



FAMILY CAREGIVER WELLNESS INITIATIVE

▶ ▶ ▶ Town of Vulcan Information Session

AGENDA

March 14, 2022

Location: Vulcan Senior Centre: 303-Centre Street

Information Session (10:30 a.m. to 11:30 a.m.)

About the Family Caregiver Wellness Initiative

Overview of Family Caregiver Workshops

Discussion: Addressing the Needs of the Caregiver in the Community

Questions

Workshop Registration Process

How to Register for a Workshop Online

*******LUNCH PROVIDED FOR THOSE REGISTERED TO ATTEND*******

Workshop - Mobility Safe Practices (\$15 registration) (1 p.m. to 3 p.m.)

By the end of this workshop, you will be able to:

1. Identify causes of slips, trips and falls, and strategies to prevent them
2. Assess and manage personal risk of injury
3. Explore personal safety when assisting with mobility
4. Determine actions to take when a fall occurs
5. Apply the components of proper body mechanics while demonstrating the following:
 - Performing transfers and lifts
 - Carrying out one- or two-person transfers
 - Using a transfer belt
 - Boosting or repositioning in bed
 - Repositioning in a chair/wheelchair
 - Assisting with in one-person transfer and apply transfer belt to go to commode and toilet.

Workshops Available

- 1. Mealtime and Medication Assistance**
Learn techniques for food consistency, assistance with difficulties swallowing, prevention of choking, and understanding the basics of safe medication administration
- 2. Assisting with Personal and Intimate Care**
Learn techniques in providing personal care for oral health, bathing, dressing, and incontinence.
- 3. Assisting with Mobility-Safe Practices**
Learn safe body mechanic techniques for assisting with movement in the home environment
- 4. 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.
- 5. Pain Monitoring and Management for the Caregiver**
Learn how to observe a person's pain level and provide supportive measures in the home environment.
- 6. 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.
- 7. 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.
- 8. COVID-19-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.
- 9. Effective Communication**
Learn helpful techniques to communicate effectively that will support you in communicating with your loved one and the healthcare professional.