



IN HOME
HOSPICE CARE INC

Practical Skills for Caregivers



Are you caring for a loved one at home?

Learn essential skills to provide the best care and support in just three 1-hour sessions on practical caregiving.

These FREE informative sessions are available to anyone in our community wanting to gain confidence in their caring role.



Session One

- **What does it mean to be a 'carer'?**
- **What might your caring role look like?**
- **Useful contacts and support services**



Session Two

- **Managing Symptoms**
- **Pain and Medications**
- **Preparing for difficult conversations**



Session Three

- **Pressure area care, skin care, bathing, and continence care**
- **Mobility and safe movement techniques**
- **Infection Control**

For More Information contact Sandi

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www.inhomehospicecare.org.au