



Together, we can save a life

Highlighting the General Caregiving Skills Module 4 of the American Red Cross Family Caregiving Class Program

Article submitted by Clinic Resource Group and the Caregiver Class Directory.

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This article highlights Assisting with Personal Care Module 4 of the American Red Cross Family Caregiving Class Program

General Caregiving Skills Module 4

Assisting with Personal Care - Module 4

Caregiving can be difficult, but it also can be rewarding. As a caregiver, assisting with your loved one's personal needs such as dressing, eating, bathing and going to the bathroom is an essential part of daily activities. Assisting with personal care takes time, involves making many decisions and can be challenging. This module will help in setting up daily routines and schedules while encouraging your loved one to do as much as they can in making these tasks go smoothly.

The purpose of the Family Caregiving: Assisting with Personal Care module is to inform participants how to assist their loved one with personal care such as bathing, grooming and using the toilet. After completing the module participants should be able to recognize the importance of personal care and know when it is needed. Participants gain an understanding in caregiving techniques for assisting loved ones with mouth care, grooming, dressing and undressing, bathing, shampooing and toileting.

Why choose or refer to the American Red Cross Family Caregiving Program?

Nearly one third of the population serves as a caregiver, at any given time in their life. Often it can be a young adult child of a disabled parent but generally, it is a woman that is the caregiver. Many caregivers feel they are alone in this responsibility, but the American Red Cross Family Caregiving Program is available to provide positive support and tools for any current or future caregiver.

Often a caregiver finds that once they are committed to help give care to an individual they find that there are areas of caregiving they are not familiar with especially as a person's needs increase. There is a lot of trial and error to overcome in these unfamiliar and often difficult areas. Caregivers not only find themselves providing for their patients daily needs but emotional, financial and physical needs as well. This can be an overwhelming and daunting task on a day-to-day, month-to-month, or year-to-year cycle. It does not have to be like that though. With the American Red Cross Family Caregiving Program, a caregiver can become more confident and knowledgeable

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in various aspects of caregiving. Authorized providers who are experienced in caregiving themselves offer the program in local communities. Caregivers will not have to go it alone anymore.

A national directory of class providers can be found at www.CaregiverClassDirectory.com. Class Leaders offer nine caregiver topics. Looking for a guest speaker? Class providers are available for caregiver support classes, employers, assisted living and senior support groups. Contact a provider for more information.

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