

Kupuna Education Center

Learning and Caring As We All Age...

FAMILY CAREGIVER TRAINING SERIES

September - December 2008

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.: 083HSFCG1 **Course Fee:** \$15

Sec	Days	Dates	Time	Room
A	S	Sept. 13, 20, 27	9:00 AM-11:00 am	Kopiko 241-242
B	Tues	Oct. 14, 21, 28	6:00 PM-8:00 pm	Kopiko 241-242
C	S	Nov. 15, 22, Dec 6	9:00 AM-11:00 am	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: Emelyn Kim, MS has a master's degree in Gerontological Counseling and is a National Certified Counselor. She has her own company called Elder Care Counseling and Education and is experienced in case management and elder care education.

Course No.: 083HSFCG2 **Course Fee:** \$30

Sec	Days	Dates	Time	Room
A	W	Oct. 1, 8, 15, 22, 29, Nov. 5	6:00 PM-8:00 pm	Kopiko 127-128