



HOME CAREGIVER SUPPORT PROGRAM

The Home Caregiver Support Program provides information that addresses the needs caregivers face as they provide care for family members, or friends suffering from chronic or terminal illness within the confines of their own home. An introductory module explains the course and what palliative care is. This is followed by optional modules that speak to specific needs that are commonly present in palliative or hospice care.

PHYSICAL NEEDS

PART A: HOME CARE

- Adapting the home
- Living arrangements
- Patient movement
- Physical care

PART B: SYMPTOM MANAGEMENT

- Physical problems and complications
- Pain management/symptoms
- Medication issues/Side effects
- Symptom control/Complementary therapy

SOCIAL/INFORMATION NEEDS

- Advice and assistance/Planning for a death at home
- Development of caregiver support networks
- Publicly funded care
- Private home care agencies
- Hospices
- Advance care planning
- Estate planning
- Government programs and benefits

EMOTIONAL/PSYCHOLOGICAL NEEDS

PART A: EMOTIONS

- What to expect
- Effective communication
- Empathy
- Management of emotions

PART B: STRESS MANAGEMENT

- Dealing with dying and death
- Bereavement support/Grief
- Caregiver stress
- Prevention of Burnout

SPIRITUAL NEEDS

- Spirituality
- Concerns about life-after-death
- Encouraging inner spiritual strength
- Spiritual caregivers
- Different religious practices
- funeral arrangements
- Funeral homes
- Mourning

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