

Kupuna Education Center

Learning and Caring As We All Age...

FAMILY CAREGIVER TRAINING SERIES

May--June 2009

Kapi'olani Community College (KCC) offers several series of workshops designed specifically for family caregivers interested in learning skills for the care of their elderly parents, spouse or relative. These workshops are planned by the KCC Kupuna Education Center and are taught by experienced health and elder care educators. This summer one of the series is being offered with more being planned for the Fall Semester.

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. Ms. Kim 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.: 092HSFCG2 **Course Fee:** \$30

Sec	Days	Dates	Time	Room
A	S	May 9, 16, 23, 30, Jun 6, 13	9:00 am- 11:00 am	Kopiko 128

Helping Older Adults Fight Depression: Strategies for Caregivers

This course examines the nature of human depression, how and why it occurs in older adults, and what caregivers can do to help older adults. The course covers treatment and intervention strategies, community resources in Hawaii, and ways to avoid depression as well as recover from it. Aging and cultural issues affecting depression and caregiving issues are also discussed. Teaching/learning modalities include demonstration and practice, group exercises, audio-visual presentations, and lecture.

Instructor: Douglas Kreider, MA, MPH. Mr. Kreider has been working in Hawaii in programs related to older adult services for over 20 years, most recently with a UH-based program on older adult mental health. He holds Master's degrees in Clinical Psychology and Public Health Education.

Course No.: 092HSFCG3 **Course Fee:** \$15

Sec	Days	Dates	Time	Room
A	W	June 24, July 1, 8	6:00 pm- 8:00 pm	Kopiko 128

Online Gerontology Course Aging & Older Adults: A Brief Introduction & Practical Approach

This brief, continuing education introduction to aging and the older adults is focused on these three course goals:

- Discover characteristics of our diverse population of older adults.
- Understand the differences between normal aging and abnormal aging
- Learn some practical tips to support older adults and to promote their health and safety.

The course covers 6 modules over 7 weeks. A Certificate of Professional Development is presented to those who pass the tests for all modules.

Topics include the Aging Population, Ageism, Characteristics of older adults, Distinction between normal physical and psychological aging and disease processes, Death and Dying, and an Overview of major policies and programs affecting the older adult and their caregivers.

There are no prerequisites to take the course.

This course is intended for those who work with the elderly in all settings and for those who wish to gain a better understanding.

INSTRUCTOR: Mara Kent-Skruch, Ph.D. has decades of experiences in teaching gerontology, nursing and sociology.

DATES: MAY 26, 2009 – JULY 10, 2009

COURSE FEE: \$115

COURSE NO.: 092HSG100

Register by May 21, 2009

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.: 092HSHCW1 **Course Fee:** \$90

Sec	Days	Dates	Time	Room
A	M, W	April 20, 22, 27, 29	5:00 pm-9:30 pm	Kopiko 240
	S	April 25, May 2	8:00 am-5:00pm	
B	M, Th	May 11, 14, 18, 21	5:00 pm-9:30 pm	Kopiko 240
	S	May 16, 23	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.: 092HSHCW2 **Course Fee:** \$90

Sec	Days	Dates	Time	Room
A	M, W	June 1, 3, 8, 10	5:00 pm-9:30 pm	Kopiko 240
	S	June 6, 13	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:

Toni Hathaway, LSW

Education Coordinator
Kapi'olani CC
Email: hathaway@hawaii.edu

Check Out Other Programs of Interest:

- **Computer Technology**
 - Senior Computer Program
- **Culture and Arts**
 - Dance, Music, and Art
- **Culinary Arts**
 - Healthy Eating Classes
- **Legal Education**
 - Wills, Power of Attorney, Advanced Health Care Directives, etc.
- **New Media Arts**
 - 'Ohana Chronicles: Documenting History (Family History on DVD)
- **Safety**
 - Awareness for Prevention: Avoid Becoming a Victim
- **Wellness of Body and Mind**
 - Ecstatic Dance: The Joy of Letting Go
 - Beginning Iyengar Yoga
 - Universal Tai Chi
 - And Many More!

Kupuna Connections

KCC's TV Series for Hawaii's Seniors & Their Families
Hosted by Cullen Hayashida & David Nakamaejo

Channel 55 – Community Access TV
Broadcast On O'ahu, Kaua'I and Hawai'i

May 18 – August 14, 2009

Monday – Friday 4:00-4:30pm

Call 734-9108 to suggest topics you would like to see.

Topics may include:

- Exercise Do's and Don'ts
- Managing Your Medications
- Home Modifications to Age-in-Place
- Affordable Home Repair Loan Program
- Managing Arthritis Pain
- Self Management of Respiratory Problems
- And many more...

10 Caregiver Tips to Ease Stress

1. Plan Ahead
2. Take One Day At A time

3. Accept Help
4. Get Enough Rest and Eat Properly
5. Learn About Available Resources
6. Make YOUR Health a Priority
7. Make Time For Leisure
8. Be Good To Yourself
9. Develop Contingency Plans
10. Share Your Feelings With Others

Source: Central Oahu Caregiver Support Group – 2-2008