

Learn the practical skills of caregiving

Free Training Workshops

for Caregivers of Veterans



Prepare to give good care to our Veterans

Many people become caregivers overnight without having the basic skills to safely care for their spouses, parents or other older adults who return home from a few weeks or months in a nursing home or rehabilitation facility. The home may not be set up with adaptive equipment like safety bars and rails to make the home safe. Caregivers risk injury to themselves and their care recipient if they lift or position improperly. They may not know how to communicate effectively with their healthcare team.



About the Workshops

You'll learn:

- fire safety • preventing falls • lifting and positioning • preventing infection
- medication safety • skin care • toileting and dressing • bathing and shower
- safety dealing with incontinence • taking care of yourself • communicating with the healthcare team
- Refreshments served • Drawings for gift cards
- Participants receive free gait belt and bed pad



Caregiver Training Schedule

William S. Middleton Memorial Veterans Hospital

ALL SESSIONS TAKE PLACE ON FRIDAYS, 1-5 P.M.

February 26, Room B2055 • March 5th, Auditorium

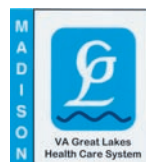
March 12th, Room B2055 • March 19th, B2055

Call the Home Based Primary Care office at (608) 280-7131 to register



About the Instructor

Jean Mueller is a Registered Nurse with over 30 years of caregiving experience both professionally and personally. She understands the unique challenges of providing care for family members and can offer practical solutions to many of issues caregivers face.



Caregiver Workshop Sessions are presented by Catholic Charities Aging Service, in collaboration with the Veterans Hospital, as part of its commitment to provide support for Dane County caregivers.