



Kamloops Hospice
ASSOCIATION

WORKSHOPS for Family Caregivers

Are you caring for someone who has been diagnosed with Cancer, COPD, ALS, Parkinson's, Alzheimer's, Heart Failure or another life-limiting illness?

If so, you may have some questions such as...

- *How do I look after my loved one as their physical capabilities change?*
- *How can I help my loved one when they experience symptoms from their illness?*
- *Why isn't my loved one eating or drinking?*
- *What can I do to look after myself during this time?*
- *What can I expect in my loved one's final days?*

Please join us for one or all the following Caregiver Workshops to explore tips, tools and techniques to equip yourself to be a confident Caregiver. Information and tools on self-care will be provided with every workshop.

Workshop Topics:

- The Basics of Care – How to provide physical care, hygiene and prevent skin breakdown.
- Symptom Series – Caring for someone with pain and/or nausea and vomiting
- Symptom Series – Caring for someone with confusion and/or breathing challenges
- Symptom Series – Caring for someone with bowel and/or bladder changes
- Food for Thought – When a loved one's appetite and hydration decreases
- The Final Days and Hours – What end-of-life looks like and how to support

Each 90-minute workshop is facilitated by a Registered Nurse and Hospice Volunteer in the Cooper Community Resources Centre at
Kamloops Hospice Association - 72 Whiteshield Cres. South

**For registration/questions please call 250-372-1336
or email allison@kamloopshospice.com**

A Hospice Volunteer may be available to sit with your loved one, please inquire for more information.