

Fundamentals of Caregiving

4 Day Sessions
(7 classroom hours per day)
9:00 am - 4:30 pm

28 hour course \$121.00

July	October
July 6-7-8-9	Oct 5-6-7-8
July 20-21-22-23	Oct 19-20-21-22
July 27-28-29-30	
August	November
Aug 3-4-5-6	Nov 2-3-4-5
Aug 17-18-19-20	Nov 9-10-11-12
Aug 24-25-26-27	Nov 16-17-18-19
September	December
Sep 8-9-10-11	Dec 7-8-9-10
Sep 14-15-16-17	Dec 14-15-16-17
Sep 21-22-23-24	

Fundamentals in Russian

August	8-15-22-29	9:00 - 4:30
October	13-14-15-16	9:00 - 4:30

Modified Fundamentals

Self-Study Course \$35.00

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

<u>R</u> egistered <u>N</u> urse	<u>L</u> icensed <u>P</u> ractical <u>N</u> urse
<u>N</u> ursing <u>A</u> ssistant <u>C</u> ertified	<u>P</u> hysical <u>T</u> herapist
<u>O</u> ccupational <u>T</u> herapist	<u>N</u> urse <u>P</u> ractitioner

Upon receiving enrollment information and payment, the course workbook will be issued and a test date scheduled.

Workbook and testing must be completed within 45 days of receiving self-study materials.

CPR/1st Aid

\$40.00

Two year certifications. Approved for all Adult Family Homes, DD certified programs, Boarding Homes that provide Assisted Living and Private Pay. Check with your licensor to see if this may be used as continuing education.

Class consists of training in **adult/child/infant** CPR/1st Aid and the use of automated defibrillators.

One-day 5 hour class, 9:30 am – 2:30 pm

July 17	July 24	Aug 14	Aug 28	Sep 4	Sep 18
Oct 9	Oct 23	Nov 6	Nov 20	Dec 11	Dec 18

AFH Specialty Courses

\$50.00 each

Each course is open for both managers or caregivers.

One-day class, 9:00 am – 5:00 pm

<u>M</u> ental <u>H</u> ealth	<u>D</u> ementia
Sep 25	Oct 16
Nov 13	Dec 11

Fundamentals of Caregiving

8 Evening Sessions
(3.5 classroom hours per evening)
5:30 pm - 9:30 pm

28 hour course \$121.00

July	October
July 7-8-9-10-11-14-15-16	Oct 6-7-8-9-12-13-14-15
July 21-22-23-24-27-28-29-30	
August	November
Aug 4-5-6-7-10-11-12-13	Nov 3-4-5-6-9-10-11-12
Aug 18-19-20-21-24-25-26-27	
September	December
Sep 8-9-10-11-14-15-16-17	Dec 1-2-3-4-7-8-9-10
Sep 21-22-23-24-25-28-29-30	

Nurse Delegation Core

Prepares you to accept nurse delegated tasks. Includes medication administration and your role as a Nursing Assistant.

Self-Study \$40.00+ \$10 deposit

For caregivers who prefer to learn at home.

Upon receiving enrollment information and payment, the video and course workbook will be issued and a test date scheduled.

Workbook and testing must be completed within 30 days of receiving self-study materials.

Classroom Training \$40.00

For caregivers who prefer to learn in a classroom setting.

One-day, 9:00 am – 6:00 pm

July 17	Aug 14	Sep 18
Oct 16	Nov 20	Dec 18

Nurse Delegation Diabetes

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

Self-Study \$25.00 + \$10 deposit

For caregivers who prefer to learn at home.

Upon receiving enrollment information and payment, the video and course workbook will be issued and a test date scheduled.

Workbook and testing must be completed within 30 days of receiving self-study materials.

Classroom Training \$25.00

For caregivers who prefer to learn in a classroom setting.

One-day, 9:00 am – 12:00 pm

July 3	Aug 7	Sep 4
Oct 2	Nov 13	Dec 4

Questions?

Call the Training Coordinator at (425) 212-4210.

10 Hours of Continuing Education

Day or Evening Sessions \$43.00

One line is one complete session
(ex. July 11-18 is July 11 & 18)

July
CPR/Inclusion (new - limited space)July 1-89:00-2:30
Inclusion/CPR (new - limited space)July 8-159:00-2:30
Through Their Eyes (new).....July 11-189:00-2:30
Nurse Delegation Core.....July 179:00-6:00
It Could Be a Disaster (Smokey Point).... July 16-17. 11:00-4:30
A Closer Look (new).....July 29-304:00-9:30

August
Inclusion/CPR (new - limited space)Aug 5-129:00-2:30
Inclusion/CPR (new - limited space)Aug 5-139:00-2:30
Earning Your Apron.....Aug 10-11 9:00-2:30
Nurse Delegation Core.....Aug 149:00-6:00
Medical PotpourriAug 25-264:00-9:30

