

September 20, 2022

**Are You an Unpaid Caregiver?
We Can Teach You Practical Skills to Help
You Cope.**

Caregiving roles range from provision of assistance for personal care, access to meals and food, transportation to appointments, shopping, and social events, financial management and support, medical care, and many other home maintenance and activities of daily living.

Home Hospice North Lanark (HHNL) knows how hard it can be, and that caregiver burnout is a very real thing. As a response to the needs of unpaid caregivers in this area, HHNL is offering its third Practical Caregiving Training course developed by Champlain Hospice Palliative Care in Almonte this fall.

The five FREE 2-hour information sessions will take place at the **Almonte Legion**, in the beautifully renovated upstairs hall at **100 Bridge Street every Tuesday between October 18 and November 15 from 10:00 a.m. to noon.**

Topics covered are:

October 18

Your Role as a Caregiver (Navigation, Advance Care Planning)

October 25

Lifts and Transfers (Body mechanics, lifting techniques)

November 1

Providing Personal Care (All things hygiene, grief, dignity)

November 8

End of Life Care (What to expect at the end of life)

November 15

Communication and Self Care

Registration is required, and participation numbers are limited to 15.

To register, contact Jan Watson at chair@hhnl.ca or call 613- 791-7167.

Please register by Tuesday, October 11.

Please bring your own mask and drinks.

Home Hospice North / Lanark
CHAMPLAIN HOSPICE PALLIATIVE CARE PROGRAM | PROGRAMME SOINS PALLIATIFS CHAMPLAIN

Thank you to the Almonte Legion for the use of their beautifully renovated hall! Elevator and parking available.

Are you a **non-paid** caregiver taking care of someone with a life-limiting illness? **Registration is FREE**

Practical Caregiver Training Starts October 18, 2022

Five Tuesday mornings from October 18 to November 15
Participation is limited to 15



We are grateful to the Almonte Legion for allowing us to use their beautifully renovated upstairs hall. This venue is accessible, and there is plenty of onsite parking.

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About Home Hospice North Lanark

Home Hospice North Lanark is a “hospice without walls.” Services are provided in the client’s home—wherever home may be, in the North Lanark area. We provide support, assistance with navigating the healthcare system, and advocacy for adult clients who have received a life-limiting or terminal diagnosis, and/or those who care for them. Bereavement support and public education also fall within our mandate. Our services are based on a holistic approach respecting culture, dignity and personal lifestyle preferences at no cost to the client. We are a not-for-profit registered Canadian charity incorporated since 2013, funded 100% through donations and fundraising. Visit <http://www.hhnl.ca> for information, to request support, or to make a donation.