



Family Caregiver Training

July 2017 Free Workshops



Workshop I

- Basic Infection Control & Prevention
- Stress Management
- Home Environment Safety
- Psychological & Emotional Conditions
- Dementia Specific Care
- Grief & End of Life Issues
- Activity Planning
- Transfers & Positioning
- Personal Care
- Communication Skills
- Nutrition and Food Preparation
- Fall Prevention
- Communication Techniques
- Alzheimer's & other related dementias

Workshop I

Must register in advance

New Spirit Lutheran Church

**8701 E. Old Spanish Trail
Tucson, AZ 85710**

**Wednesday July 19th-9:00am -
12:30pm**

30 minute break-lunch not provided

Workshop 2

- Basic Infection Control and Prevention
- Proper Body Mechanics
- Evacuation & Fire Safety
- Nutrition, Assistance with Eating, & Redirecting
- Transferring & Walking
- Use of a Gait Belt
- Transferring Out of Bed & Wheelchairs
- Re-positioning in Bed & In a Wheelchair
- Proper Bed Bath Techniques
- Catheter Bag Care
- Assisting, Positioning, & Disposal of Bed Pans
- Hygiene Care

Workshop 2

Must register in advance

New Spirit Lutheran Church

**8701 E. Old Spanish Trail
Tucson, AZ 85710**

**Wednesday July 19th-1:00pm -
4:30pm**

30 minute break-lunch not provided

Interested in future workshops? Please call...

**To register or receive information, please contact: Luminaria Home Care
(520) 488-7340, or Email Jason Browne at jbrowne@lss-sw.org.**

Training is available to unpaid family caregivers who are caring for someone age 60 or older, or caring for someone suffering from Alzheimer's or a related dementia of any age.

This training is made possible through a partnership with Pima Council on Aging and funded by the Department of Economic Security Division of Aging and Adult Services.

