PRACTICAL Caregiver Training

DOES YOUR ORGANIZATION WANT TO RUN THE PROGRAM?
HERE IS THE INFORMATION YOU NEED TO HELP YOU PLAN
contact: bsabourin@champlainpalliative.ca to get started!

The Heart of Hastings HOSPICE

CHAMPLAIN HOSPICE PALLIATIVE CARE PROGRAM | PROGRAMME SOINS PALLIATIFS CHAMPLAIN

Program Proposal



WHY DID WE DEVELOP THIS TRAINING?

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

Janet was a Health Policy Consultant, and she came to us to develop a program that would help her husband and the millions of other unpaid informal Caregivers increase their practical caregiving skills and decrease their stress in providing this essential care. So that is what we did.

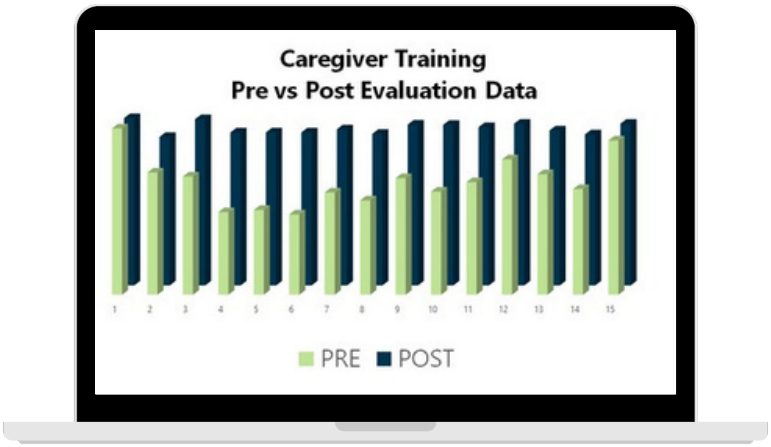
When the training was piloted, Janet's husband was the first to register.

ONE PARTICIPANT SAID...

“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.”

AND ANOTHER ONE SAID...

“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..."



DATA SHOWS...

An increase in self-reported confidence levels over all 12 modules of the program.

Participant evaluation data has been used to refine content over 9 years.

OVERVIEW OF THE PROGRAM

We are committed to helping as many Caregivers as possible to receive this training and will help your organization with training,materials andimplementation.

All material is completely free and made available to organizations to use in their regions, as long as the training is provided free of charge.

Practical Caregiver Training covers 6 modules. The modules are independent of each other and can be rearranged to work with each organization's objectives and needs; however we have found that a 6-week (2 hours per week) format has worked best for the Caregivers we have trained. We recommend between 10-12 Caregivers in each cohort.

This is the order we have found works best over a 6-week period:

1. **Navigating the Healthcare System**
2. **Advance Care Planning & Wills**
3. **Transfers & Mobility & Providing Personal Care**
4. **What to Expect at the End of Life Medication Management**
5. **Memorial Services & Grief**
6. **Communication & Self Care and Self Compassion**

WHAT WE PROVIDE

Weare happy to provide all electronic materials to you for free, including:

- All PowerPoint Slides with Speakers Notes
- A Facilitator Guide with explanations of all activities
- A Participant Guidebook which acts as a workbook for participants
- Evaluation Templates

This training was originally designed to be in-person. However, we have adapted the material to a virtual format. Whether you decide to run an in-person program or a virtual program, we can provide more detailed lists of required materials (for example, a secure video conferencing platform).

HUMAN RESOURCES

Practical Caregiver Training is unique in that Caregivers have access to live instructors, and can ask their questions in real-time.

Required instructors include:

- A **Program Facilitator**
  - Qualifications: An ideal facilitator is someone who is comfortable facilitating groups, discussing issues related to serious illness, dying, death and grieving and has knowledge of palliative care and community supports and services.
  - Connecting with registrants before, during and after the training
  - Following up on any questions
  - Teaching Modules 1 to 6
  - Supporting any Guest Speakers
  - You may choose to divide this role between 2 persons: One of the people can care for all the administration and the other person can care for facilitation. However, we have found it effective to designate just one person so the participants build a strong connection.

- A **Physiotherapist or Occupational Therapist (Optional Guest Speaker)**
  - Qualifications: Experience working in home care
  - Guest Speaker for the first half of Module 3

- A **Palliative Nurse (Recommended Guest Speaker)**
  - Qualifications: experience working in a palliative environment
  - Guest Speaker for the second half of Module 3, and the full Module 4

COSTS ARE ADAPTABLE

Whether you choose to run a virtual or live training, **the costs can be adjusted based on the resources your organization already has access to.** For example, if you have access to a virtual platform, then those line items would be set to 0.00$.

Costs can be further adjusted by what physical resources you provide to the participants (for example, if you provide a printed Participant Guide or not; or if you privide refreshments for in-person training).

The program is very flexible, and adaptable to what you can offer. We are happy to help you find ways to adjust costs, so you can run this valuable training.

BUDGET FOR VIRTUAL TRAINING

The following budget is an example only, and assumes you have no internal resources.

Virtual Platform

- Virtual Platform Account for 2 Months
  - Zoom Platform = $50 for 2 month committment

Human Resources

- A Program Facilitator
  - Including Program Coordination before, during and after session
  - Including facilitation of Modules 1 to 6 of the Training
  - Average of $40 per Hour, Average of 30 hours of work = $1200
- A Physiotherapist/Occupational Therapist (Optional)
  - Including Guest Speaker for the first half of Module 3
  - Average of $100 per Hour, Average of 1 hour of work = $100
- A Palliative Nurse (Recommended)
  - Including Guest Speaker for either the entire Module 3, or, if you have secured a PT/OT, then the second half of Module 3, and the entire Module 4
    Average of 100$ per hour, Average of 4 hours of work = 400$

Materials

- Printing of Participant Guidebook
  - Average of 12 Guidebooks = 240$
- Postage
  - Average of 12 packages = 120$
- Miscellenous
  Just in case = 40$

Total Costs with No Internal Resources: 2000$

Average of Most Organizations to Run the Program: **1000$**