

Who Should Attend:

Private duty caregivers, family caregivers and anyone else interested in care giving.

Program Summary:

Provide a refresher training and vocational development to area caregivers.

A certificate of participation will be awarded to those who complete the entire 7-week program.

Register to: Rhiannon Black
(575) 538-6960
email: blackr1@wnmu.edu

**DEADLINE TO REGISTER:
January 20, 2014**

Care giving while you attend can be arranged.



School of Nursing



Home Health & Hospice

**Caregiver
"Refresher"
Program***



FREE 7-week Session

Location:

WNMU School of Nursing

Date: Mondays

Starting January 27, 2014

Time: 4:30—7 p.m.

Light supper served!

**DEADLINE TO REGISTER:
January 20, 2014**

*Facilitated & taught by WNMU nursing faculty community experts and/or appropriate certified professionals.

Private Duty/Family Caregivers 7-week Session Schedule*

January 27, 2014

Basic Home Care Procedures Related to Activities of Daily Living

Goals:

- Identify factors related to patient, home and caregiver personal safety.
- Review activities related to personal care
- Understand the importance of family dynamics and how to communicate with family members.

February 3, 2014

Ethics

Goals:

- Understand the basic tenets of ethical and legal considerations in homecare.
- Identify desired behaviors to improve the image of caregivers collectively.

February 10, 2014

Chronic Health Problems and Related Medications

Goals:

- Recognize basic disease patterns.
- Recognize basic changes in patient condition and when to refer to primary care provider.
- Consider the importance of the patient medication regime and potential side-effects.

February 17, 2014

Nutritional Support and Exercise

Goals:

- Understand importance of assuring proper nutritional support to the patient in preparation of meals, if applicable.
- How to facilitate an exercise regime individualized for each patient.

February 24, 2014

Alzheimer's Disease and Dementia

Goals:

- Recognize cognitive changes of patient.
- Understand safety concerns related to cognitive changes.
- Understand how to report changes to family for further referral/evaluation by Primary Care provider.
- Recognize events and stages that require additional support in the home setting.

March 3, 2014

End of Life Hospice Care and Elder Abuse

Goals:

- Understand the basic principles of end of life and Hospice care.
- Recognize signs, symptoms and events leading to elder abuse.
- Be aware of community mechanisms to report elder abuse.

March 17, 2014

Personal Business Management and Program Wrap-Up/Evaluation

Goals:

- Identify areas of concern related to personal business management.
- Identify time management issues and strategies to improve.
- Summarize the program and complete an evaluation.

Sessions are 2.5 hours long

First hour of session is instruction, followed by 30-minute break for a light supper, and the last hour is a group discussion on the session's topic.

Must attend all seven weeks to receive program certificate.

To register for program contact:
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email: blackr1@wnmu.edu

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January 20, 2014

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