

**Family Caregiver Training Series**

**June-July 2011**

**Series II: What Family Caregivers Want & Need to Know**

- Receive Helpful Info, Resources and Tips
- Learn How to Navigate the Local Aging Network
- Exchange Ideas with Other Caregivers Like You
- Gain Confidence
- Reduce Stress

During six 2-hour workshops, participants learn practical and helpful ways to care for an elder and how to make decisions about providing care to an elder at home. Topics include: normal aging and common chronic health conditions, managing medications, nutrition and diet, community services, legal and financial considerations, assisting with activities of daily living such as dressing, bathing, eating, etc., memory exercises to keep the aging mind sharp, and tips on caring for an elder with Alzheimer’s or other dementias.

*Instructor: Mary Osorio, BA*

**Course No.:** 112HSFCG2    **Course Fee:** \$30

Sec	Days	Dates	Time	Room
A	W	June 8, 15, 22, 29 July 6, 13	6:00 pm-8:00 pm	Kopiko 127

**Active Aging**

**Career Transitions for Boomers**

A course designed for boomers looking to make a career change or life transition. This series of workshops is designed to allow the participant to fully explore and plan for a new career. Whether due to lay-off, retirement or career choice, this course is for you. Course work includes: transferrable skills assessment, interest inventory, networking, skill statement writing, resume writing, interview skills, internet job search, networking and life change philosophy. Individuals will be expected to participate in each session and self-exploration homework assignments. This series of classes will be enjoyable, introspective, and will prepare you for future career-change decisions. The goal of the class is for boomers to gain confidence for a career change through preparation.

*Instructor: Steven Cook DC, MA CRC, NCC, LMHC-HI*

**Course No.:** 112HSG101    **Course Fee:** \$50

Sec	Days	Dates	Time	Room
A	W	June 1, 8, 15, 29	6:00 pm-8:00 pm	Kopiko 128

**For more information on Kupuna Education Center programs, check out our website: [www.kupunaeducation.com](http://www.kupunaeducation.com) or call 734-9108.**

Toni Hathaway, LSW  
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**To Register Call: 734-9211**



UNIVERSITY of HAWAII  
**KAPI’OLANI**  
 COMMUNITY COLLEGE

The Elder Stay@Home curriculum was developed by the Schmieding Center in Arkansas and adapted by the Kupuna Education Center to train home care workers. There are 3 levels of training plus a dementia unit and each level builds on the training of the previous level. Upon successful completion of each level of training, the student will receive a certificate from KCC which may be used to apply for employment at home care agencies or to be hired directly by elders or their families. Family caregivers may be interested in taking the courses to increase their skill in caring for their own family elders.

Prerequisites: 18 years or older, TB Test, successful application.

Course Fee includes Student Workbook and loaned textbook.

*Instructors: Toni Hathaway, LSW and Teddy Harrison, RN*

**To apply Call 734-9108 and attend Orientation on June 2, 5-7:00pm in Kopiko 240.**

### **Level I: Elder Pal**

Students who successfully complete the 25 hour Elder Pal level of training achieve a level of competency appropriate for providing care to individuals in need of supervision and minimal assistance with activities of daily living. Elder Pal graduates are trained to provide age appropriate companionship, safety and support in the home or assisted living setting. Students receive classroom instruction and skills demonstration and practice. To receive a KCC certificate, students must have a cumulative score of 80% or above on all assigned work and exams. In addition, students must also give a successful return demonstration of required skills.

**Course No.: 112HSHCW1 Course Fee: \$150**

<b>Sec</b>	<b>Days</b>	<b>Dates</b>	<b>Time</b>	<b>Room</b>
A	T, Th	June 14, 16, 21, 23	5:00 pm-9:30 pm	Kopiko 240
	S	June 18, 25	8:00 am-5:00pm	

### **Dementia and Alzheimer's Disease Training**

This 16 hour class provides education that focuses on the care needs of persons with dementia. Various types of dementia are reviewed with person-centered care featured. Caregivers learn special techniques to care for an elder with dementia.

Prerequisites: Completion of Elder Pal Training, CNA certification or by permission.

**Course No.: 112HSHCW4 Course Fee: \$90**

<b>Sec</b>	<b>Days</b>	<b>Dates</b>	<b>Time</b>	<b>Room</b>
A	T, Th	July 5, 7	5:00 pm-9:30 pm	Kopiko 240
	S	July 9	8:00 am-5:00pm	

### **Level II: Personal Care Assistant**

Students who successfully complete the 25 hour Personal Care Assistant level of training achieve a level of competency appropriate for providing "hands-on" care for individuals who need minimal to moderate assistance with activities of daily living. The Personal Care Assistant training builds on the Elder Pal training by providing additional information on specific subjects, skills instruction and return demonstration. Prerequisite: Successful completion of Level I Elder Pal.

**Course No.: 112HSHCW2 Course Fee: \$150**

<b>Sec</b>	<b>Days</b>	<b>Dates</b>	<b>Time</b>	<b>Room</b>
A	T, Th	July 19, 21, 26, 28	5:00 pm-9:30 pm	Kopiko 240
	S	July 23, 30	8:00 am-5:00pm	