

DESCRIPTION

ARE YOU A FAMILY CAREGIVER?
PLEASE JOIN US FOR A
FREE SIX-HOUR TRAINING
TO HELP YOU CARE FOR YOUR
LOVED ONE AT HOME.



STAYING CONNECTED

In-Home Care Training for Caregivers-of-fered as two morning sessions (total of 6-hours). Class is free, and is open to anyone in Berkshire County who provides care to populations that are 60 and over.

Classes include valuable information on day-to-day care such as patient safety and other hands-on practices such as transferring skills, incontinence care and toileting, bathing, hygiene, grooming and dressing, dental care, feeding and nutrition, dealing with behavioral issues along with caregiver self-care.

Time is allowed for interaction with other caregivers, and sharing of information in a confidential setting.

SCHEDULE

Tuesday, June 14, 2016:

8:30 – 9:00 a.m.
Arrival / Registration / Light Refreshments

9:00 – 11:00 a.m.
Activities of Daily Life

11:15 – 12:15 p.m.
Moving & Fall Prevention, Part 1

12:15 - 12:30 p.m.
Questions / Evaluation

Tuesday, June 21, 2016

8:30 – 9:00 a.m.
Arrival / Registration / Light Refreshments

9:00 – 10:30 a.m.
Moving & Fall Prevention, Part 2

10:45 – 12:15 p.m.
Brushing Up on Oral Health

12:15 - 12:30 p.m.
Questions / Evaluation

LOCATION

Tuesday, June 14, 2016

Home Instead Senior Care
66 Wendell Avenue
Pittsfield, MA 01201

Tuesday, June 21, 2016

Home Instead Senior Care
66 Wendell Avenue
Pittsfield, MA 01201



ORAL HEALTH

**TO REGISTER FOR TRAINING
IN YOUR LOCATION, CALL
BERKSHIRE AHEC @ (413) 447-2417**



THIS CAREGIVER TRAINING IS FUNDED IN PART BY A GRANT FROM
ELDER SERVICES OF BERKSHIRE COUNTY, INC. AND
THE MA EXECUTIVE OFFICE OF ELDER AFFAIRS.

SPECIAL THANKS

Berkshire AHEC, Inc. would like to thank the following agencies for their support in assisting us in providing the In-Home Care Training for Caregivers:

Elder Services of Berkshire County

Home Instead Senior Care

Berkshire Community College

• Michele E Darroch, PT, MEd, DPT

PTA Program Director

• Jennifer Wilczak, RN, MSN

Professor of Nursing

• Suzette Naylor, BA, RDH

Director of Education, Berkshire AHEC



LIFTING & TRANSFERRING



EMOTIONAL CHALLENGES

BERKSHIRE AHEC, INC.
703 W. HOUSATONIC STREET, SUITE 208
PITTSFIELD, MA 01201

IN-HOME CARE TRAINING FOR CAREGIVERS



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