

CARERS COURSE

You are warmly invited to attend Isabel Hospice Carers sessions

All hosted at our Living Well Community Hub, Hall Grove, Welwyn Garden City AL7 4PH

All sessions are 2:00pm - 3:30pm

Welcome, Introduction, Moving and Handling

- How to look after your own back
- Safer moving and handling technique, including equipment
- Aids to help with daily life including: sitting / mobility / pressure relieving devices / bed mobility / toileting aids

Helping with Personal Care

- Looking at skin in general
- Incontinence and washing
- Mouth care and helping someone dress

Nutrition and Hydration

- Why do we need adequate food and drink? What is malnutrition
- What is a balanced diet
- How can we improve the calorie intake in small portions
- Barriers to eating and drinking
- Dry sore mouths and what we can do to help

Talking about the Future

- Advance Care Planning
- Care Homes
- What about you?

- These sessions are for unpaid family and friend carers over the age of 18. Our aim is to increase your confidence in supporting the ones you love and care for now and in the future
- Ideally it would be best to attend all four sessions as there is lots of useful information but dipping in and out of the sessions that you are most interested in is also fine

2024 OCTOBER

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

TO BOOK:

Email education@isabelhospice.org.uk

Your feedback is always important to us, if you would like to discuss anything not mentioned here please let us know.

Isabel Hospice
Together we care