

CHAMPLAIN HOSPICE PALLIATIVE CARE PROGRAM  
TAKING CARE OF SOMEONE WITH A LIFE LIMITING ILLNESS?



# PRACTICAL CAREGIVER TRAINING

Limited  
to 12  
Participants

A 5-WEEK VIRTUAL WORKSHOP  
PRACTICAL TRAINING TO MAKE THE  
CAREGIVING EXPERIENCE SAFER & LESS STRESSFUL  
FOR YOU AND THE ONES YOU CARE FOR

Audience: Unpaid Caregivers of loved ones with a life-limiting illness.

Dates: Mondays, February 13 - March 13, 2023

Time: 10:00 - 12:00 a.m.

Location: Virtually delivered over zoom

FREE

- Week 1: Your Role as a Caregiver (Navigation, Advance Care Planning)
- Week 2: Lifts & Transfers (Body Mechanics, Lifting Techniques)
- Week 3: Providing Personal Care (All things hygiene, Grief, Dignity etc.)
- Week 4: End of Life Care (What to expect at the end of life)
- Week 5: Communication & Self Care

Complete this application, if you would like to attend:

<https://www.surveymonkey.com/r/Caregiver2023>

We thank all that apply. Due to limited space we cannot accept all applicants for January. You will be placed on a waitlist for the next group.