



# PADRES COMPROMETIDOS

Core Module







# **Session 8:** It's Time to Care



**Welcome**



# + Objectives

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 they can implement and use to make sure that they are staying healthy.
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 and to ask questions that are of interest to the participants from Padres Comprometidos.





# + Icebreaker

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?





# + Review: Ideas Put into Practice

1. What did you like about the assignment?
  2. What parts were challenging to do?
  3. What did you learn from the assignment?
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# + Latino Caregivers in the United States

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.





# + Latino Family Caregivers Narrative Project

*In 2022, UnidosUS and Upstreamers Multicultural Agency, with funding from the Robert Wood Johnson Foundation, launched the Latino Family Caregivers Narrative Project to explore Latino caregivers' experiences and raise awareness of their needs.*

The new narratives are:

- Latino caregivers are an indispensable force: They are the second-largest caregiver group in the U.S., balancing family care with jobs, and significantly contributing to their communities.
- Latino caregivers are cultural straddlers: They manage support across generations, navigate both English and Spanish and face stress in large, low-income households.
- Urgent support needed for caregivers: Providing adequate support will help Latino caregivers thrive and meet their challenges.

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Use the handout “UnidosUS It’s Time to Care”





# + Latino Caregivers in the United States

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!

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.

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.

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)**

Include the name, title, and photo of guest speakers

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# Thank You Q&A

