

**JEWISH GUIDE TO CARING FOR THE CAREGIVER
OUTLINE FOR WORKSHOP**

- 1. INTRODUCTION**
- 2. WHO THIS WORKSHOP IS FOR**
- 3. WHY THIS TOPIC IS IMPORTANT TODAY**
- 4. CHALLENGES IN CAREGIVING**
- 5. CHALLENGES IN CARING FOR A PARTNER**
- 6. BLESSINGS IN CAREGIVING**
- 7. THE EMOTIONAL WORLD OF CAREGIVING**
- 5. *MIDDOT* IN THE LIFE OF CAREGIVING**
- 8. A FOUR-WORLDS TOOL KIT FOR CAREGIVER SELF CARE**
- 9. HOW THE CLERGY CAN HELP.**
- 10. HOW FRIENDS AND THE COMMUNITY CAN HELP**