

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 O'ahu Caregiver Support Group - 2.2008



Kupuna Education Center
Learning and Caring As We All Age

KCC FAMILY CAREGIVER TRAINING SERIES



To Register: 808.734.9211

Website: kupunaeducation.com

For more information:
Toni Hathaway, LSW
Education Coordinator
Kupuna Education Center
Learning and Caring As We All Age...
Kapi'olani Community College
Ph: 734-9108
Email: hathaway@hawaii.edu

SEPTEMBER—DECEMBER 2008



UNIVERSITY of HAWAII®
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COMMUNITY COLLEGE

**KAPI'OLANI COMMUNITY
COLLEGE**

FAMILY CAREGIVER TRAINING SERIES

Kapi'olani Community College (KCC) is offering 2 series of workshops designed specifically for family caregivers interested in learning skills for the care of their elderly parents, spouse or relative. The workshops are taught at KCC by experienced health and elder care educators. *Pre-registration is required and class sizes are limited.*

Series I: Family Caregiver Skills: Personal Care and Transfer Techniques

This is a skills-based series condensed into three 2-hour workshops. Participants will learn how to assist with bathing, incontinent care, dressing, oral care, range of motion exercises and proper transfer techniques from the bed, chair, and wheelchair. The skills learned in the 3 workshops are based on established techniques for safety, preserving dignity and the prevention of injury to both the elder and caregiver. Tips on how to take care of you, the caregiver, are also included in each session. The workshops utilize the KCC Nursing Lab facilities and emphasis is placed on direct hands-on skills. Participants are encouraged to practice. Class size is limited.

Instructors: Manu Maunupau, LPN is currently the Head Health Manager with Honolulu Gerontology Program's Senior Case Management and has many years of experience as a hospital nurse. Ann Low PT, MCSP is an instructor in the KCC PT Assistant program.

Course No: 083HSFCG1

Course Fee: \$15

Sec	Days	Dates	Time	KCC Room
A	S	Sept. 13, 20, 27	9:00-11:00am	Kōpiko 241-242
B	Tues	Oct. 14, 21, 28	6:00-8:00pm	Kōpiko 241-242
C	S	Nov. 15, 22, Dec. 6	9:00-11:00am	Kōpiko 241-242

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 at home and the skills that are needed for caregiving and decision making. 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 has a master's degree in Gerontological Counseling and is a National Certified Counselor. She has a company called Elder Care Counseling and Education and is experienced in case management and elder care education.

Course No.: 083HSFCG2

Course Fee: \$30

Sec	Days	Date	Time	KCC Room
A	W	Oct. 1, 8, 15, 22, 29, Nov. 5	6:00-8:00pm	Kōpiko 127-128

Please mail this form to:

Continuing Education Registration Office • Kapi'olani Community College—'Ilima Bldg. • 4303 Diamond Head Road • Honolulu, HI 96816

Name _____ Phone No. _____

Address _____ Email _____

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Course No.	Section	Start Date	Course Title	Fee