



NAVIGATOR

For Health Providers and Professionals

NAVIGATOR is a one-day workshop that trains health professionals, service providers and community agency staff to better support caregivers by showing them how to **(1)** identify caregivers early in their journey, **(2)** support caregivers to adopt self-care practices and **(3)** facilitate caregivers' access to programs/resources and referrals.

Topics include:

Understanding the Caregiver Experience

- Practical challenges
- The emotional journey

- Assessing the Caregiver's Needs
- Supporting the Family Caregiver
 - Finding resources
 - Self-care for the caregiver

Why Participate?

- 1 in 4 Albertans is a Caregiver and Family caregivers provide 80-90% of the care in the community
- Few caregivers fully understand all of the implications of their caregiving role, and the impact on themselves or those in their care.
 - ⇒ Physical- stress, lack of sleep, exhaustion
 - ⇒ Psycho-social - depression, anxiety, isolation
 - ⇒ Financial- lost wages/time, out of pocket costs

Quotes from workshop Participants:

"Great overview of caregiver experience and emotional journey"

"A good awareness building experience- often get over focused on needs of the care receiver."

Dates in 2015

Choose one date from the following

Sept 2 Sept 30

Oct 14 Oct 28

Nov 6 Nov 19 Dec 3 Dec 16

Time: 8:30 am—4:00 pm

Where: Fulton Place School
10310—56 Street, Edmonton

Cost : \$90.00

Includes Manual and Lunch

Caregiver Navigator training will assist you to support the caregivers of your patients/clients early in their journey, before burnout occurs, and help them develop self-care practices.

This workshop is being subsidized by:



**For more information,
or to register, contact:**

Debra Paches, BScN, RN, GNCC
Alberta Caregivers Association
780-453-5088 ext 230
dpaches@albertacaregivers.org