

Building Better Caregivers Program- Leader Training

"The Building Better Caregivers Program" is a 6- week workshop developed to help individuals who are caregivers with a focus on reducing stress through the use of practical skills and tools. The teaching process makes this program effective. Classes are highly participatory. Mutual support and success builds participants' confidence in their ability to manage their caregiving tasks to maintain a happy fulling life for you and your care partner.

The Building better Caregivers was developed by the team from Stanford University and features the best practice and most recent research and expertise in the field of caregiving it has been tested for effectiveness. For more information go to <https://selfmanagementresource.com/>

Format

Small group workshop, 10-12 participants

2.5 hours per session, 1 session per week for 6 weeks

Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

IMPORTANT TOPICS INCLUDE:

- Improving caregiver stress
- Dealing with difficult emotions
- Addressing difficult care partner behaviours
- Keeping you and your care partner safe and avoiding injury and accidents
- Decision-making about treatment, housing and outside help
- Communicating effectively with family, friends, and health professionals
- Exercising for caregiver and care partner safety, strength, flexibility, and endurance
- Maintaining healthy nutrition habits

(Please note: Participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program. Physicians and other health professionals both at Stanford and in the community have reviewed all materials in the workshop.)

Who should become a leader?

Adults 19 years of age or older who are or have been caregivers, community volunteers and health care providers.

Leader Attributes

Non-judgmental and open to new ideas

Responsible, respected and trustworthy

Committed towards helping others

Willing to listen, learn new skills and be a healthy role model

Committed to the philosophy of the program

What are the benefits of becoming a leader?

Learn facilitation skills

Learn techniques and strategies you can use in your own life

Share in other people's success

Leaders will receive a stipend for leading a workshop

What is involved with the training?

You must attend a leader training workshop, which is 2 hours twice a week for 6 weeks.

Once you complete the training, you will receive a Leader Trainer Certificate

You must be willing to deliver your first workshop with in the first 6 months after your training date.

Training is free

Training workshops are interactive and fun.

Am I on my own when delivering a program?

Workshops are delivered with 2 certified leaders. You will be partnered with a more experienced leader until you are comfortable. All registration, materials and evaluations are handled by the Central Self-Management team

Still interested and willing to attend a peer leader training?

If you are interested in becoming a certified leader, please fill out the online leader registration form and a member from our team will contact you to discuss training opportunities.

VOLUNTEER APPLICATION FORM

Training Location: Via ZOOM



Self-Management Program, Central LHIN
 465 Davis Drive, Suite 400
 Newmarket, ON, L3Y 7T9
 Tel: (905) 895-4521 ext. 6489

Training Dates:
 Mondays and Fridays, Starting September 22nd October 31st

Please check all that apply:

Please Mark		Date:
First Name:	Last:	Phone:
Address:		Cell:
City:		Fax:
Postal Code:	Email:	

Languages other than English:

AVAILABLE TO LEAD WORKSHOP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mornings							
Afternoons							
Early Evenings							

(Spoken) _____ (Written): _____

Occupation	Employer	Contact/Phone Number
Emergency Contact	Relationship	Phone Number
Planned Date of 6-week workshop and Location (if known)		

Other than helping in the community, what are your reasons for wanting to become a volunteer?



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THANK YOU for your interest!

Please submit this form, by Email: skirby@southlakeregional.org

This information will be kept in confidence.

OFFICE USE ONLY:

How heard about training:

Plans to offer workshop:

Application Reviewed

Graduated Training

Interview Scheduled

Police Check Received

References Checked:

Dietary Restrictions:

Interview Completed

Instructed First Workshop