

## FAMILY CAREGIVER WELLNESS- NOW AVAILABLE ONLINE

### Course Overview

Gain the confidence to safely look after your loved one with NorQuest College's Family Caregiver Wellness workshops. Learn from experienced health care instructors who will provide you with knowledge specific for a family caregiver's needs. Our online workshops and videos will give you the flexibility to learn from anywhere. Workshop topics are wide ranging and include: roles of the caregiver caring for seniors with varying levels of needs; developing health observations and healthcare decisions for your loved one; effective communication skills with health-care providers and your loved one; and pairing technologies and tools to assist in daily living.

### Courses Available

#### Mealtime and Medication Assistance

Learn safe techniques for food consistency, difficulties swallowing, prevention of choking, and understanding the basics of safe medication administration.

#### Assisting with Personal and Intimate Care

Learn safe techniques in providing personal care for oral health, bathing, dressing, and incontinence.

#### Assisting with Mobility-Safe Practices

Learn safe body mechanic techniques for assisting with movement in the home environment

#### Navigating the Health Care System

Learn about the structure of the Alberta Health Care system and techniques for communicating with health-care providers to meet the needs of care recipients and caregivers.

#### Pain Monitoring and Management for the Caregiver

Learn how to observe a person's pain level and provide supportive measures in the home environment.

### What to expect

- 2-hour course
- Registration fee- **\$15** (+GST) per workshop

#### Class lecture (1 hour)

- Covering: observation of loved one's health, resources and tools, hands on practice.

#### Simulated Experience (1 hour)

- Watch and evaluate a situational experience of providing care and decision-making skills.

#### Palliative and End-of-Life Care: Support for the Caregiver

This workshop will provide information for the caregiver to feel confident and supported while providing care to a loved one who is palliative end-of-life.

#### Supporting a Person with Dementia: Guidance for the Caregiver

Learn about dementia and strategies to use to support a loved one with this diagnosis while living at home.

#### All You Need to Know About Infection Control and Prevention

Learn about how infections are spread and the ways you can protect yourself and your loved ones, along with suggestions on how to maintain self-isolation within a home setting.

#### Effective Communication: Support for the Caregiver

Learn helpful techniques to communicate effectively that will support you in communicating with your loved one.

#### Workshop registration includes\*:

- Access to the online meeting link
- Information guide and resources
- Access to a video library for quick just in time video learning

\*An email with information will be sent two days prior to the workshop

**CONTACT US:** W: [norquest.ca/family-caregiver](http://norquest.ca/family-caregiver) | P: 1.866.534.6480 | E: [health@norquest.ca](mailto:health@norquest.ca) \*

\*Email to subscribe to our newsletter for monthly updates