

Kupuna Education Center

Learning and Caring As We All Age...

FAMILY CAREGIVER TRAINING SERIES

January- April 2009

Kapi'olani Community College (KCC) is offering 2 series of workshops designed specifically for family caregivers interested in learning skills for the care of their elderly parents, spouse or relative. The workshops are planned by the KCC Kupuna Education Center and are taught by experienced health and elder care educators. *Pre-registration is required and class sizes are limited.*

Series I: Family Caregiver Skills: Personal Care and Transfer Techniques

This is a skills-based series condensed into three 2-hour workshops. Participants will learn how to assist with bathing, incontinent care, dressing, oral care, range of motion exercises and proper transfer techniques from the bed, chair and wheelchair. The skills learned in the 3 workshops are based on established techniques for safety, preserving dignity and the prevention of injury to both the elder and caregiver. Tips on how to take care of you, the caregiver, are also included in each session. The workshops utilize the KCC Nursing Lab facilities and emphasis is placed on direct hands-on skills. Participants are encouraged to practice. Class size is limited.

Instructors: Manu Maunupau, LPN is currently the Head Health Manager with Honolulu Gerontology Program's Senior Case Management and has many years of experience as a hospital nurse. Ann Low PT, MCSP is an instructor in the KCC PT Assistant program.

Course No.: 091HSFCG1 **Course Fee:** \$15

Sec	Days	Dates	Time	Room
A	S	Jan. 10, 17, 24	9:00 am-11:00 am	Kopiko 241-242
B	S	Feb. 28, Mar. 7, 14	9:00 am-11:00 am	Kopiko 241-242
C	R	April 16, 23, 30	6:00 pm-8:00 pm	Kopiko 241-242

Series II: The Basics of Family Caregiving

Family caregivers of an elder are provided an overview of caregiving during a series of six 2-hour workshops. Participants will learn what is involved in caring for a family elder, the skills that are needed for caregiving, and decision making about providing care to an elder at home. The workshops will include the following topics: Assisting with activities of daily living such as dressing, bathing, eating, etc., normal aging and common chronic health conditions, Managing medications, nutrition and diet, Community services, Legal and financial considerations, Memory exercises to keep the aging mind sharp, Tips on caring for an elder with Alzheimer's or other dementias, and How to care for you, the caregiver. The skills learned in the 6 workshops are based on established techniques for safety, preserving dignity and the prevention of injury to both the elder and caregiver.

Instructor: KCC Instructor

Course No.: 091HSFCG2 **Course Fee:** \$30

Sec	Days	Dates	Time	Room
A	W	Jan. 28, Feb. 4 11, 18, 25, Mar. 4	6:00 pm-8:00 pm	Kopiko 127-128

Elder Stay@Home, Home Care Worker Training

Level I: Elder Pal

Students who successfully complete the 25 hour Elder Pal level of training achieve a level of competency appropriate for providing care to individuals in need of supervision and minimal assistance with activities of daily living. Elder Pal graduates are trained to provide age appropriate companionship, safety and support in the home or assisted living setting. Students receive classroom instruction and skills demonstration and practice. To receive a KCC certificate, students must have a cumulative score of 80% or above on all assigned work and exams. In addition, students must also give a successful return demonstration of required skills. Prerequisites: 18 years or older, TB Test, successful application. To apply call 734-9108. Course Fee includes Student Workbook and loaned textbook.

Instructors: Penelope Hill, RN is a nurse practitioner and instructor in the KCC nursing program with previous experience in home care nursing and caregiving. Toni Hathaway, LSW is a social worker and education coordinator for the KCC Kupuna Education Center with experience in caregiving, caregiver support programs, and case management for elders.

Course No.: 091HSHCW1 **Course Fee:** \$90

Sec	Days	Dates	Time	Room
A	Th, F	Feb. 5, 6, 12, 13	5:00 pm-9:30 pm	Kopiko 240
	S	Feb. 7, 14	8:00 am-5:00pm	

Level II: Personal Care Assistant

Students who successfully complete the 25 hour Personal Care Assistant level of training achieve a level of competency appropriate for providing “hands-on” care for individuals who need minimal to moderate assistance with activities of daily living. The Personal Care Assistant training builds on the Elder Pal training by providing additional information on subject matter, skills instruction and return demonstration. Prerequisite: Successful completion of Level I Elder Pal.

Course Fee includes Student Workbook and loaned textbook.

Instructors: Penelope Hill, RN is a nurse practitioner and instructor in the KCC nursing program with previous experience in home care nursing and caregiving. Toni Hathaway, LSW is a social worker and education coordinator for the KCC Kupuna Education Center with experience in caregiving, caregiver support programs, and case management for elders.

Course No.: 091HSHCW2 **Course Fee:** \$90

Sec	Days	Dates	Time	Room
A	Th, F	Mar. 12, 13, 19, 20	5:00 pm-9:30 pm	Kopiko 240
	S	Mar. 14, 21	8:00 am-5:00pm	

To Register Call: 734-9211

For More Information on Kupuna Education Center Programs:

Check Out Our Website: www.kupunaeducation.com

or

Call 734-9108:

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