

MILITARY CAREGIVING NEWSLETTER



Intentional Inclusion for People with Disabilities - A New Year's Resolution

JAN. 20, 2021 | 11 A.M. ET

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How confident are you in serving as an ally for individuals living with a disability who are members of military families? Disability is a dimension of diversity that is becoming more of a focus for organizations seeking to enhance their inclusive practices. Learning objectives include: Understand size and scope of disability population; explore common courtesies, myths, and language preferences; and avoid Ableism to foster inclusion and more productive interactions.



Caregiver Problem Solving

Problem-solving is a task all of us have done throughout our life but as a caregiver problem-solving seems to be different. As I care for my adult son, who has cancer, I find problem solving becomes more complicated. Complications center around who has control throughout the problem-solving process. Typically, when I make decisions I am in control of the process and make the ultimate decision. As a caregiver, I am a spectator and on the sidelines of the problem-solving process as my son is in control.



Centers for Independent Living: Advocacy & Self-Determination

In part four of the nine-part vlog series, Ms. Morse discusses how CILs facilitate advocacy skills and strategies on strategies on self-determination and inclusion for individuals with disabilities. Don't forget to catch up on all the episodes so far by clicking below. Watch and listen as video blog (vlog) host, Lakshmi Mahadevan, Ph.D., speaks with Pat Morse, LMSW, Program Manager for the Brazos Valley Center for Independent Living (BVCIL) about the importance of CILs and highlights specific topics and resources for parents and caregivers.



Lifestyle Choices & Your Health

Studies show that approximately 50% of a person's health status can be attributed to behavioral factors such as diet, physical activity, and sleep, among others. This podcast will explore the main factors that affect health, with a focus on lifestyle choices, and provider resources to try to start making healthy the easy choice. 'Lifestyle Choices & Your Health' is the seventh episode in our PCS Caregiving podcast series where we discuss a variety of family caregiver issues and how helping professionals can better serve military families as they PCS from their role as a spouse, friend, partner, or loved one to a caregiver.

UPCOMING EVENTS

Going Beyond the Checklist in Emergency Preparedness -Taking Action
FEB. 17 @ 11:00 A.M. ET

Families in Disaster Recovery: Coordinating Support at the Installation Level
MAR. 17 @ 11:00 A.M. ET

CE Credit Avail.



Needing CE Credit?

MFLN Military Caregiving provides a variety of FREE online learning opportunities to support professional growth and training. For some licensed and credentialed professionals, continuing education credit is approved by nationally accredited agencies for providers such as: social workers, LPC, LMFT, Case Managers, CFLE, and BCPA. Certificates of completion are available for providers interested in documenting their training activities and hours.

