



## What is GRANDcares?

The GRANDcares Project (GRANDc) is a strengths-based intervention designed to provide education, support and mentorship for grandchildren, grandparents, and service providers.

GRANDc includes three components:

- ❖ A **grandparent** program
- ❖ A **youth** program, and
- ❖ **Service provider** webinars

Participation in GRANDc will:

- ❖ Enhance grandparents' parenting skills and self-care practices
- ❖ Promote youth participants' self-efficacy and leadership skills, and
- ❖ Strengthen service providers' ability to support resilience in grandfamilies

## About Us

The GRANDcares Project is funded by USDA-NIFA-CYFAR (2015-06132) and is a collaboration between Colorado State University and University of Hawaii at Manoa.

**If you are interested in participating or would like more information, please contact:**

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Or visit our website at:

<http://grandcares.colostate.edu/>

## Community Collaborators

### Larimer County, Colorado

Namaqua Center, SummitStone

Health Partners

Grand Family Coalition, Inc.

Larimer County Office on Aging

St. Elizabeth Ann Seton Parish

Mountain View Presbyterian Church



United States Department of Agriculture  
National Institute of Food and Agriculture

#2015-06132



**Colorado State University**

COLLEGE OF HEALTH AND HUMAN SCIENCES

Department of Human Development and Family Studies

**Colorado State University**

**Extension**

*Strengthening  
grandfamilies  
through promotion of  
self-care and service  
provider education*

## For Grandparents



### Powerful Tools For Caregivers - Grandfamilies

A 6-week class that utilizes *Powerful Tools for Caregivers (PTC)*, an existing, evidence-based self-care education program, to help **grandparents raising grandchildren** manage the stress of dealing with the demands of raising grandchildren.

*Powerful Tools For Caregivers - Grandfamilies* will provide you with tools to:

- ❖ Take Care of Yourself
- ❖ Reduce Stress
- ❖ Communicate Effectively
- ❖ Make Difficult Decisions
- ❖ Reduce Guilt, Anger, and Depression
- ❖ Set Goals and Problem Solve

## For Youth



Colorado State University  
GRANDPARENTS RAISING GRANDCHILDREN

### Coming Spring of 2018... Grandchild Program



A 6-week **youth** program that will focus on positive youth and leadership development, based on 4-H principles, and an age-appropriate modification of the *Powerful Tools For Caregivers – Grandfamilies* program.

- ❖ Classes will meet at the same time as the grandparent groups.
- ❖ Targeting grandchildren between the ages of 9 to 14 years old.
- ❖ In addition to training on self-care and leadership, youth will plan a grandparent-grandchild self-care day to celebrate completion of the program.

## For Service Providers



### Service Provider Webinars

The *service provider* component includes quarterly educational webinars utilizing strengths-based and resilience-focused training for professionals working with grandfamilies. Each webinar is designed to:

- ❖ Introduce service providers to the unique needs of grandfamilies.
- ❖ Address service providers' questions and concerns related to serving grandfamilies.
- ❖ Provide service providers with knowledge and skills needed to work effectively with grandfamilies.