

FAMILY CAREGIVER WELLNESS

Course Overview

Gain the confidence to safely look after your loved one at home with our new Family Caregiver Wellness workshops. These workshops will provide you with knowledge and expertise to transition into a new role and equip you with technologies to look after loved ones while they are living at home.

Our online videos and hands-on workshops will give you the flexibility to learn within your schedule. Workshop topics are wide ranging and include: roles of the caregiver for an independent to high-needs senior; developing health observations; effective communication skills with health-care providers; and pairing technologies and tools to assist in daily living.

Courses Available

Mealtime and Medication Assistance

- Learn safe feeding and medication administration, including techniques for food consistency, difficulties swallowing, prevention of choking, and understanding medications

Personal and Intimate Care

- Learn 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

What to expect

Each course is 2-2.5 hours and includes either morning or evening start times to accommodate your schedule.

Course registration fee is **\$35** (+GST)

Class lecture (1 hour)

- Covering tips and tricks, how to observe the health status of your loved one, resources and tools for assistance, hands on training with a partner (if applicable)

Simulated Experience (1-1.5 hours)

- Experience high potential scenarios that a caregiver may experience while looking after a loved one and go through appropriate decision making and the steps of care

Workshop registration includes:

- Information guide and resources to take home
- Access to quick videos for just in time learning

CONTACT US

norquest.ca/family-caregiver

1.866.534.6480

health@norquest.ca

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