
CHAMPLAIN | PROGRAMME
HOSPICE PALLIATIVE | SOINS PALLIATIFS
CARE PROGRAM | **CHAMPLAIN**

PRACTICAL

Caregiver Training

A 5-Week In-Person Workshop



The Why

Janet has cancer. She has no children and her husband, as he explained, did not know how to care for Janet's increasing support needs.

Janet is a Health Policy Consultant, and we are so happy she came to us after an unsuccessful search for practical caregiver training for her husband.

When the training was piloted, Janet's husband was the first to sign up.



The How

With the speedy support of several essential people and organizations, in just 3 months we were able to create and launch a pilot workshop that covered key Caregiving skills.

- Compassionate Ottawa
- Council on Aging
- Hillel Lodge (LTC)
- Hospice Care Ottawa
- Nigel Van Loan, ALS Canada

4 rounds of training have been run in the Champlain region.



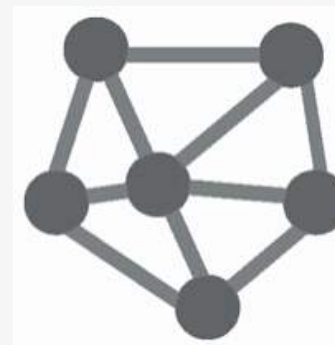
Goal 1

Increase Caregiver skills and knowledge



Goal 2

Decrease Caregiver stress



Goal 3

Increase Caregiver's network of support



Module Breakdown

Module 1

- Intro to Caregiving
- Navigation
- Advance Care Planning

Module 2

- Lifts & Transfers

Module 3

- Providing Personal Care
- Grief
- Home Hygiene

Module 4

- End of Life Care
- Medication Management

Module 5

- Communication Skills
- Self Care



Module 1

- Intro to Caregiving
- Navigation
- Advance Care Planning

Practical Caregiver Training
Caregiver Needs Map
Champlain Hospice Palliative Care Program

Name: _____

Instructions: Please complete the blue sections of this worksheet. Do not worry if you repeat yourself or if you leave a section blank. Once the blue sections are complete, try and fill in the purple sections with your ideas. When you are finished, give the worksheet to the Facilitator. The Facilitator will complete the purple sections and return this worksheet along with any additional resources to you.

Caregiver's Needs	Possible Resources
What INFORMATION do I need?	
What SUPPORTS do I need? <small>i.e. Medical / Financial / Equipment / Emotional</small>	
What PRACTICAL HELP do I need?	
What kind of BREAK/RESPITE do I need?	

Intro to Caregiving

We take this opportunity to get to know the other Caregivers, as well as introduce participants to Hospice Palliative Care.

What is the most STRESSFUL thing about Caregiving?	What is the most REWARDING thing about Caregiving?
What is one of my biggest STRENGTHS as a Caregiver?	What would I like to LEARN from this workshop?

Navigation

Building the Caregiver's network

Advance Care Planning

Explaining Healthcare Consent, Substitute Decision Maker and Advance Care Planning Process



Module 2

Lifts & Transfers

Practical Caregiver Training: Lifts & Transfers
Champlain Hospice Palliative Care Program

Lifting & Transferring Your Loved One

For All Movements

- ✓ Face your Loved One
- ✓ Tell your Loved One what you will be doing
- ✓ Engage your Core Muscles
- ✓ Stand with a Wide Base of Support (Power Stance)

