

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

Part One Session:

November 12th Trellis Supportive Care
SECU Building
101 Hospice Ln, W-S, NC

Part Two Session:

November 19th Trellis Supportive Care
Williams Education and
Counseling Building
101 Hospice Ln, W-S, NC

December 10th Trellis Supportive Care
SECU Building
101 Hospice Ln, W-S, NC

December 17th Trellis Supportive Care
Williams Education and
Counseling Building
101 Hospice Ln, W-S, NC

TO REGISTER email us at: caregiverconfidence@trellissupport.org

Or contact LaPorche Quick at 336-408-9217.