Online Education Modules for Caregivers

These resources are available for caregivers to increase access to training and obtain knowledge on Veteran/ military, caregiving, and older adults. The links will direct you to the modules. You will be able to go back and access the content using the link. At the end of the lesson (scroll to the bottom of the last page), there is an option to enter your name to generate a certificate of completion. One continuing education unit (CEU) will be provided and but is not accredited by a professional organization.

Military/Veteran Education Modules

VA 101 for Caregivers - This session provides helpful information about the Department of Veterans Affairs (VA) and how to distinguish between federal, state, and community Veteran services. (*Time: 45 minutes*) https://www.softchalkcloud.com/lesson/serve/6yZpYKSIC2dOeN/html

VA Benefits for Caregivers - This session outlines Veterans Benefits Administration (VBA) services for Veterans and their families as well as describes detailed eligibility requirements and how to refer to VA benefits specialists. (*Time: 45 minutes*) https://www.softchalkcloud.com/lesson/serve/wXsh8ZHna7A29f/html

Suicide Prevention for Veterans for Caregivers - This session describes the prevalence and scope of suicide among Veterans and explains the risks related to suicide with Veterans presenting with other medical and psychiatric concerns. (*Time: 45 minutes*) https://www.softchalkcloud.com/lesson/serve/QIkq7s95def6hm/html

Suicide in the Military for Caregivers - It is essential to identify suicidal risk and protective factors. It is important for caregivers to understand how to foster appropriate assessments and responses of Veterans and military members. The following lesson will provide an overview on suicide prevention among Veterans and service members. (*Time:45 minutes*) https://www.softchalkcloud.com/lesson/serve/0tSNgWpwK42xML/html

Empathy for Our Veteran Heroes for Caregivers - In this module, you will develop an understanding of the generational and cultural considerations of the Veterans we serve. Empathy is defined and effective strategies to incorporate empathy with Veterans will be explored so you will gain tools to utilize in practice. (*Time:45 minutes*) https://www.softchalkcloud.com/lesson/serve/KBFqM2skSTvYfo/html

Assessing, Preventing, and Treating Substance Use Disorders in Active Duty Military Settings and Veterans for Caregivers - Substance abuse is an issue that is prevalent among the military population. Many are reluctant to seek treatment and there is a stigma associated with the diagnoses of a substance abuse disorder. This module will describe the uniqueness of the military culture is significant in increasing the risk for substance abuse disorders. This session enhances the skills needed to assess and treat those with substance abuse issues. (*Time:45 minutes*)
https://www.softchalkcloud.com/lesson/serve/XW8IpY9Jkxy23c/html

Severe and Chronic Service Related Injuries for Caregivers - This session focuses on the recognition of severe and chronic service-related injuries and referral. The information can increase the knowledge base of service providers and caregivers who aid in helping Veterans with severe and chronic service-related injuries. A closer look at the specific service-related injuries is covered in this training. (*Time:45 minutes*) https://www.softchalkcloud.com/lesson/serve/7AnN2C4Hs3WPv8/html

Family-Centered Programs and Interventions for Military Children and Youth for Caregivers - This session will provide an overview of factors associated with parental separation and deployment. The session will provide an overview of programs and resources to assist children and families. (*Time:45 minutes*) https://www.softchalkcloud.com/lesson/serve/r9jI6k8fHus70e/html

LGBTQ+ Military Members and Veterans for Caregiver - This session will provide an overview of LGBTQ+ policies within VA and Department of Defense. The history of policy will be explored as well as unique considerations with LGBTQ+ service members and Veterans. (*Time:45 minutes*)
https://www.softchalkcloud.com/lesson/serve/AgL78ERvzniPjF/html

Military Sexual Assault: Response and Treatment for Caregivers - This session provides an overview on interventions and support for survivors of military sexual trauma. (*Time:45 minutes*)
https://www.softchalkcloud.com/lesson/serve/GRHgydNcn8KZsL/html

Military Family Maltreatment, Prevention, Assessment and Management for Caregivers - Relationship maltreatment is often associated with personal, social, and military cost and can negatively impact the military member, as well as the family. In military communities, identifying, supporting, and intervening with families most at risk for relational maltreatment begins with prevention programs. Innovative prevention and outreach efforts initiated by the military can be successful in military communities. This session will provide an overview of prevention, assessment, and management of family maltreatment. (*Time:45 minutes*) https://www.softchalkcloud.com/lesson/serve/YcPmNV365dSnw8/html

Deployment, Family Well-Being, and Secondary Trauma for Caregivers - Traumatic events not only affect the lives of those exposed but also those who are close to the person exposed. Researchers found that stressors were built up over time. Some families are, however, resilient to the adaptation of the stressors. This session will provide an overview of families experiencing secondary trauma. (*Time:45 minutes*)
https://www.softchalkcloud.com/lesson/serve/GeBlM6FL2j7shd/html

Veterans Experiencing Homelessness for Caregivers - This session will identify services for Veterans experiencing homelessness. Participants will gain an understanding of the reasons for Veterans experiencing homelessness and identify the prevalence of homelessness among Veterans. (*Time:45 minutes*) https://www.softchalkcloud.com/lesson/serve/g9pqMi8zlhst1o/html

