

Practical Caregiver Training Course Schedule

This is the schedule we have found works best over a 5 week-period.

The modules are independent of each other and can be rearranged to work with each organization's objectives and needs.

Week 1

- Introduction to caregiving
- Navigating the healthcare system
- Advance Care Planning

Week 2

- Lifts and transfers

Week 3

- Providing practical care
- Identifying grief
- Home hygiene

Week 4

- What to expect at end of life
- Medication management

Week 5

- Communication
- Self care and self compassion