

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

Wednesday, January 12

- 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

Wednesday, January 19

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

Both sessions are from 9:00am - 12:00pm at Trellis Supportive Care

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 Jennifer Markland, RN at 336-768-6157 ext. 1838

Winston-Salem Office – 101 Hospice Lane, Winston-Salem, NC 27103

