

Our goal is to improve an elder's quality of life through exceptional care.



## ***The Family Learning Center***

No Cost Online Training for the Family Caregiver

### **SOMETIMES YOU NEED RESOURCES TO HELP YOU CARE**

Being a family caregiver for a spouse, parent, child or loved one takes time, effort and work. You may not always have the answers, know what to expect, or how to react. Now, with our Family Learning Center, you have a resource available for accurate information to make it easier to care for your loved one... and yourself.

### **NEVER BE ALONE... RESOURCES ALWAYS AVAILABLE**

Help is as easy as connecting to the internet and logging in to our Family Learning Center, with resources that are engaging and interactive and take you step-by-step through essential caregiving topics. And, most importantly, the information is available when you need it 24/7.

### **PREPARE...KNOW WHAT TO DO**

The Family Learning Center includes tutorials on first aid, measuring vital signs, providing skin care, nutrition and other vital topics. You'll have complete access to this information from the moment you logon, allowing you to train and prepare for events before they happen. Now

you can have peace of mind, knowing that important information is just moments away.

### **CARING FOR OTHERS MEANS CARING FOR YOU**

The Family Learning Center can help you understand the multiple perspectives and challenges that go along with providing care – not just for your loved one, but for you, too.

You'll learn to manage and prevent challenging behaviors and identify signs of caregiver stress and burnout. The Family Learning Center teaches you how to care for your loved one, as well as how to care for yourself.

### **EXTENSIVE TRAINING ON ALZHEIMER'S AND MEMORY CARE**

If your family is one of the 5 million struggling with Alzheimer's or another form of dementia, the Family Learning Center gives you answers and encouragement to face your challenge. Our Family Learning Center includes over 20 Alzheimer's and Memory Care training courses to help you care.

Sesen Elder Care ♦ 650-425-6035 ♦ [www.seseneldercare.com](http://www.seseneldercare.com)

*The Family Learning Center is powered by the Institute for Professional Care Education, LLC, a company dedicated to improving the quality of care through training and support.*

# Family Learning Center Courses

## TRANSITIONS TO CARE

### Part (1) Making the Move

### Part (2) Journey From Guilt to Joy

## BASIC CAREGIVING

- Avoiding Caregiver Stress
- Becoming a Caregiver
- Body Systems and the Aging Process
- Common Chronic Diseases
- Common Communicable Diseases
- Communicating with Others
- Controlling Infection
- Elimination and Toileting
- End of Life Care
- Environmental Hazards and Safety
- First Aid: Burns and Poisons
- First Aid: Chocking and Falls
- First Aid: Heart Attack and Shock
- First Aid: Other Sudden Emergencies
- First Aid: Stoke and Wounds
- Handling Difficult Situations & Behaviors, Part 1
- Handling Difficult Situations & Behaviors, Part 2
- Helping Around the House
- Human Needs and Development
- Measuring Vital Signs
- Nutrition and Hydration
- Observation, Reporting and Recording
- Promoting and Maintaining Good Mobility
- Promoting Personal Independence
- Providing Personal Care
- Providing Skin Care
- Tasks of a Caregiver
- Understanding Elder Abuse
- Understanding Senior Rights

## ALZHEIMER'S & MEMORY CARE

- Signs and Symptoms
- In their shoes: A person's perspective
- What families should know
- Diagnosis & the caregiver's role
- Learning to Communicate
- Daily Care Skills
- Practicing good hygiene
- Environment is important
- Creating a calming, restful environment
- Activities for Special People
- Household chores can be FUN
- Preventing weight loss
- Improving diet & nutrition
- Challenging behaviors: Prevention
- Challenging behaviors: Priorities & protocol
- Challenging behaviors: Violence & Aggression
- Challenging behaviors: After an event
- Managing pain & non-verbal cues
- Assessments and Care Planning
- Documenting care
- Wandering: Staying safe

*Log on. Get answers you need, just when you need them.*

**Step 1:** Go to <http://www.acquiretraining.com/family/seseneldercare>

**Step 2:** Enter the following login information:

Username: seseneldercare

Password: sesencares