**PLAN TO REACH FAMILY CAREGIVERS – 1/23/23**

**(state plan activity under Mental Health)**

UNSEEN – 46 minutes documentary focused on family caregivers. <https://caregiverdoc.com/>

Cost - $3,000 for unlimited viewing. $500 for 25 people

Who – parents, grandparents, family members, neighbors, friends, teachers, state workers/private professionals that serve families, policymakers, KeloLand Living

When: possibly March for Developmental Disabilities Awareness Month; Disability Day at the Capitol; SD Conference on DD;

What/Where: virtual timeframe to watch the video and then virtual Zoom sessions to discuss (possibly involve counselors or Karyn Harvey)

As a presentation at the Conference in the fall? – Sioux Falls, breakout session for any attendees

Possibly at Simply the Best (conference for DSPs) – check with CSPs of SD

Follow-up – Virtual sessions with self-care topics and resources to assist families

STEPS:

Arlene –

1. Check with the documentary people to determine cost and billing.
2. Discuss with Executive Committee at January meeting and full Council on February 3
3. Check with Center for Disabilities re: help with a flyer and registration for events (to track who participates and for follow-up notices for events)
4. Work with family caregivers to determine the self-care topics and find speakers and schedule throughout several months (record the Zoom sessions and them available on the website or Center’s YouTube Channel)
5. Select date, create flyer, distribute widely and specifically
6. Host follow-up events