



HOME CAREGIVER SUPPORT PROGRAM

The overall goal of the Home Caregiver Support Program is to provide information and assistance to non-professional caregivers who are providing care for family members or friends suffering from chronic or terminal illnesses within the confines of their own home.

Caregivers can include other family members, partners, parents, children, and close friends.

Topics include:

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

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

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

SPIRITUAL NEEDS

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

Visit the website of your choice for this free online program for caregivers:

English Site - <http://stlazarus.sjatraining.ca>

French Site - <http://stlazarusfr.sjatraining.ca>

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