**IN HOME HOSPICE CARE INC - CARER EDUCATION - ‘Practical Skills for Caregivers’**

**Session One**

Caring for the carer

* What does it mean to be a ‘carer’?
* Balancing caring with commitments
* Caring for yourself

Contacts and support

* Asking questions and seeking support
* Useful contacts and services

Care and wellbeing

* What are the person’s goals and values?
* What does quality of life mean to them?
* Adapting the home environment
* Intimacy and connection
* Managing visitors

**Session two**

Managing symptoms

* Mouth care and mouth pain, eating and swallowing difficulties
* Nausea
* Constipation/diarrhoea

Pain and medications

* Common pain medications, non-medication pain relief and relaxation techniques
* Pain diaries and pain assessment
* Opioid safety and myths

Difficult conversations and Advanced Care Directives

* Preparing for difficult conversations
* Advanced care directive document
* Seeking further support

**Session three**

Hygiene and skin care

* Pressure area care and skin care
* Bathing and continence care, including catheter care

Mobility and safe movement

* Keeping yourself safe
* Manual handling equipment – slide sheets, safe transfers
* Hazards

Hand hygiene and personal protective equipment

* Hand hygiene – why, when and how?
* Standard infection control
* Hand wash and hand rub procedure