

Health Extension Happenings

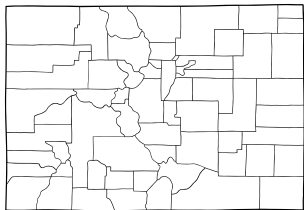


Caregiver Workshop Series

Caregivers in Colorado

Of Colorado's 5.7 million people, 600,000 of them serve as caregivers to loved ones in some capacity. While caregiving undoubtedly offers immense satisfaction and creates opportunities to strengthen relationships, it also entails grappling with emotional burdens, financial strains, and chronic stressors. People who are caregivers are more likely to report experiencing loneliness and having poor mental and physical health outcomes. Still, it has been suggested that the average American will spend more time caring for their parents than their own children.

Colorado's aging populations is projected to increase by over 40%, with one in four residents expected to be over the age of 60 by 2040.



CSU Extension's Response

CSU Extension partnered with Jane Barton, a nationally renowned speaker, writer, and educator, to create a series of free workshops tailored for rural individuals undertaking the crucial role of caring for aging family members and friends. This monthly workshop series addressed a spectrum of vital topics, offering valuable insights and practical guidance to enhance the caregiving journey. These workshops equipped caregivers with the knowledge and tools necessary to navigate the complexities of caregiving.

Workshop topics presented included:

- Challenges of Aging Solo
- Plotting and Planning
- Age-Friendly Health Care
- Consequences of Caring
- Spirituality & Health
- Your Final Act
- THE Conversation
- Collaborative Care

102 Coloradans

from 19 counties across the state participated in the live Caregiver Workshops webinars.

3 Extension Offices

hosted watch parties to engage local residents, enhance the learning experience, and encourage connections.

350+ people

viewed the recordings of the Caregiver Workshops on YouTube in 2023.

Jane provided the words and resources for not only preparing myself but for having the conversation with my husband who has Parkinson's Disease.

-Workshop Participant

These workshops reduced my anxiety and put caregiving for my mother in perspective. They helped me understand it is OK to help her at the end of life and that we are all human and pass away

-Workshop Participant