

Family Education & Support Caregiver Program

Name of the Topic Area: Session Six – Problem Solving the Tough Spots

Duration: 60 Minutes

Module learning objectives:

Participants will be able to:

1. Identify problems experienced implementing the skills learned during the program.
2. Identify potential problems that may arise and questions about the feasibility of skills taught.
3. Identify resources available when problems are encountered and strategies for dealing with them.
4. Identify new stress reduction technique.

Methodologies:

1. Review “Stress Table.”
2. Sentence completion exercise.
3. “Difficult People: You can deal with them,” “Coping with disappointment,” “Crisis healing,” “Job troubles,” “Manage your money,” “Tips for feeling good,” How to negotiate differences,” and “Problem Solving” handouts.
4. Group discussion of how the skills learned have been helpful and ways in which they have not.
5. List problems that have been difficult to deal with despite the skills taught.
6. “Five Finger Exercise” handout.
7. Sentence completion exercise.

Facilitator’s Actions:

1. Review ground rules.
2. Review stress table.
3. Facilitate members stating one positive thing they did differently during the interim with sentence completion exercise. “What I did differently this week was_____.” This may be related to what each member said they would work on at the end of the previous session.

4. Discussion of issues that are still problematic for families
 - a. Facilitate discussion to generate list of problematic issues.
 - b. Guide group in utilizing the “Problem Solving Worksheet” for problems selected by group. Lead group discussion of effective strategies generated by the small groups. List put on flipchart. For strategies for common problems, refer to “Difficult People: You can deal with them,” “Coping with disappointment,” “Crisis healing,” “Job troubles,” “Manage your money,” “Tips for feeling good,” and “How to negotiate differences” handouts.
5. Facilitate discussion about what has been the most helpful from the program and what has been least helpful.
6. Review “Five Finger Exercise” handout.
7. Close session.
 - a. Facilitator leads group in sentence completion exercise, “The things I learned during this program that I will really use are _____.”

Materials:

1. Chart Paper & Pens, Lined Paper, Pens, Handouts

Stump the Chump Module

Note to facilitators: In order for this to be successful, you should keep track of any specific advice that you have given participants over the course of the program. At the end of this session, you will go back to the participants and ask if the advice/suggestions worked. The more detail you have the better.

Has anyone ever listened to “Car Talk?” For those who have not heard of the radio show, hosted by two mechanics from Boston Ray and Tom Magliozzi, it is basically an advice show about car problems. But in addition to providing advice about cars, they also give advice about marriage, families, and dealing with problems in general. One part of the show is called “Stump the Chump” in which a caller who had a problem with his/her car is called back to see if the advice that the hosts gave was correct—hence stump the chump. Generally, it is a problem that gave the hosts a tough time. In a little bit we are going to play a version of that game.

Like the Tapper Brothers we have been giving you a good bit of advice over the last couple of weeks and we want to find out if what we have been suggesting is working or not. So this is your chance to let us know what you have found helpful and what has not worked.

First we would like you to get in small groups and talk about what you have found to be the most helpful from the program. Please go around the group and identify those things. If someone could be the scribe and keep track of those that would be a great help. I think it is important to keep in mind, no matter what, that you have learned some very useful skills in this group and I don’t want you to lose sight of that.

After you have created a list of what has been the most helpful, we would then like you to make a list of those things that have not been helpful or have not worked for you. Again, if someone could keep a list of what those things are that would be great. We’ll give you 15 minutes to do this.

After 15 minutes

Does everyone have those lists? Would you please share your lists? Let’s begin with the things that you have been most helpful. [Facilitators create a list on a flipchart]

Now those things that have not worked for you, what are those? [Create another list on the flipchart].

Here is a problem-solving form that I would like each group to use. Let’s quickly review the process for addressing a problem. [Facilitators can either identify one problem for all the groups, pick a specific problem for each group, or let the group pick a problem they

would like to address. Then ask each group to go through the process outlined on the handout].

15-20 minutes

After the forms are completed, bring the groups back together and ask each group to report on the problem and the solutions they have come up with. Process with the group their solutions and ask other members to comment on the solutions.

Like I said earlier we wanted to play a version to the Car Talk “Stump the Chump.” This means it is your chance to tell us about solutions that we have given you during the program and let us know if they worked. So I’m going go around and ask about some of the things we have suggested to you and ask how successful you thought it was. [If possible insert a audio clip from the show and use it to break the tension].

After identifying a solution, process with the participants the reasons why it might have worked or not worked.