

**Spring Semester: January—May 2012**

**FAMILY CAREGIVER  
 TRAINING**



KCC is offering several series of workshops designed specifically for family caregivers interested in learning skills for the care of their elderly parents, spouse or relative.

**Hands-On Skills for Family Caregivers**

- Observe Skills Demonstration
- Ask Questions and Get Answers
- Practice Skills
- Gain Confidence
- Reduce Stress

The three 2-hour workshops use the KCC Nursing Lab. Learn how to assist an elder with a bed bath, incontinent care, dressing, oral care, range of motion exercises and correct transfer techniques from the bed, chair and wheelchair.

*Instructors: Manu Maunupau, LPN; Ann Low PT, MCSP*

**Course No.: 121HSFCG1      Course Fee: \$15**

Sec	Days	Dates	Time
A	T	Jan. 17, 24, 31	6:00 pm–8:00 pm
B	S	Mar. 3, 10, 17	9:00 am–11:00 am
C	R	April. 12, 19, 26	6:00 pm–8:00 pm

**Room** Kōpiko 241 or 242

**What Family Caregivers Want & Need to Know**

- Receive Helpful Info, Resources and Tips
- Exchange Ideas with Other Caregivers Like You
- Gain Confidence
- Reduce Stress

During five 2-hour workshops, learn practical and helpful ways to care for an elder and how to make decisions about providing care. Topics include: normal aging and common chronic health conditions, managing medications, nutrition and diet, community

services, legal and financial considerations, and tips on caring for an elder with Alzheimer's or other dementias.

*Instructor: Mary Osorio, BA*

**Course No.: 121HSFCG2      Course Fee: \$25**

Sec	Days	Dates	Time
A	W	Jan. 25 Feb. 1, 8, 15, 22	6:30 pm–8:30 pm

**Room** Kōpiko 128

**Dealing With Your Parents & Their Stuff**

You started out pitching in when your parents asked for a little help and over time you've taken on more and greater responsibilities. Contending with both physical and cognitive changes, they are more overwhelmed than ever; bills go unpaid, the house is cluttered, and all the signs tell you it's time to take charge and make necessary decisions.

Students will purchase the workbook "Getting It Together Before You Go—How to Organize Your Life, Estate and Personal Wishes" from the instructor for \$12.45 at the first class.

*Instructor: Barbara Cook, MA, DC*

**Course No.: 121HSFCG4      Course Fee: \$30**

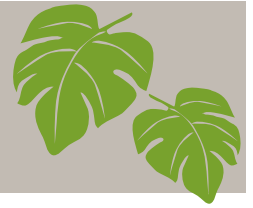
Sec	Days	Dates	Time
A	W	Feb. 29, Mar. 7, 14, 21	6:30 pm–8:30 pm

**Room** Kōpiko 128

Spring 2012



# ACTIVE AGING



The Active Aging Series addresses training and education to assure Boomers and active retirees remain fit or well in all aspects of their lives. This means being physically, socially, financially, spiritually, nutritionally well and fully capable of participating in our communities.

## Career Transitions for Boomers

During four 2-hour workshops, this course will assist boomers in making a career change or life transition. This workshop is designed to allow the participant to fully explore and plan for a new career. Whether due to lay-off, retirement or career change for paid or volunteer work, this course is for you. Course work includes: life review, transferrable skills assessment, interest inventory, skill statement 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. The 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.: 121HSG101** **Course Fee: \$50**

Sec	Days	Dates	Time
A	M	Feb. 27 Mar. 5, 12, 19	6:30 pm–8:30 pm

**Room** Kōpiko 128



**To Register Call: 734-9211**

## Fall Prevention

- What causes falls?
- What is a house check and how do you do it?
- Learn exercises to increase flexibility, strength, and tolerance.

Learn how to prevent falls through information, resources, and exercise. Participants with significant balance problems should be accompanied by a family member or caregiver at no extra fee.

*Instructor: Ann Low PT, MCSP*

**Course No.: 121HSAA2** **Course Fee: \$30**

Sec	Days	Dates	Time
A	S	Feb. 18, 25 Mar. 10, 24 (No class on Mar. 3, 17)	11:00 am–12:30 pm

**Room** Kauila 202-204

## Aging & Older Adults: A Brief

### Introduction & Practical Approach

This online course is designed for those who are already working with seniors but who may not have had a formal introduction to aging issues. This course covers 6 modules over 7 weeks and a Certificate of Professional Development from Kapi'olani Community College is presented to those who pass all of the module tests and meet the course participation and discussion requirements. Topics include the Aging Population, Ageism, Characteristics of the Older Adult, Differences between Normal and Abnormal Aging, Death and Dying, and an Overview of the Major Policies and Programs affecting seniors and their caregivers. This course is entirely web based.

