

## CAREGIVER ACADEMY

Equipping Confident Caregivers in the Piedmont

Caregiving is a challenging role that is draining and often underappreciated. Most caregivers have to dive in with no training and little support.

Caregiver Academy provides practical education and support one class at a time, so you can be a confident, courageous and competent caregiver for your loved one.

Classes are taught by community experts, are open to those who provide care to their family members and are FREE of charge.



### 2019 CLASS SCHEDULE

#### JAN 23 | Coping after the Holidays

Dealing with family reactions and tools for sharing goals of care among family members, including effective communication techniques such as "I statements" instead of "you statements," how to hold a family meeting, and how to distribute care activities among family and friends.

#### FEB 27 | Taking Back \*Some\* of Your Life

Techniques for caregivers to set their intentions, understand that it's not selfish to take care of themselves, and create working plans for accomplishing personal goals. Ensuring adequate self-care is proven to benefit caregivers and the care receivers.

#### MAR 27 | Companion, Respite, Home Care, Home Health or Vigilant Care Services?

The different in-home care support options and how to decide what you need, when you need it, what are the costs and where to get it.

#### APR 24 | Advance Care Planning

Understand the legal documents that are needed when someone is alive but can no longer make their own health care decisions. These advance directives include health care power of attorney, living will, DNR, MOST, Got Plans, Five Wishes and The Conversation Project.

#### MAY 22 | Guilt, Depression and Burnout

Learn techniques for managing the difficult emotions that go hand-in-hand with caregiving, practicing healthy emotional regulation and dealing with the impact of compassion fatigue.

#### JUN 26 | Creative and Holistic Alternatives

Tap into alternative outlets for stimulation and engagement that avoid social isolation. Understand the efficacy of therapeutic treatments such as Healing Touch, reiki, breathing, integrative medicine, meditation and prayer to supplement the doctor's orders and medications.

#### JUL 24 | Dealing with Difficult Behaviors

When the care receiver is unlovable—uncooperative, aggressive or ungrateful—learn how to respond with calmness and redirect the behaviors.

#### AUG 28 | When It's Time to Consider Long-term Care Placement

Determine how to weigh the pros and cons of the different types of long-term care, options to pay for it and convincing everyone to agree to it. Learn about setting up property deeds and trusts to protect family assets.

#### SEP 25 | The Sad, the Bad and the Ugly

Managing personal care issues of nutrition and mealtimes, personal hygiene, incontinence, constipation, falls and injuries, and becoming wheelchair or bed-bound.

#### OCT 23 | The Holidays Are Here!

Techniques for managing caregiving in the face of family and visitor opinions and questions through intentional emotional regulation, recognition of trigger points and release of defensiveness.

#### NOV 20 | Medication Management

Learn how to work with your doctor to manage agitation, aggression, depression and anxiety with appropriate medications.

#### DEC 18 | 'Tis the Season to Be ...

How to face the grief and losses of caregiving in the midst of the holidays with a "turnaround technique" for renewal of joy and purpose into the New Year. Includes a holiday party to celebrate the journey of the past year together in Caregiver Academy.

#### CLASSES ARE HELD AT:

Wake Forest Baptist Health  
Davie Medical Center  
Plaza 1, 4th floor classroom  
329 NC Hwy. 801 N  
Bermuda Run, NC 27006

CLASS TIME: 1 to 2:30 pm

#### REGISTRATION IS REQUESTED:

WakeHealth.edu/BestHealth  
336-713-BEST (2378)  
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