

# Do You Need Caregiver Confidence?

Workshops to help family caregivers navigate

*Caring for a loved one can be overwhelming.*

Let Trellis Supportive Care's *Caregiver Confidence* program help provide tools, resources, and training to be more confident as a caregiver.

*Caregiver Confidence* is offered on two separate dates, covering a wide variety of topics. Part 1 (Tips and Tricks) is designed for caregivers in the beginning stages. Part 2 (Skills and Drills) covers caring for a loved one with more advanced care needs. Attend one or both sessions.



## Part 1: Tips and Tricks

- Keeping medical information organized
- Medication records, safety and disposal
- Home safety
- Fall prevention
- Maintaining physical and brain health
- Caring for yourself

## Part 2: Skills and Drills

- Nutrition
- Safe transfers in and out of bed/chair
- Preventing bed sores
- Managing incontinence
- Caring for a bed bound patient
- Communication techniques

**Sessions are the 3rd & 4th Wednesdays of the month, from 9:00am - 12:00pm  
at Trellis Supportive Care**

Kate B. Reynolds Hospice Home, Multi Purpose Room  
101 Hospice lane, Winston-Salem, NC 27103

*Caregiver Confidence* is open to anyone in the community. Your family member does not have to be a patient of Trellis Supportive Care to attend. Participants will enjoy a meal on us while learning tips to ease your caregiver journey.

**TO REGISTER** email us at: [caregiverconfidence@trellissupport.org](mailto:caregiverconfidence@trellissupport.org)

Or contact LaPorche Quick at 336-408-9217.