

## Curriculum for Hospice New Volunteer and Community Caregiver Combined Training

### Saturday May 6: Mullis Community Senior Center

#### **9am-10:30am**

Welcome - Pat Reveles

Hospice San Juan explained - Mariluz Villa

Hospice Northwest explained/what are POLSTs and NJAs? - Kathryn Clary

Caregiver licensing/training levels explained (Home Companions) - Mariluz Villa

#### **10:30am-11am Break**

#### **11am-12:30pm**

Ethics - Kathryn Clary

Confidentiality /HIPAA - Pat Reveles

Boundaries and Cultural Considerations - Mariluz Villa

Active Listening - Rosa Blair

#### **12:30pm-1pm Lunch**

#### **1pm-3pm**

Nutrition for frail people (oral care, swallowing problems, end of life) - Lisa Meserole

Being with a dying person - Rosalie Levee

Q/A

Curriculum for Hospice New Volunteer and Community Caregiver Combined Training

Saturday May 20: Mullis Community Senior Center

**9am-12:30pm**

Welcome/questions

Falls prevention skills - Mariluz Villa

Break-out into groups (Caregivers and Hospice Volunteers):

**AM break-out group: HSJ Volunteers [big room] (mid-morning break and Q/A time included)**

HSJ Policies and procedures - Mariluz Villa

HSJ Roles and Responsibilities - Pat Reveles

How it works from call line to patient care - Pat Reveles

In the home: scenarios/role playing; when/who to call; what are patient goals? - Pat, Mariluz

**AM break-out group: Caregivers [small room] (mid-morning break and Q/A time included)**

Team and family communication - Deanna Osborn/Julie Ross/Kim Levasheff

Oxygen/nebulizers - Kathryn Clary

Incontinence and skin care - Marcia Walters

**12:30pm-1pm Lunch**

**1pm-3pm: All participants - Big room**

Occupational hazards - Janice Fisher

Transfers, bed/walker setup - Janice Fisher

Self Care - Katerina Wen

**Q/A**

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### Saturday June 3: The Grange

#### **9am-10am**

Universal precautions - Kathryn

Henry video/Music & Memory - Mariluz

Video: Teepa Snow's Accepting the Challenge: Providing the best care for people with dementia/Module 1 - What is Dementia

#### **10am-10:30am Break**

#### **10:30am-noon**

Dementia care/acute changes in baseline behaviors and when to call doctor - Evan Perrollaz

#### **noon-12:30pm Lunch**

#### **12:30pm-3pm**

Compassion fatigue - Patricia Smith

Mindfulness - Joe Arellano

## **Curriculum for Hospice New Volunteer and Community Caregiver Combined Training**

In addition to this core training, all HSJ New Volunteers will need to mentor with a seasoned Volunteer for a total of 3 hours. These additional hours are waived for those who are or have been a Medical Professional or have previous hospice experience

### **FACULTY:**

Joe Arellano, Certified Mindfulness educator and Bodywork Therapist

<http://www.anacortesmassagetherapy.com>

Rosa Blair MS LMHCA, healer, counselor and grief recovery specialist

<http://www.wisefselfcounseling.com/about/>

Kathryn Clary RN BSN CHPN, hospice care specialist

Janice Fisher RN-C NHA, Executive Director of Life Care Center of the San Juan Islands

Rosalie Levee RN, Hospice of San Juan founder and hospice specialist

Lisa Meserole MS ND, with specialty training in Human Nutrition

<http://sagehealingorg.weebly.com>

Deanna Osborn NAC, San Juan Island professional caregiver

Evan Perrollaz, Founding principal of Cornerstone Healthcare Training Company, an online DSHS approved training for Washington State Caregivers

<http://www.chtcompanyonline.com>

Pat Reveles, HSJ Training Coordinator

Patricia Smith, Founder of the Compassion Fatigue Awareness Project

<http://www.compassionfatigue.org/pages/about.html>

Marie Luz (Mariluz) Villa MD AGSF, HSJ Main Operations Manager, Board Certified Geriatrician and Hospice/Palliative Medicine Physician

Marcie Walters RN, wound care specialist

Katerina Wen MEd, RYT, Yoga teacher and yoga therapist

<http://www.xyzmovementarts.com/Teachers.html>