At Home Instead Senior Care, we are committed to providing ongoing training and development opportunities for our non-medical CAREGivers. Below is a list of the classes currently available for CAREGivers and our office staff:

**The Aging Process:** This two-hour course focuses on what happens to the body during natural aging, as well as some chronic conditions facing many seniors, and how to best support clients. CAREGivers participate in hands-on activities that simulate some of the challenges of aging. Through the Recognize, Record and Report method, CAREGivers are taught critical processes to help observe and take action when they see changes in a client. It is important to note that this does not mean CAREGivers are encouraged to diagnose conditions.

**Safe Client/Safe CAREGiver:** This two-hour course teaches CAREGivers how to help maintain client and CAREGiver safety. They learn how to help prevent injuries and what to do if they occur. One activity helps participants recognize potential safety hazards in and around a client’s home.

**Building Relationships:** This two-hour course focuses on how to build trust, ask open-ended questions, connect with our client and demonstrate respect. CAREGivers work with clients to support independence and help improve quality of life; in some cases, this means they will interact with clients in very personal situations. Building and maintaining strong relationships with clients will help provide quality care built on trust and respect. Building a strong relationship with our client from the beginning will help increase the CAREGiver’s comfort level and help overcome challenges that may arise in the future.

**Alzheimer’s Disease or Other Dementias:** During this eight-hour course, CAREGivers learn the different types of dementias, the symptoms and stages of Alzheimer’s disease and the behavioral symptoms that may accompany the disease. CAREGivers are taught potential cognitive symptoms and tips to help minimize them to provide dignity in the care setting. They learn about potential behavioral symptoms that may occur during activities of daily living (ADLs) and understand how to recognize, support and proactively minimize difficult situations. While building a purposeful relationship with the client, CAREGivers learn techniques to keep the senior engaged and having fun, even during the simple tasks of daily life. CAREGivers are also taught the importance of helping the dementia client be safe, using proven methodologies to solve potential hazardous situations.
**Specialized Care and Transferring:** This six-hour course focuses on providing significant quality care for the most personal, hands-on services a CAREGiver provides a client, including bathing and incontinence care. Providing such specialized care in a caring, respectful manner is the key. Safety for the client and CAREGiver is reinforced by demonstrating proper transfer techniques in a variety of situations. Practice activities for the CAREGiver include helping with incontinence products and using a bedside commode, giving a client a bed bath, transferring a client using a gait belt, and applying compression stockings.

**Hospice – Physical and Spiritual:** This four-hour course reviews in detail the common physical symptoms of a client nearing end of life, including loss of appetite, difficulty breathing, terminal restlessness, dehydration and loss of bodily controls. This knowledge helps the CAREGiver provide quality non-medical care and comfort. The spiritual aspect of end of life is also covered and how the CAREGiver can supportively interact with the client and family members. The stages of grief are outlined for client and family and the importance of the CAREGiver being caring and respectful while remaining non-judgmental. CAREGivers learn to closely communicate with hospice staff, using our *Recognize, Record and Report* process.

**Arthritis:** This two-hour course describes the symptoms of nearly 100 types of diagnosed arthritis. The focus is on the two most common forms of arthritis, osteoarthritis which results in pain and stiffness; and rheumatoid arthritis, which results in pain and stiffness and possible joint deformity. The CAREGiver learns how to assist the client in safely performing daily activities as well as assisting with meal preparation of appropriate foods to address arthritis symptoms.

**Diabetes:** This two-hour course focuses on the symptoms of diabetes, including frequent urination, thirst, blurred vision, fatigue and irritability, and numbness in hands and/or feet. The CAREGiver learns how they can provide quality non-medical assistance to clients with diabetes by assisting with healthy meal preparation, encouraging their client to take their medication on time and regularly record their blood sugar levels. Using Home Instead’s *Recognize, Record and Report* method helps keep the client safe and in diabetic control.

**Parkinson’s Disease:** This two-hour course focuses on the signs and symptoms of Parkinson’s disease, including tremors, stiffness or rigidity and difficulty with balance. Also reviewed are symptoms including depression and cognitive challenges such as memory problems, personality changes and hallucinations. By better understanding the client’s condition and abilities, the CAREGiver can confidently assist the client with their non-medical needs.

For additional information regarding our educational courses, contact Home Instead Senior Care, 240 S. Montezuma, Suite 206, Prescott, AZ 86303. Phone 928-708-9960