

Caregiver Support

Caring for someone through illness, aging, or disability can be both meaningful and overwhelming.

HeartLight Center is a 501(c)(3) non-profit that companions and educates people through their grief to find hope. HeartLight offers virtual and local support groups, workshops, seminars and resources for individuals who are grieving a loss of any kind as well as professionals and family caregivers.



HEARTLIGHT CENTER PROGRAMS

Open/Drop In Support Groups for Caregivers:

Family Caregiver Support Circle-

Meets monthly on the first Thursday online at 4pm (PT)/ 5pm (MST)/ 6pm (CT)/ 7pm (EST)

This group is a welcoming space for those providing full-time or part-time care to a family member or close friend. This circle offers support for navigating medical systems, decision-making, and the emotional weight of caregiving through sharing experiences, coping strategies, and connection. We welcome caregivers both before and after their death loss at any point in the caregiving journey.



Quarterly Social Group

Family Caregiver Potluck Dinner Gathering-

Meets quarterly at HeartLight Center (Denver, CO)

If you are a caregiver, or have lost someone you cared for, you are invited to attend our Caregiver Potluck Dinner Gathering, offered quarterly. This gathering is a welcoming space for those providing full-time or part-time care to a family member or close friend. We will serve comforting food, and share about caregiving experiences, anticipatory grief, ideas and support for current and past caregivers. You are invited to bring a simple dish to share.



ADDITIONAL RESOURCES —————→

HeartLight



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org

Caregiver Support Resources



ARTICLES, GUIDES, AND MORE

'Forgive yourself': 4 pieces of advice for caregivers, from caregivers

"As a former (paid) caregiver myself, I thought it was important to talk to Jacquelyn Revere of momofmymom.com, a website that chronicles the caregiving journey between Revere and her late mother. We get into how they manage caregiving emotionally, mentally, and what they need the most from their village and from themselves. Here are four pieces of advice for caregivers, from caregivers."



Caregiving can be a tough, lonely mission. One daughter found ways to reconnect

"The latest estimate is that 106 million people do some kind of unpaid care for an adult in this country. But because family caregiving is not a public conversation, many of them — of us — feel invisible. Nearly half say they are lonely, more than twice the U.S. rate of 22%."



Caregiving can test you, body and soul. It can also unlock a new sense of self

"In 2009, two researchers proposed an explanation for why caregiving for an adult who is ill or disabled can be so profound. Their argument, simply called "caregiver identity theory," is now widely accepted among psychologists and social workers who study and help caregivers."



For young adults, caregiving isn't just hard. It can shape you for life

"They're young and in love. But she's sick, and he's her caregiver, and that means nothing else comes easy. For both Heath and Glick, there is no living for the moment, like other 20-somethings do. Still, like every young couple, they dream and plot the shape of their lives together."



How cutting Medicaid would affect long-term care and family caregivers

"As Congress looks for ways to reduce the federal deficit, Medicaid is in the spotlight. Last week, the GOP-led House passed a budget framework that allows both chambers of Congress to work on a major budget plan they expect to pass without any Democratic votes."



The Care Badge

GET THE RECOGNITION YOU HAVE EARNED.

The Care Badge is a way to recognize and celebrate all those who know how to care, and transform those skills into new opportunities. Take one minute and get your badge.



AARP Family Caregiving Guide

Regardless of where your role falls on the spectrum of caregiving, we want to make it easier. Whether preparing for future caregiving or currently taking care of a loved one, this guide is a practical tool to help you get organized, determine needs and resources, create your caregiving plan and find support.



Caregiving in the US Full Report 2020

This study presents a portrait of unpaid family caregivers¹ today. The National Alliance for Caregiving (NAC) and AARP are proud to present Caregiving in the U.S. 2020, based on data collected in 2019.



Caregiver Resource Guide- Caring for a Loved One With Cancer

The Caregiver Resource Guide is not meant to be followed like a book you read from beginning to end. Rather, use the table of contents to find the information that applies to your current needs as a caregiver.

