



# Human Development and Relationships Programming: November 2025



## Human Development and Relationship Educator

### Truong Tran

Supports older adults, families, and communities by providing research-based education on Lifespan and Family Engagement. Enhances decision-making and resilience through programming in areas such as family caregiving, social connectedness, healthy aging, and future planning.

### Needs Assessment

- Through conducting community based environmental scans, key themes emerged related to the needs and priorities of individuals, families, and communities.
  - Common challenges include increasing caregiver stress, financial insecurity, and the need for accessible mental health resources.
  - Opportunities exist to strengthen community support networks, enhance financial literacy education, and provide research-based programming to improve family well-being.

These insights will guide targeted outreach and educational efforts to promote resilience and improve overall quality of life in the community.

### Completed Projects

- **Planning AHEAD**
  - A 7-session research-based program that helps participants understand how to prepare for the end of life for themselves or a loved one, and why it's important to have a plan in place
- **Powerful Tools for Caregivers**
  - A six-session class designed to provide family caregivers with the skills they need to take care of themselves. Two versions available with caregivers of adults with chronic conditions and classes for parents of children with special needs.

### Upcoming Projects

- **Planning AHEAD:** 2 new series planned for January and February
- **Powerful Tools for Caregivers:** 2 new series planned for February and March
- **WeCope:** An evidence-based program that helps adult cope with life stress. Participants develop a toolkit of self-care and coping skills centered around gratitude, self-compassion, everyday mindfulness, labeling feelings and goal setting.
- **StrongBodies:** Continued partnership with ADRC; expansion to Hmong StrongBodies at the Hmong Center to increase equity in aging-friendly fitness programs.
- **Caregiver Chats Launch (February):** Co-developed series providing monthly, low-barrier education and conversation for unpaid caregivers.
- **Tech Talks for Older Adults:** Workshops focused on digital literacy, fraud prevention, online safety, and staying connected.
- **Bilingual workshops for Hispanic families and youth:** Supporting healthy family communication, resilience, and school engagement.

### As a result of Truong's facilitation in 2025:

The number of residents who increased confidence and readiness to discuss and complete end-of-life planning	92
The number of caregivers who strengthened their stress-management, communication, and self-care skills	42
The number of Hmong elders who will begin conversations with family about their health and financial wishes	10