

The Santa Cruz County Caregiver Action Group and  
the Cabrillo College Extension proudly announce

# Caregiver Training Program

**An innovative series in Home Health Caregiving**



Family caregivers and  
Entry-level paid caregivers

**Join Us!**

- ✓ Improve your caregiving skills
- ✓ Learn about the aging process
- ✓ Discover resources
- ✓ Meet other caregivers
- ✓ Engage with community professionals  
in Human Services, In-Home Support,  
Nursing, and Elder Care.



The Caregiver Training Program is a series of seven  
individual classes for family and entry-level  
professional caregivers. Enroll in the series or  
individual classes

**Upon completion of all seven classes, students will  
receive a Certificate of Completion.**



Courtesy of ARA Content

Register online at Cabrillo College  
Community Extension

[http://www.cabrillo.edu/services/extension/  
healthcare.html#caregiver8](http://www.cabrillo.edu/services/extension/healthcare.html#caregiver8)

A limited number of scholarships are  
available on a needs basis

Email us for more information  
[caregiver@calcentral.com](mailto:caregiver@calcentral.com)

**Essentials of Caregiving**

What is a caregiver? Learn about the principles of caregiving, how and why people become caregivers, the caregiving needs for common diseases related to the aging process, the continuum of care, and strategies for reducing caregiver stress.

Sat., March 27 9:30 am – 12:30 pm \$35

**Preparing for the End of Life**

Learn about Advance Health Care Directives, the emotional, spiritual, and physical needs of those near the end of life; common symptoms, and comfort measures caregivers can provide.

Sat., March 27 1 - 4 pm \$35

**Managing the Activities of Daily Living**

This class will take place in the state-of-the-art hands on Cabrillo Nursing Skills Lab where we will practice useful skills using realistic scenarios. Learn basic standard precautions, how to safely perform personal care, and bathing techniques.

Sat., April 10 9:30 am - 4 pm \$65

**Keeping it Safe: Transfers and the Body Mechanics of Caregiving**

This class will take place in the state-of-the-art hands on Cabrillo Nursing Skills Lab where realistic scenarios can be practiced. This module will explain basic body mechanics and give students the opportunity to learn and practice safe lifting and moving techniques.

Sat., April 24 9:30 am - 4 pm \$65

**Finding the Answers: The Challenges of Dementia Care**

Learn about the concepts of dementia and Alzheimer's; develop strategies for identifying behaviors and managing changing needs and how to access community resources for dementia care.

Sat., May 8 9:30 am - 4 pm \$65

**Community Resources and You**

Get the help you need! This class introduces you to the many local resources available for caregivers and seniors. We will provide support for learning how to navigate the human service system to get the support you might need.

Sat., May 22 9:30 am – 12:30 pm \$35

**How to Make Caregiving a Successful Career**

This class will engage students in learning about expected professional behaviors when caregiving, ethical and legal considerations, professional development and career advancement.

Sat., May 22 1 – 4 pm \$35