



Caregiver Training Program

SUNRISE SERVICES, INC.

P. O. Box 2569
Everett, WA 98213

7003 Evergreen Way
Everett, WA 98203

(425) 212-4210
(800) 808-9940

January to June 2010

Fundamentals of Caregiving (also known as Basic Training)

Cost: \$121.00

28 hours of class time

Day Sessions	Evening Sessions
4 Days 9:00am - 4:30pm each day	8 Evenings 5:30pm - 9:30pm each day
January Jan 4-5-6-7 Jan 18-19-20-21	January No evening classes scheduled
February Feb 8-9-10-11 Feb 22-23-24-25	February Feb 16-17-18-19-22-23-24-25
March March 8-9-10-11 March 22-23-24-25	March No evening classes scheduled
April Apr 5-6-7-8 Apr 19-20-21-22 - Addition	April Apr 20-21-22-23-26-27-28-29
May May 3-4-5-6 May 17-18-19-20	May No evening classes scheduled
June Jun 7-8-9-10 Jun 21-22-23-24 - Addition	June Jun 21-22-23-24-25-28-29-30

If you are in need of the IP Safety class, please call the training coordinator at 425-212-4210.

Modified Fundamentals of Caregiving

Cost: \$35.00

(If you would like materials mailed to you, please add \$4.00 for shipping/handling.)

This self-study version of the Fundamentals of Caregiving may be taken only by students (Nursing Assistants Registered does **NOT** qualify) who can document that they have successfully completed training and have been licensed in Washington State as a:

Registered Nurse
Physical Therapist

Licensed Practical Nurse
Occupational Therapist

Nursing Assistant Certified
Nurse Practitioner

This is a self-study course, with required classroom testing,
WHICH MUST BE COMPLETED WITHIN 45-DAYS OF RECEIVING SELF-STUDY MATERIALS.

Once we receive payment, the Modified Fundamentals of Caregiving self-study workbook will be issued. The student may pick up the materials at Sunrise Home Care Agency, or request during registration that the materials are mailed.

Your test date will be arranged at the time of enrollment to assure completion before the expiration of the 45-day period. If you have questions about the test dates: call the Training Coordinator at 425-212-4210. If you go over your allotted time, you will need to resubmit payment (\$35.00 + \$4 shipping if applicable) to start the process for a 2nd time.

You must have been given the training materials from Sunrise to test with us. If you have been given the materials from another source, you will be required to enroll and obtain materials from Sunrise before scheduling your test date.

Testing is always conducted at: Sunrise Home Education Center, 7016 Evergreen Way, Everett, WA, 98203.



Caregiver Training Program

SUNRISE SERVICES, INC.

P. O. Box 2569 7003 Evergreen Way (425) 212-4210
Everett, WA 98213 Everett, WA 98203 (800) 808-9940

January to June 2010

CPR & First Aid

Cost: \$40.00

5 hours of class time

Approved for all Adult Family Homes, Group Homes and Certified Programs for the Developmentally Disabled, and all community caregivers. Class includes training in adult/child/infant CPR/1st Aid and use of automated defibrillators.

Class: 9:00 am – 2:00 pm

Jan 15	Feb 5	Mar 5	Apr 2	May 14	Jun 4
Jan 29	Feb 19	Mar 19	Apr 16	May 28	Jun 18

AFH Dementia and Mental Health Specialty Course

Cost: \$50.00

8 Hours of class time

These 8 hour courses are designed to provide the required education for Providers (Managers) and Caregivers who own or work with Mental Health issues or residents with Dementia. These courses provide in depth training in the specialized needs of those residents. The course materials used are approved by the State of Washington. A written test will be administered after successful completion of the required course hours. A passing grade is required for Certification to be issued.

Class: 9:00 am – 5:00 pm

	<i>Mental Health</i>			<i>Dementia</i>		
Feb 12	Apr 9	Jun 11	Feb 26	Apr 23	Jun 16	

Continuing Education – CE

One line is one complete session

(ex. Apr 17-24 *is* Apr 17 & 24)

Cost: \$43.00

10 hours of class time

January

Mental Conditions.....	12-13.....	4:00-9:30
Alzheimer's	25-26.....	9:00-2:30

February

Stroke and Heart.....	15-16.....	9:00-2:30
Nutrition Basics.....	23-24.....	4:00-9:30

March

Mental Conditions.....	15-16.....	9:00-2:30
------------------------	------------	-----------

April

Alzheimer's (Russian Speaking)	3-10.....	9:00-2:30
Diabetes	17-24.....	9:00-2:30

May

Head Trauma.....	11-12.....	9:00-2:30
------------------	------------	-----------

June

Diabetes	14-15.....	11:00-4:30
----------------	------------	------------

Alzheimer's and Difficult Behaviors:

Learn about Alzheimer's disease and other forms of dementia. Learn communication techniques and how to handle difficult behaviors.

Diabetes:

Learn about diabetes and caring for clients with this chronic health condition. You will also learn ways to reduce risk factors.

Head Trauma and Spinal Cord Injuries:

Class for those caring for clients with stroke or traumatic brain injuries. Learn how to provide specific client care.

Mental Conditions:

Communicate more effectively with clients who have different mental health issues and gain valuable skills to de-escalate situations.

Nutrition Basics with Menu Planning:

Learn the ABC's of nutrition and information about diabetic and other special diets.

