

## Practical Caregiver Training weekend sessions in June 2024

### Dates

Saturday, June 1 and Saturday, June 8

### Time

9:00 a.m. to 2:30 p.m.

(check-in at 8:45 a.m.)

### Location

Almonte Legion, 100 Bridge Street,  
Almonte

Elevator available. Ample free parking.

### Registration required

Call 613-791-7167 or email [chair@hhnl.ca](mailto:chair@hhnl.ca)

### Registration deadline

Friday, May 24

### Maximum attendance 15

Please bring your own lunch and/or snack. Water will be available.



The flyer is titled "Practical Caregiver Training Weekend Sessions" and is designed to attract non-paid caregivers. It features a yellow background for the main text and a blue header. The text is organized into sections: a question about being a non-paid caregiver, the title, dates and times for two sessions (June 1 and June 8), a list of five modules, location information, registration requirements, contact information for Jan Watson, a "Registration is FREE" badge, a note about bringing lunch, and logos for Home Hospice North Lanark and Champlain Hospice Palliative Care Program.

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

## Practical Caregiver Training Weekend Sessions

**SATURDAY, JUNE 1, 9 a.m. to 2:30 p.m.**  
**MODULE 1** Your Role as a Caregiver (Navigation, Advance Care Planning)  
**MODULE 2** Lifts and Transfers (Body mechanics, lifting techniques)

**SATURDAY, JUNE 8, 9 a.m. to 2:30 p.m.**  
**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

**LOCATION**  
Almonte Legion  
100 Bridge Street.  
Elevator and parking available.

**REGISTRATION REQUIRED**  
Contact Jan Watson  
at [chair@hhnl.ca](mailto:chair@hhnl.ca)  
or 613-791-7167  
Register by Friday, May 24  
Participation is limited to 15

**Registration is FREE**

Please bring your own lunch and/or snacks.

**FACILITATED BY**  
Home Hospice North Lanark

**COURSE DEVELOPED BY**  
CHAMPLAIN PROGRAMME  
HOSPICE PALLIATIVE | SOINS PALLIATIFS  
CARE PROGRAM | CHAMPLAIN

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

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... 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, home maintenance tasks, 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 a Practical Caregiving Training course developed by Champlain Hospice Palliative Care.

### Topics are covered in five modules:

#### *Saturday, June 1*

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

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

#### *Saturday, June 8*

**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