

Programs – Caregiver Chat

Caregiver Chats

Caregivers are invited to talk with one another, sharing information about resources, events or educational information.

Here is the process of what caregivers will gain from the group.

1. **Learn about communication partner training – for all new caregivers joining the group**
 - Learn/practice Supported Communication techniques – what is it/how we use it
 - Practice specific strategies to help the PWA communicate more easily and effectively using: visual scales, key wording, yes/no questions, etc.
2. **Engage in information exchange**
 - Participate in a forum for exchange of ideas related to communication and caregiving
3. **Discuss the effects of caregiving process**
 - Learn how to handle stress, use respite care and locate available resources
4. **Relax, have fun, talk with friends who understand life with aphasia**

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About HARC Programs

HARC offers various language-based programs which provide opportunities for participants to further their language recovery in a supportive environment. Our members gain the communication skills to improve their confidence and overall

quality of life to live successfully with aphasia.

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