**Prerequisite:** none

*Instructor: Anna Gonzales, MSW*

**Course No.: 121HSG100** **Course Fee: \$115**

Sec	Dates	
A	Feb. 1– Mar. 21	Online Course

# ELDER STAY@HOME, HOME CARE WORKER TRAINING



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. Students receive classroom instruction, 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 and give a successful return demonstration of required skills. 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 increase their skill in caring for their own family elders.

**Scholarships Available:** Hawaii Pacific Gerontological Society at [www.hpgs.org](http://www.hpgs.org) has full scholarships and the Kupuna Education Center has partial scholarships. Attend the Orientation for more information.

**Prerequisites:** 18 years or older, TB Test, attend orientation, successful application including 3 references and an interview.

Course Fee includes Student Workbook, DVD and loaned textbook.

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

**To apply, call 734-9108 and attend Orientation on January 26 or February 2, 5:00 pm-7:00 pm in Kōpiko 240.**

*Students who want to become a Certified Nurse Aide (CNA) should pursue an approved CNA course at the KCC Nursing Department or elsewhere.*

## 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.

**Course No.: 121HSHCW1 Course Fee: \$170**

Sec	Days	Dates	Time
A	T, R	Feb. 14, 16, 21, 23	5:00 pm-9:30 pm
	S	Feb. 18, 25	8:00 am-5:00 pm

**Room** Kōpiko 240

## 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.

**Prerequisite:** Level I Elder Pal.

**Course No.: 121HSHCW2 Course Fee: \$170**

Sec	Days	Dates	Time
A	T, R	Mar. 6, 8, 13, 15	5:00 pm-9:30 pm
	S	Mar. 10, 17	8:00 am-5:00 pm

**Room** Kōpiko 240

## Level III: Home Care Assistant

Students who successfully complete the 35-hour Home Care Assistant level of training achieve a level of competency appropriate for providing "hands-on" care for individuals who need moderate-to-maximum assistance with activities of daily living. Students are instructed on assisting individuals who have advanced medical problems and complex or chronic health conditions. Graduates can perform routine nursing-related services in home care agencies and similar settings under the supervision & direction of a licensed nurse or family member. The Home Care Assistant training builds on the skills learned in the Personal Care Assistant training.

**Prerequisite:** Level II Personal Care Assistant.

**Course No.: 121HSHCW3 Course Fee: \$220**

Sec	Days	Dates	Time
A	T, R	April. 24, 26. May 1, 3, 8	5:00 pm-9:30 pm
	S	April 28. May 5	8:00 am-5:00 pm

**Room** Kōpiko 240

Spring 2012

# ELDER STAY@HOME, HOME CARE WORKER TRAINING



## 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:** Elder Pal Training, current CNA certification, or by permission.

**Course No.:** 121HSHCW4      **Course Fee:** \$90

Sec	Days	Dates	Time
A	T, R	April. 10, 12	5:00 pm–9:30 pm
	S	April. 14	8:00 am–5:00 pm

**Room** Kōpiko 240

## Transfer Workshop for Home Care Workers, CNAs, and Family Caregivers

Do you need to brush up on your transfer skills? This 3-hour workshop will provide you with the correct transfer techniques of an elder from the bed, chair, wheelchair, and car. All participants will practice the skills with assistance from Ann Low, PT and the students in the KCC PTA program. Students will receive a Certificate of Attendance.

*Instructor: Ann Low PT, MCSP*

**Course No.:** 121HSHCW5      **Course Fee:** \$30

Sec	Days	Dates	Time
A	S	May 5	1:00 pm-4:00 pm

**Room** Kōpiko 241-242

**To Register for All Classes Call: 734-9211**

**For More Information on Kupuna Education Center Programs:**

**Website:** [www.kupunaeducation.com](http://www.kupunaeducation.com)

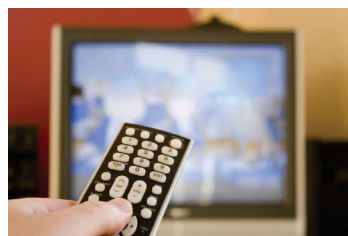
**Kupuna Education Center: 734-9108**

**KCC's Continuing Education Website:** <http://continuinged.kcc.hawaii.edu/>

## KUPUNA CONNECTIONS TV SERIES



- **Channel 52 Saturdays 9:30am**
- **KCC's TV Series for Hawaii's Seniors & Their Families**
- **Hosted by Cullen Hayashida & Toni Hathaway**
- **Check our Website or Call 734-9108 for the latest schedule and to suggest new topics**



**Sample Topics:**

- "How to Select a Paid Caregiver"
- "How to Select an Adult Day Care"
- "What is Alzheimer's Disease?"
- "How Laws Can Protect Our Retirees"



UNIVERSITY of HAWAII\*  
**KAPI'OLANI**  
COMMUNITY COLLEGE

An Equal Opportunity/Affirmative Action Institution