September
Illegal Drug Use.....Sep 1-2 11:00-4:30
CPR/DBT (new - limited space)Sep 1-159:00-2:30
You Gotta Have Heart.....Sep 3-49:00-2:30
CPR/DBT (new - limited space)Sep 8-159:00-2:30
Nurse Delegation Core.....Sep 189:00-6:00
A Closer Look (new).....Sep 22-234:00-9:30
Through Their Eyes (new).....Sep 29-309:00-2:30

October
A Closer Look (new) (Smokey Point).... Oct 1-2 11:00-4:30
It Could Be A DisasterOct 1-29:00-2:30
Dementia and Activities.....Oct 5-64:00-9:30
A Closer Look (new).....Oct 12-139:00-2:30
Nurse Delegation Core.....Oct 169:00-6:00
Complexities of BehaviorOct 17-249:00-2:30
Round RobinOct 19-204:00-9:30
Mental HealthOct 21-229:00-2:30
Through Their Eyes (new).....Oct 26-279:00-2:30
When The Brain Is Attacked.....Oct 26-274:00-9:30
Head and Spinal Cord InjuriesOct 28-29 11:00-4:30

November
Inclusion/CPR (new - limited space)Nov 4-119:00-2:30
Inclusion/CPR (new - limited space)Nov 4-259:00-2:30
You Gotta Have HeartNov 14-219:00-2:30
Nurse Delegation Core.....Nov 209:00-6:00
Through Their Eyes (new).....Nov 23-249:00-2:30
A Closer Look (new).....Nov 23-244:00-9:30

December
Illegal Drug Use.....Dec 1-2 11:00-4:30
CPR/DBT (new - limited space)Dec 1-89:00-2:30
Earning Your ApronDec 3-44:00-9:30
DementiaDec 5-129:00-2:30
DBT/CPR (new - limited space)Dec 8-229:00-2:30
When The Brain Is AttackedDec 15-164:00-9:30
Nurse Delegation Core.....Dec 189:00-6:00
A Closer Look (new).....Dec 21-229:00-2:30
Medical PotpourriDec 21-224:00-9:30
Through Their Eyes (new).....Dec 28-29 11:00-4:30

Ideas for a new CE course?

Call the Training Coordinator at (425) 212-4210.

New Continuing Education in 2009

A Closer Look: A glance into the different aspects of mental health issues and developmental disabilities.

CPR /1st Aid: Ask licensor if this qualifies for CE credit.

Dialectical Behavior Therapy (DBT): Learn how to support clients diagnosed with mental health issues to learn and utilize problem solving skills. Combined with CPR/1st Aid training.

Inclusion: Learn skills and techniques to assist a client in developing a sense of belonging, meaning and purpose in the community. Combined with CPR/1st Aid training.

Nurse Delegation: See Nurse Delegation Core section for details.

Through Their Eyes: Learn how to cope with the emotional dynamics of relationship changes as a caregiver from the eyes of a spouse, child, parent, caregiver or client.

Returning Favorites

Complexities of Behavior: Covers the elements that make up behavior, and the effects that life experiences, medications, and medical conditions have.

Dementia and Activities: Learn about Alzheimer's disease and other forms of dementia, along with communication techniques and helpful activities to enhance the lives of clients who have problems processing or remembering information.

Earning Your Apron: Learn nutrition as well as information about diabetic and other special diets. Includes menu planning with practice.

Head and Spinal Cord Injuries: Learn about stroke or traumatic brain injuries. Learn how to provide specific client care.

Illegal Drug Use... Long Term Impact on Caregiving: Covers illegal drugs "A to Z" and how they adversely affect the body and brain. Discover the impact on caregiving and how to adapt your care in the presence of these lingering effects.

It Could Be A Disaster: Avian flu, earthquakes, volcanoes and storms. Practical and cost effective preparations to help you face these challenges with confidence.

Medical Potpourri: Acquire caregiver techniques for persons with Parkinson's, kidney failure, and cancer. Also become acquainted with communication and documentation techniques.

Mental Health: Communicate more effectively with clients who have Bipolar Syndrome, Schizophrenia, Depression, and Anxiety disorders and gain valuable skills to de-escalate situations before a crisis occurs.

Round Robin: Learn by playing interactive games, covering bloodborne pathogens, dignity, ethics, memory and more. Have fun while you learn valuable caregiving skills.

When the Brain is Attacked: Learn what strokes are and the changes expected. Acquire skills to help someone with swallowing problems, aphasia (inability to speak), and hearing problems.

You Gotta Have Heart, Sweetheart: Learn about diabetes and heart disease. You will learn how to care for clients with these chronic conditions and ways to reduce risk factors.

Continuing Education in Russian

July
Illegal Drug Use (new)..... July 11-189:00-2:30

September
Complexities of Behavior (new) Sep 5-129:00-2:30
It Could Be A Disaster..... Sep 19-269:00-2:30

October
You Gotta Have Heart Oct 3-109:00-2:30
Dementia and Activities..... Oct 17-249:00-2:30

November
It Could Be A Disaster..... Nov 7-149:00-2:30
Complexities of Behavior (new) Nov 21-289:00-2:30

December
Illegal Drug Use (new)..... Dec 12-199:00-2:30