

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



PRACTICAL CAREGIVER TRAINING

Limited
to 12
Participants

A 5-WEEK IN-PERSON 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: Thursdays, Oct. 19 - Nov. 16, 2023
Time: 6:00 pm - 8:00 pm
Location: Virtual on 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.