

# Caregiver Coach Training Program

## Course Completion Assignment

In this assignment, we invite you to find a caregiver narrative and unpack it using 7 lenses.

You can find a narrative in any of the following ways:

1. Interview a caregiver you know about his/her experience as a caregiver.
2. Use your current narrative as a caregiver.
3. Use a narrative of a protagonist from a movie, TV series or a book.

Once you have found a narrative, please analyse it through the following lenses:

1. **Caregiver Configuration.** What is this caregiver's configuration and what caregiving duties are involved? (Lesson 1, page 2-4)
2. **The Caregiver Journey.**
  - Where is this caregiver in the 6 Stages of the Caregiver Journey? (Lesson 2, page 1-12)
  - Where is this caregiver in her/his Hero's Journey? (Lesson 2, page 13-14)
3. **Caregiver Executive Function skills.** What skills does this caregiver have, what skills need to be updated and what skills are missing? (Lesson 3)
4. **Communication Skills.** What is this caregiver's preferred communication style? (Lesson 4, page 11-12)
5. **Challenges and Resources.**
  - What current challenges and stressors does this caregiver face?
  - What resources would be relevant and why? (Lesson 5)
6. **Self-Care.** Looking at the narrative through the Medical Coaching Caregiver Self-Care Matrix, what are the areas that need coaching? (Lesson 6)
7. **For the Sake of What?** What is this caregiver's big WHY for becoming a caregiver and/or remaining a caregiver? (Lesson 7)

Please send your assignment in WORD format.

You have a month to complete and send in this assignment.