To Roll a Loved One in Bed

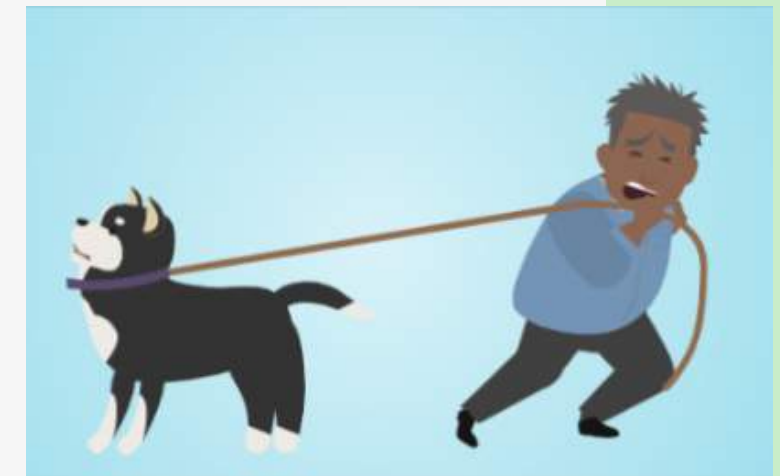
1	Stand strong on the side of the bed you want to roll your Loved One toward	
2	Have your Loved One bend his legs/Bend your Loved One's legs	
3	Use your left hand to grab on to your Loved One's further away forearm. Have your Loved One grab on to your left forearm. Place your right hand on your Love One's hip	
4	Say: On the count of 3, I'm going to roll you towards me	
5	Slowly count, and on the number 3, gently pull your Loved One towards you (you can place a pillow behind them to keep them propped up).	

Help a Loved One Sit Up in Bed (from a rolled to the side position)

6	Place one hand between your Loved One's shoulders	
7	Place one hand on your Loved One's thigh	
8	Say: On the count of 3, you are going to push on your elbow and sit up	
9	Use your hands to support your Love one as they lift from the bed	
10	Use your hand to assist your Loved One to slide their feet off the bed (stand right in front of your Loved One in a power pose, so they feel safe and cannot fall forward off the bed).	

Transfer a Loved One from the Bed to the Chair/Commode (from sitting position)

11	Place Chair/Commode next to bed with brakes locked	
12	Stand facing your Loved One, with one foot between your Loved One's feet and the other foot furthest from the chair/commode	
13	Have your Loved One wrap their arms around your waist (not neck)	
14	Wrap your arms around your Loved One's waist (grab belt if present)	
15	Say: On the count of 3, we are going to stand and pivot to the chair. Then, gently rock back and forth to the count of three; on the third rock, gently lift your Loved One	
16	Pivot your feet (not just your waist) and help your Loved One to stand in front of the chair/commode	
17	Ask your Loved One to feel for the armrests and sit down	



Module 3

Providing Personal Care

Bathing, bowel care, mouth care and skin integrity tips and tricks

Grief

With progressive losses come a wide variety of emotions.

Home Hygiene

What does clean mean?
How do we manage pets and visitors? How well do we wash our hands?



Module 4



Care for the Caregiver at Time of Death

It is normal for you to have many different or competing emotions at this time. Common feelings may include: sadness, happiness, anger, resentment, guilt, and/or relief

Exercise:
Think about what **you may need or want** at this time.

End of Life Care

Appetite, Confusion, Delirium,
Total Pain, Breathing & Death

Medication Management

Building confidence in managing multiple medications along with gaining knowledge of different palliative care medications.



Module 5

Communication

Compassionate Communication

Speaking

- 1. Observation:** When I (see, hear, etc.)...
- 2. Feeling:** I feel...
- 3. Need:** because I need/value...
- 4. Request:** Would you be willing to...?

Discussing difficult topics with our Family/Friend

What topics are difficult to discuss?

Why do you think these topics are so difficult to discuss?

What have you found helpful when you've had these difficult discussions in the past?



Self Care



How do I know if I'm not okay?



