

LEARN TO CARE FOR A LOVED ONE AT HOME!



HOME CARE GIVER

Caring for a relative or friend may be something you never expected to have to do, but family and volunteer caregivers provide 85 percent of all home care. While a rewarding experience and labor of love, caregiving is also physically and emotionally demanding.

HCC Southeast College's At-Home Caregiver Continuing Education course provides information, training and strategies for home care providers—family, friends or volunteers caring for loved ones in the home and community.

Topics include

- Personal Care strategies(bathing, dressing,transfers)
- Understanding and dealing with dementia
- Accessing community resources
- Communication with medical professionals

This course is given in partnership with the Alzheimer's Association of Houston/ Southeast Texas Chapter and the Harris County Area Agency on Aging. Upon completion of the course student will receive a lapel pin, a Gait belt and a shoulder bag.

Classes Available:

- August 18th
- September 24 & 25th
- October 27th
- December 10 & 11th

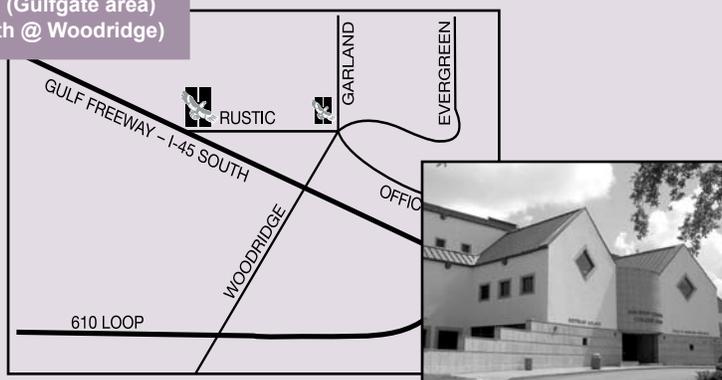
Meeting times:

- 8:30 - 4:30 P.M. (all day class)
- 5:30 - 9:30 P.M.(Two evenings)
- 8 Hours (Taught in one (1) Saturday or two (2) evenings) No Prerequisites
- Cost: \$48.00

HCC Southeast, Bldg. T-9,
6815 Rustic Lane
Bldg. T-9 (Gulfgate area)
(1-45 south @ Woodridge)



**Houston
Community
College
Southeast**



HCCS seeks to provide equal educational opportunities without regard to race, color, religion, national origin, sex, age, or disability.

Register at www.hccs.edu - click on "Southeast" or call - 713-718-7580

AT HOME CARE GIVER

Agenda

Orientation	8:30 – 8:45	Introduction to the course Review of course goals and expectations Getting to know each other
Communication	8:45 – 9:45	Learn the importance of good communication in care giving Practice communication techniques through role play
Break	9:45 –10:00	
Dementia	10:00-11:30	Learn about dementia, history and background Understand different reasons for dementia Learn what is Alzheimer’s disease Strategies in caring for someone with dementia Discussion of support services available Discussion of students personal needs of the person in their care
Lunch	11:30-12Noon	
Personal Care	12 – 2:45	Privacy issues in Care-giving Use of proper body mechanics(gait belts) Learn how to protect skin from breakdown Practice proper body positions and transferring Overview of personal care skills (Skills depend on caregiving needs of students)

Personal Care 12 – 2:45

Privacy issues in Care-giving
Use of proper body mechanics(gait belts)
Learn how to protect skin from breakdown
Practice proper body positions and transferring
Overview of personal care skills
(Skills depend on caregiving needs of students)

Break 2:45–3

**Caregiver's Survival
Community Resources** 3-4:00

Identify stresses of care-giving/strategies for coping
Resources for the caregiver
Discussion of community resources depending on care-giving
needs of students

Conclusion 4-4:30

Award Pins and Course evaluations