

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.



Topics Covered:

- Keeping medical information organized
- Medication records, safety and disposal
- Home safety
- Fall prevention
- Maintaining physical and brain health
- Caring for yourself
- 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 Wednesday of the month, from 9:00am - 12:00pm
at Trellis Supportive Care**

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

or contact LaPorche Quick at 336-408-9217.