edge research, training and resources. Group discounts and onsite training are available. Please call us at 888-367-5252 and we can discuss your specific situation.

AACE's Training Program Mission: To assure that all individuals who work with family caregivers are able to provide informed, compassionate, practical support and services.

○ **Caregiver Realities:**

- Caregivers have undertaken a responsibility with little or no practical, emotional and / or logistical support and typically without compensation.
- The role of caregiver is a role that will be assumed by all of us at one time or another.
- The sacrifices made by a working family caregiver for a dependent family member can encompass a vast spectrum, especially workplace productivity due to presenteeism.
- Participants take on the role of a family caregiver to confront the impact of caregiving which includes the following changes in daily life:
 - Individual and family relationships
 - Career changes or limitations
 - Emotional and physical health impact
 - Withdrawal from social and personal activities

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- Personal and financial sacrifices
- Complex healthcare decisions
- Advocacy issues
- Physical and emotional care of the loved one
- Facility placement and end of life issues

AACE's Fulfillment Pledge: Guiding values for the creation of the AACE Training Program

Mission have been:

- The development of innovative and effective teaching programs and training courses based on research findings and the experiences of the AACE founders.
 - To enable certified individuals to make a difference in the lives of family caregivers through the provision of knowledgeable and appropriate support and services.
 - To provide AACE programs to agencies/organizations and individuals tasked with supporting the well being of millions of family caregivers as well as to the individual family caregiver.
 - To educate and encourage the family caregiver to define his or her own respite needs and support respite utilization.
 - To continue to conduct caregiver research on the effective delivery and provision of psycho/social interventions to ease family caregiver burden.
- **AACE Training Program:** AACE is presently offering a dynamic, practical training program to create a core of competent and dedicated individuals, who support family caregivers. This program is offered in a 10-hour intensive workshop over the course of two days. The number of participants in each session is limited to insure a high degree of interaction between trainers and participants. The program is structured to bring home the realities of caregiving and the caregiver role, whatever the disease or age of the loved one affected—whatever the age of the caregiver. Participants will then be able to tailor agency/organization programs to meet the situations/disease/age that is desired.
 - **Program Outcome:** Participants will become trainers (certified care coordinators), those individuals who will carry course knowledge and techniques back to their individual agencies or organizations to develop or enhance present caregiver support capabilities.
 - **AACE Caregiver Support Program:** Establishing a caregiver support network entails an understanding of the caregiver role and the impact that the many aspects of caregiving have on the individual. It is here that participants learn and discuss what it means to listen to caregivers, understand their needs and provide solutions. The training manual, **Listening to Caregivers... Understanding their Needs... Providing Solutions**

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Establishing a Caregiver Support Network[®], is our textbook for the basics of this course. Issues surrounding the emotional wellness of both the caregiver and family “support system” are discussed caused by the stress and emotions created by the long-term involvement with disabled or incapacitated loved one.

- **Practical Aspects:** The everyday issues involved in caregiving that must be coped with in order to maintain quality-of-life for the caregiver, care receiver and family, such as:
 - What happens to family life?
 - Do caregivers need practical advice on healthcare issues?
 - What needs to be known about disease management?
 - Where is help found?
 - What is advocacy and self-care?
 - When is caregiving over?

- **AACE’s CARECOPING[®] Process:** Education and activities—whether in group or one-to-one—are grounded in developing or enhancing coping skills. Trainers, participants and caregivers must all develop the coping skills that allow us to function as healthy adults. We use the following process:
 - **CARECOPING[®]** actively encompasses the following concepts:
 - Caring and **C**autious
 - O**rganization and **O**rganizations
 - P**atience and **P**ersistence
 - I**nformation and **I**nterest
 - N**o and **N**egativity
 - G**enerosity and **G**ladness of Spirit

It is expected that participants will continue with the certification process and benefit from the support network that is being prepared for certified caregiver coordinators through AACE’s continuing education.

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