

## **NorQuest College Family Caregiver Wellness Initiative**

**The Family Caregiver Wellness Initiative (FCWI) helps family caregivers acquire the skills and knowledge to effectively care for their loved ones in their own homes.**

### **Our Vision**

- To improve the quality of life for family caregivers and people who receive their care by creating resources.
- To provide supports for family caregivers to build their confidence and knowledge to provide care.

The FCWI supports family caregivers by empowering them with the knowledge, skills, and confidence to care for their loved ones. The initiative is not meant to displace homecare services nor to overburden the caregiver, but to increase knowledge, skills and confidence to provide care safely. Workshop topics are wide ranging and include: roles of the caregiver caring for seniors with varying levels of needs; developing health observations and healthcare decisions for your loved one; effective communication skills with health-care providers and your loved one; and pairing technologies and tools to assist in daily living.

### **The Family Caregivers**

We define a family caregiver as an individual, age 15+, who assists a family member or friend with challenges resulting from illness, disability or aging. Family caregivers are also referred to as “informal caregivers” and provide ongoing care and assistance, without pay. During this time of crisis there are many different backgrounds of family caregivers this service will provide:

- The caregiver that prefers to keep their loved one at home.
- The caregiver that has a loved one in a continuing care facility, but must provide additional support in the care facility during this time of crisis.
- The caregiver that cannot afford to place their loved on in a continuing care facility.
- The caregiver that has removed their loved one from the continuing care facility for safety reasons.

### **About Our Workshops**

NorQuest College currently runs facilitated online workshops that can be accessed by anyone with a reliable internet connection and digital device. Due to the COVID-19 pandemic, these workshops have been adapted for online and are designed to be interactive. Skills simulations and other learning tools were incorporated into the online workshops to give participants a comprehensive learning experience. In an attempt to ensure the accessibility of workshops, registration costs are kept intentionally low with support of current funding.

## **Workshops Available**

### **1. Mealtime and Medication Assistance**

Learn techniques for food consistency, assistance with difficulties swallowing, prevention of choking, and understanding the basics of safe medication administration

### **2. Assisting with Personal and Intimate Care**

Learn techniques in providing personal care for oral health, bathing, dressing, and incontinence.

### **3. Assisting with Mobility-Safe Practices**

Learn safe body mechanic techniques for assisting with movement in the home environment

### **4. Navigating the Health Care System**

Learn about the structure of the Alberta Health Care system and techniques for communicating with health-care providers to meet the needs of care recipients and caregivers.

### **5. Pain Monitoring and Management for the Caregiver**

Learn how to observe a person's pain level and provide supportive measures in the home environment.

### **6. Palliative and End-of-Life Care: Support for the Caregiver**

This workshop will provide information for the caregiver to feel confident and supported while providing care to a loved one who is palliative end-of-life.

### **7. Supporting a Person with Dementia: Guidance for the Caregiver**

Learn about dementia and strategies to use to support a loved one with this diagnosis while living at home.

### **8. COVID-19-All You Need to Know About Infection Control and Prevention**

Learn about how infections are spread and the ways you can protect yourself and your loved ones, along with suggestions on how to maintain self-isolation within a home setting.

### **9. Effective Communication**

Learn helpful techniques to communicate effectively that will support you in communicating with your loved one and the healthcare professional.