

Practical Caregiver Training weekend sessions in April 2024

Dates:

Saturday, April 6 and Saturday, April 20

Time:

9:00 a.m. to 2:00 p.m.

Location:

Upstairs at Your Independent Grocer
455 McNeely Avenue, Carleton Place
Elevator available. Ample free parking.

Registration required:

Call 613-791-7167 or email
chair@hhnl.ca

Registration deadline:

Friday, March 29

Maximum attendance: 15

Please bring your own lunch and/or snack.

Are you an unpaid caregiver? This FREE Course is specially designed for you!

“Thank you so much...for coordinating the Caregiver’s course, which I felt very fortunate to have participated in this past month. I found it superb — very thorough and informative and delivered so very well by [the facilitators]. What a marvellous program... Thank you very much.”

The above is a note we received from a participant who took part in one of our Practical Caregiver Training sessions.

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 Practical Caregiving Training course developed by Champlain Hospice Palliative Care in Carleton Place this spring.

Topics are covered in five modules:

Saturday, April 6

Module 1 Your Role as a Caregiver (Navigation, Advance Care Planning)

Module 2 Lifts and Transfers (Body mechanics, lifting techniques)



The flyer is a vertical rectangular graphic with a blue header and footer, and a central white area with blue and yellow accents. At the top, it asks 'Are you a non-paid caregiver taking care of someone with a life-limiting illness?' and introduces the 'Practical Caregiver Training Weekend Sessions'. It lists five modules: 1. Your Role as a Caregiver (Navigation, Advance Care Planning); 2. Lifts and Transfers (Body mechanics, lifting techniques); 3. Providing Personal Care (All things hygiene, grief, dignity); 4. End of Life Care (What to expect at the end of life); 5. Communication and Self Care. The sessions are held on Saturday, April 6 (9 a.m. to 2 p.m.) and Saturday, April 20 (9 a.m. to 2 p.m.). A yellow box on the right side contains the location (Your Independent Grocer, 455 McNeely Avenue, Carleton Place), registration requirements (contact Jan Watson at chair@hhnl.ca or 613-791-7167, register by Friday, March 29, participation limited to 15), and a yellow circle stating 'Registration is FREE'. It also notes to bring your own lunch and/or snacks, is facilitated by Home Hospice North Lanark, and developed by Champlain Hospice Palliative Care Program.

Saturday, April 20

Module 3 Providing Personal Care (All things hygiene, grief, dignity)

Module 4 End of Life Care (What to expect at the end of life)

Module 5 Communication and Self Care