



Suruvi

CARE FOR CAREGIVERS

---

# We are redesigning our culture of Caring for Caregivers

---

## *About Suruvi*

Our singular intent is to support and enable the mental wellness of professional and family a caregivers.

Emotional and physical exhaustion poses a danger to care givers and care recipients.

There are many contributors to compassion fatigue and we offer avenues to manage them.

This is through provision of:

- Information to caregivers about available services

- Assistance to caregivers in gaining access to the services
- Individual counseling,
- Organization of support groups that we call connection cafes,
- Caregiver educational and personal development workshops

Our vision is to **Connect** caregivers with peers and experts, **Support** their emotional and mental wellness and **Grow** caregivers' capacity to care for themselves and others.



---

Care-giving often  
calls us to lean into  
Love we didn't  
know possible

---

# OUR SERVICES FOR CAREGIVERS

## *1. Individual Counselling*

There are bits of the care-giving journey that one has to walk alone. Our counselors guide you through this part of your process. Counselors offer online and in-person counseling

## *2. Connection Café*

A psychological counselor guides educational discussions among caregivers on how to manage the stresses and realities of being a caregiver.

## *3. Personal Development Workshops*

Care-giving is a constant learning experience. By attending our workshops caregivers gain knowledge and information refreshment and update.

## *4. Blog*

We have a growing collection of stories that offer 'wisdoms' and insights from lived experiences by other caregivers.



## *5. Conversations with caregivers*

Streamed on Facebook every Friday at 5.30pm, we have discussions on issues affecting caregivers lives and experiences. More information and updates are available on our social media platforms and on our website.



---

Care-giving  
is a constant  
learning  
Experience.

---



### *1. What kind of support does a caregiver need?*

Because of the multi-faceted and multi-layered roles that family and informal caregivers play, a wide range of support services for their mental wellness, to improve their caregiving skills. Suruvi provides support services include bringing an awareness to Compassion fatigue, caregiver and family counseling, family mediation services, legal aid, support groups. Our services manage care-givers depression, anxiety, and anger for the direct benefit of the caregiver, the care recipient, and the community at large.

### *2. How can I take care of myself as a caregiver*

Caregiving can be rewarding on many levels as well as present a myriad of challenges. Caregivers can experience loneliness, grief, loss, anger, burn out, secondary and vicarious trauma and depression. We at Suruvi advocate for self-awareness, which is the first step in taking care of oneself. Next, seek and receive the support one needs. This will improve the quality of life and service for both the caregiver and receiver.

### *3. How can a family manage family conflict on care plans?*

An independent, professionally trained family mediator can help family members diffuse tensions, identify and resolve substantive issues that would otherwise cause conflict within the family. We at Suruvi, offer independent, professionally trained family mediators to help family members diffuse tensions, identify and resolve substantive issues that would otherwise cause conflict within the family.

### **5. What should I do am feeling overwhelmed or stressed?**

It is normal to feel overwhelmed as a caregiver. During such times, talk is therapy! At suruvi we offer therapeutic spaces and opportunities for caregivers to connect with experts and peers. Suruvi is one stop oasis for caregivers with experienced counselors to offer professional support.

We also encourage our caregivers, if need be, to speak to wholesome friends or religious leaders for 'at home' support.

Participation in activities that restores one's soul, rests one's body or uplifts your spirit is a stress reliever. For example, exercising, eating

well, massage, including asking for help, or time out from family and friends.

### *6. How can I tell if care-giving is putting too much stress on me?*

Caregivers devote a lot of attention to their care-recipient, that it is easy to forget about themselves and ignore warning signs. Self-awareness is key so one can know when their bodies and emotions are expressing indicators of fatigue, burn out or trauma. At Suruvi we run personal development workshops for caregivers to identify, track and manage stressors that would otherwise lead to compassion fatigue.

*For info visit [www.suruvihomecare.co.ke](http://www.suruvihomecare.co.ke)*



+254 719 571 770    enquiries@suruvihomecare.com    www.suruvihomecare.co.ke

P.O Box 54870 – 00200, Nairobi    @SuruviCaregiver    suruvi\_care4caregivers    Suruvi4caregivers