



# Introducing the **Caregiver College** at Central New Mexico Community College **Free for Family Caregivers\***

## A series of 10 free workshops

This free\* series of workshops will help family caregivers build skills and confidence to know they are providing care to their loved ones in a safe and recommended manner. Each week a different set of skills will be reviewed and practiced in a nursing lab with a CNM caregiver trainer. Come to one or all sessions depending on your individual training needs.



Located on CNM Main Campus in the JS building, room 201.

Weekly - Mondays 5:30 P.M. - 8:30 P.M.;

10 sessions; starting 10/10/2016, ending 12/12/2016.

### WORKSHOPS BY WEEK:

#### WEEK 1

Safe body mechanics and patient transfers

#### WEEK 2

Use of mobility assistive devices (wheelchairs, canes, etc), providing range of motion to bed ridden persons

#### WEEK 3

Monitoring vital signs (pulse, blood pressure, pain levels, etc)

#### WEEK 4

Urinary catheters, ostomy bags and tube feedings

#### WEEK 5

Bowel and bladder assistance, specimen collection and oxygen therapy

#### WEEK 6

Infection control and standard precautions, wound care and non-sterile dressings

#### WEEK 7

Bathing, grooming, dressing and placing elastic hose for improved circulation

#### WEEK 8

Managing medications, nutrition, medical diets and feeding strategies

#### WEEK 9

Preventing and caring for bed sores, hospice and quality of life issues

#### WEEK 10

Caring for yourself as a caregiver, stress reduction techniques

\*This training is provided free of charge through a generous grant by the City of Albuquerque and the Area Agency of Aging to those who are providing care to a Bernalillo county resident who is 60 years of age or older. Caregivers who participate in the free training need to register and complete a form which provides basic information on themselves and their care recipient.

FOR MORE INFORMATION PLEASE CALL **505-224-5200**  
OR REGISTER AT **CNM.EDU/CAREGIVER-COLLEGE**



Central New Mexico Community College