Deployment for Caregivers - This module will identify and describe the different types of deployments that service members' families experience. This session will describe the deployment cycles and how they apply to service members and their families. (*Time:45 minutes*)
https://www.softchalkcloud.com/lesson/serve/5OImyjZnWDziHS/html

Older Adults Education Modules

Cognitive Changes with Aging for Caregivers - The module will describe intelligence and cognitive changes with aging. Dementia will be described, and the types of dementia will be identified. (*Time:45 minutes*) https://www.softchalkcloud.com/lesson/serve/t2UcBPL4bIyWSe/html

Compassion, Empathy, and Cultural Competence with Older Adults for Caregivers - This module is an introduction to understanding and incorporating the concepts of compassion, empathy, and cultural competence into the care of older adults. (*Time:45 minutes*)
https://www.softchalkcloud.com/lesson/serve/ex65wuzntTUXJ0/html

Coordination of Mental Health Care and Treatment Approaches for Older Adults for Caregivers - This module is an introduction to understanding how care coordination in mental healthcare delivery can be beneficial in the treatment of behavioral health for older adults. (*Time:45 minutes*)
https://www.softchalkcloud.com/lesson/serve/jTY4cyskZvVoIL/html

Death, Dying, Bereavement, and Widowhood for Caregivers - This module will explain contemporary attitudes about death in Western societies. The elements for quality end-of-life will be discussed. Learners will also develop an understanding of individualized responses to loss of loved ones. (*Time:45 minutes*) https://www.softchalkcloud.com/lesson/serve/m47Zz5JgSXwFDr/html

Introduction to Ageism and Generational Diversity for Caregivers - This module will discuss factors contributing to ageism. The session will describe generational diversity and expand on communication styles. (*Time:45 minutes*)
https://www.softchalkcloud.com/lesson/serve/LrYbfsW8lvQJ14/html

Love, Sexuality, and Intimacy in Later Adulthood for Caregivers - The module will discuss the impact of stereotypes about sexuality in older adults. A comparison of the perceptions and reality about sexuality in older adults will be discussed. (*Time:45 minutes*)
https://www.softchalkcloud.com/lesson/serve/SeVdLmAcv74JjI/html

Managing Chronic Diseases and Promoting Well-Being in Old Age for Caregivers - The following module will discuss chronic disease and prevention. Health promotion programs and the benefits will also be identified. (*Time:45 minutes*)
https://www.softchalkcloud.com/lesson/serve/tqhm6oV8ZNSTK2/html

Mental Health Conditions and the Older Adult Population for Caregivers - This module is an introduction to specific conditions and disorders, and how they impact the mental health of the older adult population. (*Time:45 minutes*) https://www.softchalkcloud.com/lesson/serve/o41UxpE9nOQAd7/html

Living Arrangements and Social Interaction for Caregivers - The module will outline the person–environment theories for successful aging. Living arrangements available to elders and the factors that influence relocation for older adults will be discussed. (*Time:45 minutes*)
https://www.softchalkcloud.com/lesson/serve/K4kIRq0Q9NwtLo/html

Productive Aging: Leisure, Spirituality, and Civic Engagement for Caregivers - The following module will outline the concept of productive aging. The module will discuss the factors that influence retirement and explain the scope of participation in the workplace by older adults.
(*Time:45 minutes*) https://www.softchalkcloud.com/lesson/serve/PN9owC4pA6XWdq/html

The Importance of Social Supports for Older Adults for Caregivers - This module will explain how social supports benefit the well-being of older adults. It will outline the variations in family structures among older adults and identify the factors that impact the ability of older adults to live alone successfully.
(*Time:45 minutes*) https://www.softchalkcloud.com/lesson/serve/qhC3XBJ7u5E6jH/html

Resilience of Elders of Color and Women for Caregivers - The module will evaluate the variations among elders of color and women. It will also expand on the impact of social inequalities to health in old age and identify the factors that promote resilience in older adults.
(*Time:45 minutes*) https://www.softchalkcloud.com/lesson/serve/gnsyVfmUCAoujz/html

The Social Consequences of Physical Aging for Caregivers - The lesson will expand on what happens to our bodies when we age. Theories of biological aging and changes in the body will be discussed.
(*Time:45 minutes*) https://www.softchalkcloud.com/lesson/serve/fpgCcNb0FGLdka/html

Understanding Trauma and Older Adults for Caregivers - The module is an introduction to trauma. It will provide general information about trauma as an overview to understand trauma and the impact on physical and behavioral health. (*Time:45 minutes*)
https://www.softchalkcloud.com/lesson/serve/PhZfswQztYV7dq/html

Caregiving Education Modules

Opportunities and Challenges of Informal Caregiving for Caregivers - The module will outline current patterns of informal caregiving. Changing trends related to caregiving of elders and the benefits of caring for older adults will be discussed. (*Time:45 minutes*)
https://www.softchalkcloud.com/lesson/serve/byJFlMC0u2iKqt/html

The Stress Process Model for Supporting Long-Term Family Caregiving for Caregivers - This session will provide an overview of military caregivers and introduce the stress process model. The session will introduce resources and programs for caregivers of military servicemembers and Veterans.
(Time:45 minutes) https://www.softchalkcloud.com/lesson/serve/B5L6371zluNUE4/html