



THRIVE

no barriers • no boundaries

Caregiver **Self-Care** and **Wellbeing** **Resources**

Ready to prioritize your wellbeing? Visit thrivenetworkmi.org

THRIVE network team:

Michigan State University Extension
University of Michigan Alzheimer's Disease Center
Wayne State University's Institute of Gerontology
Michigan State University's College of Human Medicine

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What is **THRIVE**?

Tailoring Healthy Resources through In-Person Instruction & Virtual Education, or THRIVE, **brings self-care and wellness information and programs to you as a caregiver** and helps you meet your needs based where you are, right now.

No Barriers. No Boundaries.

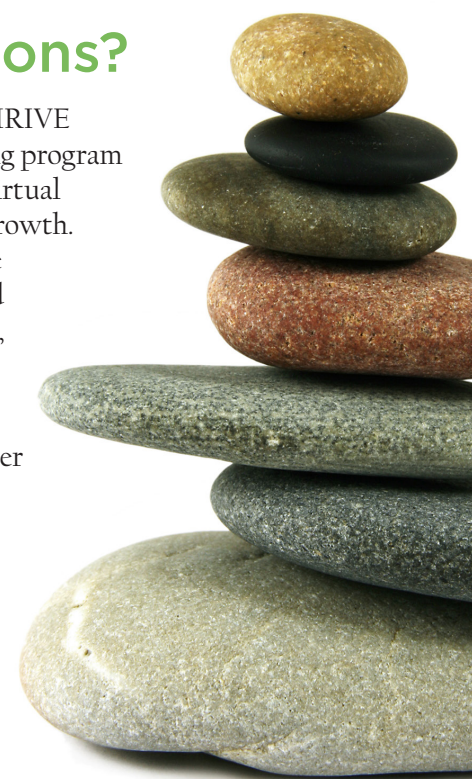
Access to free and low cost self-care and wellness caregiver services, programming and resources in person and online from multiple institutions, organizations, and agencies.

In addition to a vibrant network of resources, THRIVE is prioritizing your wellbeing. Caregivers need to be well, healthy and responsive in order to make important decisions and participate in resources and support. In other words, how you thrive directly impacts how the person in your care will thrive.

What is **CALM Connections**?

CALM Connections, the cornerstone program of the THRIVE Network, is the only, continuous wellness-based training program for caregivers in Michigan and includes in-person and virtual programs to enhance caregiver wellbeing, healing and growth. In addition to regular content, CALM programs provide continuity, practice and connection before, between and after the completion of other valuable, but time- limited, programs and training for family caregivers.

CALM is inspired by the Catching Your Breath (CYB) monthly program created in 2012 by Laura Rice-Oeschger for dementia family caregivers at the University of Michigan Alzheimer's Disease Center (MADC).



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