Self Care for Every Situation



Self Compassion

Statistics

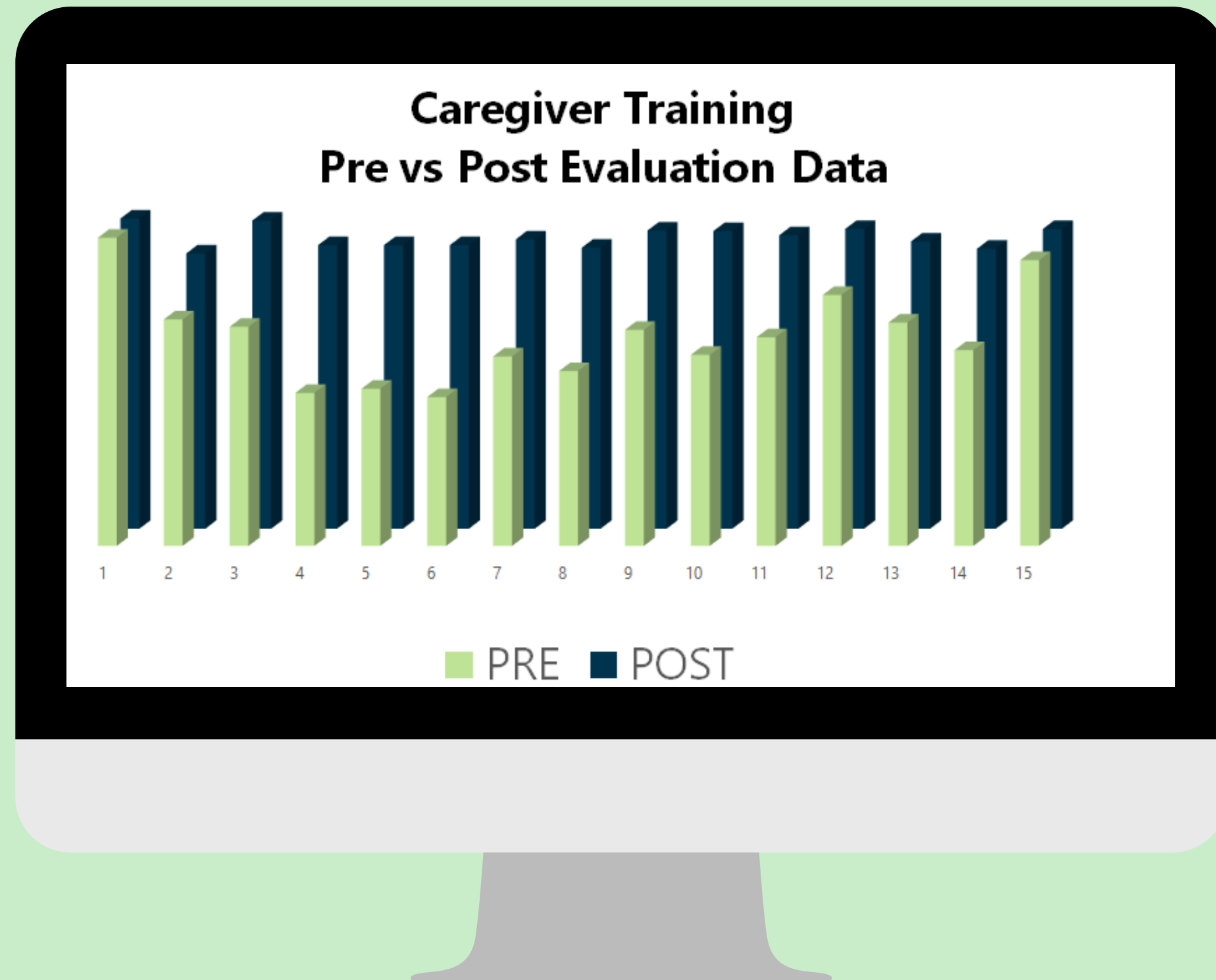
Caregivers Reached: 38

Female Caregivers: 25

Male Caregivers: 13

Average Age of Carer: 55-64

Average Age of Friend/Family: 65-74



Caregiver Feedback



“Thank you so much for the very useful information and practical training we received...all the information was extremely useful and very helpful to me and others as full time caregivers. I wish I had all this information at my disposal for the last 2 years, but as they say ‘never too late’. It was pleasant to attend the sessions even though the subject matter is difficult to face.”



“I appreciate the range of voices speaking with us, and that we are here in person. On-line sucks.”



“Just wanted to thank you again for the course. I could not have taken care of [my husband] without it. The course made it possible for him to stay home; he passed away peacefully in bed during a nap.”



Future Roadmap

Step 1

Facilitator Guide &
Speakers Notes

1

Step 2

French Translation &
French Workshop Delivery

2

Step 3

Collaboration with
Pallium Canada in creation
of a free e-course

3

Step 4

Train the Trainer &
Organization Support

4





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