

Care of relatives – Doing good for your loved ones but also for yourself

Content and goals

If a person is in need of care or high-maintenance care, it is often still assumed in our society close family members will take on this responsibility, at least to a certain extent. Caring for a relative can be an enormous challenge for your employees, particularly as they are often already balancing demanding professional, family, and social commitments. This kind of engagement is associated with high physical, psychological, and emotional stress. Not least, we have found that people who search for support through Lyra are often not adequately prepared for the complex demands of caring for a loved one.

Topics

- Sensitize participants to both the opportunities and burdens of caring for relatives and provide a basic understanding of their role as caregivers, essential for proper self-care.
- Highlight concrete measures to help caregivers remain effective at work and fulfil social obligations without neglecting themselves.
- Teach skills focused on handling situations when the cared-for relative refuses help from external service providers, which is common.
- Identify the key psychosocial support resources available for caregiving relatives.

Trainer

Our trainers are specialists in occupational health management or psychologists with many years of professional experience as occupational and organizational psychologists.

Duration

Lunch Session	1 h: Theory
Workshop	2 h: Theory and practice
Training	4 h: Theory, practice and experience

Target audience

Executives/management, employees, trainees

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