

# PADRES COMPROMETIDOS

## SESSION 8: IT'S TIME TO CARE

### AGENDA

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1. Welcome (5 mins)
2. Objectives (5 mins)
3. Ice breaker (10 - 15 mins)
4. Review ideas put into practice (10 mins)
5. Latino caregivers in the United States (20 - 25 mins)
6. Break: Optional (5 mins)
7. Caring for yourself: Self-care strategies (25 - 30 mins)
8. Cafecito with guest speaker(s)
9. Closing (5 mins)

### WELCOME

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Welcome the families and thank them for attending.

### OBJECTIVES

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For this session, families and caregivers will:

1. Gain knowledge on Latino caregivers in the U.S. by understanding the experiences of caregivers and exploring new narratives that can help raise awareness on how to better support caregivers.
2. Explore self-care strategies that can be implemented and used to maintain health and wellbeing.
3. Engage in a dialogue with school personnel or a representative from a community-based organization to learn more about how they support family engagement.

### ICEBREAKER

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For this ice breaker, pose the following questions. Allow participants to reflect on the questions in small groups. After providing them with time to discuss, bring the groups back together and allow 3 - 6 participants to share their thoughts.

*If you could speak with someone from the past, who would it be and why? If you could speak with someone from the future, who would it be and why?*

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### REVIEW IDEAS PUT INTO PRACTICE

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Briefly go over the assignment that was given to them during the last session. Ask 1 - 3 participants to share their experiences with doing the assignment.

### LATINO CAREGIVERS IN THE UNITED STATES

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In this session, parents and caregivers will learn more about the experiences of caregivers and the resources that exist to support them.

Start the session by reading the following statements. If the statements are true for the participant, have them stand up and remain standing until you finish reading all the statements.

For virtual meetings, have participants turn off their video and if a statement is true to them instruct them to turn on their video and leave it turned on until you finish reading all the statements.

1. I take care of children that are not my own.
2. I am a legal guardian.
3. I take care of an adult who cannot take care of themselves or who needs assistance. This can be a family member like your parents, grandparents, aunts, uncles. This can also be someone not related to you like a neighbor or friend.
4. I take care of a child or an adult who is sick or disabled.

After reading the statements, point out that if they are standing up (or have their videos turned on) that means that based on the statements they are considered caregivers. Let them know that caregivers play a crucial role in the community because they look after children and adults who need support.

Share the following information on caregivers:

1. There are 8 million Latino caregivers in the U.S. which is approximately 12.5% of the 63.7 million Latinos living in the U.S.
2. Caregivers provide more than 20 hours of unpaid care each week to family members or children and/or adults who need support.

Share the following information on the Latino Family Caregivers Narrative Project.

1. In 2022, UnidosUS and Upstreamers Multicultural Agency launched the Latino Family Caregivers Narrative Project funded by the Robert Wood Johnson Foundation to examine the experiences of Latino caregivers, understand their roles, and develop messages that would raise awareness on the needs of caregivers.

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### Self-Care Strategies

- 1. Carve out time during the day to do something for yourself.** While your children are at school or with a family member, you can carve out some time to do something that will bring you joy. Find what you like to do or an activity that helps you with stress and do it!
- 2. Go for a walk or run outside.** One way to help you relax is by spending some time outside. You can do different things outside, like walking, running, or biking. This is also an activity that you can do with your whole family.
- 3. Find a hobby.** Parks and recreation centers or community-based organizations often have free classes for adults. You might find a variety of classes in your community that you can enroll in. For example, there might be classes on crocheting, arts & crafts, or even on learning how to use the computer.
- 4. Home remedies and teas.** From generation to generation, our families have passed down recipes for home remedies or teas that improve our emotional, physical, and mental states. These teas help us to relax or to feel more comfortable, such as drinking chamomile or mint teas. However, it is always important to seek the advice of a medical professional.

## CAFECITO WITH GUEST SPEAKER(S)

Ensure to create a welcoming environment for your panelists so that they feel comfortable engaging in a dialogue with families. One thing you can do is prepare light refreshments. Remember that your role will be to facilitate a dialogue between families and the panelists. Allow families to ask their own questions or use the list of questions they produced during Session 4.

1. Take a moment to introduce the guest speaker(s). Thank them for taking the time to visit the Padres Comprometidos program.
2. Allow the guest speaker(s) to share a little more about themselves, such as providing more details on what they do in their current roles.
3. After they introduce themselves, tell them that during the Padres Comprometidos program, families developed a list of questions that they will now be using to engage in a dialogue. The panelists and participants should have been sent or given a copy of the questions beforehand.
4. Keep an eye on the time.
5. Begin closing the discussion by letting the guest speaker(s) and participants know that five minutes remain in the time you have allotted for the dialogue. Once the five minutes have passed, politely interrupt. Thank the guest speaker(s) and participants for
6. When the guest speaker(s) leave, take a few minutes to debrief with the participants. You can ask the following questions.
  - a. Were you satisfied with the guest speaker(s) responses?
  - b. Did you understand everything that the guest speaker(s) said?
  - c. What was the most important thing that you learned?
  - d. Do you have any remaining concerns?

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2. They conducted an online audit, focus groups, and stakeholder input sessions to create new narratives around the Latino caregivers' experiences and a bilingual toolkit that would help raise awareness on Latino caregivers' experiences.
3. They found that Americans do not care or are not aware about the experiences, sacrifices, and the difficulties that Latino caregivers encounter. To raise awareness on caregivers' experiences, they created new narratives.
4. The new narratives were:
  - a. Latino caregivers are an indispensable force: Caregivers are the second-largest group of caregivers in the U.S. Not only do they provide care for multiple family members, but they also hold jobs of their own, which makes them vital contributing members to their families and communities.
  - b. Latino caregivers are cultural straddlers: Latino caregivers find themselves supporting family members from different generations, navigating English and Spanish, and living in large, low-income households. This adds stress and other challenges as they support their families in many ways.
  - c. Latino caregivers' need for support cannot wait: When Latino caregivers have the support they need, they can thrive. It is time to provide more support to Latino caregivers.

Share the handout "UnidosUS It's Time to Care" with participants and point out the resources that they can access. Emphasize that it is important to raise awareness in our community about the resources that exist for caregivers.

## CARING FOR YOURSELF: SELF-CARE STRATEGIES

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It is important that participants understand the importance of staying healthy - physically, emotionally, mentally, and spiritually - to help them navigate any situation that they may encounter. In this section, families will learn tips about self-care strategies, but they will also work together to think about other strategies that they can use.

Provide participants with the handout title "Self-Care Strategies." Ask participants to volunteer to read the strategies one by one.

After reading the handout, let the participants know that this is not a complete list of all the things they can do. Therefore, they will work together to create their own list or add to the handout. For this activity, participants will be working in groups. Each group will be tasked with thinking about self-care strategies.

Provide them with enough time to work in groups. Bring the groups together and have each group share their ideas and strategies.



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## CLOSING

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Thank everyone for attending. Remind participants that this is the last session before graduating from the program. Tell them that you are proud of their accomplishments and their commitment to their students' education. Let them know that they will receive a certificate of completion and that you will be using the names on the sign-in sheet for their certificates. If they prefer a different name or spelling, tell them to double check with you. You can also ask participants for their input and ideas for the celebration. Mention that one of the things they can do is have a potluck so that everyone has an opportunity to bring dishes from their home country or favorite family recipes. They can also invite their loved ones if they wish.

## REFERENCES

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1. UnidosUS Latino family caregiver narrative project: Final Report (2023). UnidosUS &Upstreamers Multicultural Agency. Washington, D.C.