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

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

4 hours of training per session, 1 session for 4 days

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

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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

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Training Dates:
Monday to Thursday, Starting February 22nd – 25th, 2027

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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Please describe your previous volunteer and work experience:

Describe your experience as a caregiver.

Volunteer Commitment and Responsibilities

There is NO COST for the Volunteer Peer Leader Training, but we require all trained leaders commit to co-lead one, six-week "Healthy Living *Now*" workshop each year. Are you able to make this commitment? **Yes___ No___**

Before becoming a Volunteer Peer Leader:
The volunteer recruitment procedures below are standard practice and help to promote a safe environment for self-management workshop participants and fellow Volunteer Peer Leaders.

I agree to participate in an interview in person____ or by phone____.
I agree to submit a "signed commitment" to:
a) Honor my responsibilities as a Volunteer Peer Leader.
b) Adhere to the policies of Southlake Regional Health Centre including a "pledge of confidentiality" and "code of conduct".

I understand and agree to undertake or submit evidence of a valid Vulnerable Person Police Reference Check (completed within the past 2 years). I understand that if the Reference Check is not satisfactory, I may not be offered a volunteer position. This check might take several months to process and its expense will be reimbursed by the Self-Management Program, Central LHIN.

_____ _____ Signature of Volunteer Date

References
Please supply two references (no family members living with you, please)

1.

Healthy Living Now
Supporting Your Success

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2.

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:		References Checked:
Plans to offer workshop:		Dietary Restrictions:
Application Reviewed □	Interview Scheduled □	Interview Completed □
Graduated Training □	Police Check Received □	Instructed First Workshop □