Stroke and Heart Disease:

Learn about strokes, swallowing difficulties as well as heart disease.



Caregiver Training Program

SUNRISE SERVICES, INC.

P. O. Box 2569
Everett, WA 98213

7003 Evergreen Way
Everett, WA 98203

(425) 212-4210
(800) 808-9940

January to June 2010

Nurse Delegation

Classroom Training

For students who prefer to learn in a classroom setting.

One-day, **9:00 am – 6:00 pm**

Jan 14

Feb 4

Mar 4

Apr 15

May 13

Jun 3

Cost: \$40.00

Self-Study

Cost: \$40.00

\$10.00 refundable video deposit

\$ 4.00 shipping/handling

Total: \$50.00 materials picked up

\$54.00 materials mailed

This is a self-study course designed for caregivers who wish to perform basic nursing tasks that require delegation and supervision by a Registered Nurse.

You do not need to repeat the course to continue to be qualified to be delegated.

This is a self-study course, with required classroom testing,

WHICH MUST BE COMPLETED WITHIN 30-DAYS OF RECEIVING SELF-STUDY MATERIALS.

Once the enrollment form and payment is received, along with the video deposit and mailing fee (if requested), the Nurse Delegation Self Study workbook and video will be issued to the student. The student may pick up the materials at Sunrise Home Care Agency, or request during registration that the materials are mailed (for an additional \$4 shipping/handling fee).

Your test date will be arranged at the time of enrollment, to assure completion before the expiration of the 30-day period. If you have questions about the test dates: call the Training Coordinator at 425-212-4210. If you go over your allotted time, you will need to submit the core payment (\$40.00 + shipping if applicable) to start the process for a 2nd time.

You must have been given the training materials as a student of Sunrise to be able to test with us. If you have been given the materials from another source, you will be required to enroll and obtain materials from Sunrise before scheduling your test date.

Nurse Delegation Diabetes

Cost: \$25.00

\$10.00 refundable video deposit

\$ 4.00 shipping/handling

Total: \$35.00 materials picked up

\$39.00 materials mailed

Nurse Delegation for Nursing Assistants: Special Focus on Diabetes is a 3-hour self study that is the first step in preparing a nursing assistant (registered or certified) to perform insulin injections as a delegated task. Nursing assistants must have successfully completed the 9-hour core course before taking the Special Focus on Diabetes training.

You do not need to repeat the course to continue to be qualified to be delegated.

This is a self-study course, with required classroom testing,

WHICH MUST BE COMPLETED WITHIN 30-DAYS OF RECEIVING SELF-STUDY MATERIALS.

Once the enrollment form and payment is received, along with the video deposit and mailing fee (if requested), the Nurse Delegation Self Study workbook and video will be issued to the student. The student may pick up the materials at Sunrise Home Care Agency, or request during registration that the materials are mailed (for an additional \$4 shipping/handling fee).

Your test date will be arranged at the time of enrollment, to assure completion before the expiration of the 30-day period. If you have questions about the test dates: call the Training Coordinator at 425-212-4210. If you go over your allotted time, you will need to submit the core payment (\$25.00 + shipping if applicable) to start the process for a 2nd time.

You must have been given the training materials as a student of Sunrise to be able to test with us. If you have been given the materials from another source, you will be required to enroll and obtain materials from Sunrise before scheduling your test date.



Caregiver Training Program

SUNRISE SERVICES, INC.

P. O. Box 2569
Everett, WA 98213

7003 Evergreen Way
Everett, WA 98203

(425) 212-4210
(800) 808-9940

January to June 2010

We understand that it is difficult to re-arrange a busy life
to accommodate Continuing Education every year.

****NOTE: Due to the nature of Self Studies... ****

Refunds are not available.

Each course is assigned to a specific student.

Once an enrollment is processed, no changes can be made.

We offer a convenient Self Study Continuing Education courses which allow you to obtain the 10 hours of required training in the comfort of your home. Each class listed below is a 10 hour course. The self-study format is designed specifically to meet the needs of Home Care Agencies, AFH, Certified DD Programs, and Boarding Homes.

Classes currently offered as Self Study:

- Alzheimer's and Difficult Behaviors
- Head Trauma and Spinal Cord Injuries
- Mental Conditions
- Nutrition Basics with Menu Planning
- Oral Health
- Stroke and Heart Disease

Our Continuing Education Self Study courses are DSHS approved. A questionnaire will be mailed with the study materials. It needs to be returned to us via mail, email or fax for review within **60 days**.

Alzheimer's and Difficult Behaviors:

Learn about Alzheimer's disease and other forms of dementia. Learn communication techniques and how to handle difficult behaviors.

Diabetes:

Learn about diabetes and caring for clients with this chronic health condition. You will learn ways to reduce risk factors.

Head Trauma and Spinal Cord Injuries:

Class for those caring for clients with stroke or traumatic brain injuries. Learn how to provide specific client care.

Mental Conditions:

Communicate more effectively with clients who have different mental health issues and gain valuable skills to de-escalate situations.

Nutrition Basics with Menu Planning:

Learn the ABC's of nutrition and information about diabetic and other special diets.

Oral Health:

The effects of oral health on general health. Includes oral hygiene techniques, products, diseases, and signs of problems.

Stroke and Heart Disease:

Learn about strokes, swallowing difficulties as well as heart disease.