

# Become a REST Companion™



*Delivering education and support to those offering a break to caregivers.*

## REST, Respite Education and Support Tools

REST is a unique, interactive training program, where you will receive the education and tools needed to be confident and successful in providing respite care to aging adults.

**UNIQUE  
TRAINING  
OPPORTUNITY!**

### Course Objectives

- Define respite care
- Describe the role of a REST Companion
- Recognize the importance of providing respite care to a family in need
- Properly begin a respite relationship
- Deploy verbal and non verbal communication techniques in respite environments
- Demonstrate proper assistance techniques
- Create a, positive, safe, and healthy environment for everyone involved

### Upcoming REST Training

**Tuesday, April 2<sup>nd</sup>**  
8:00 AM- 4:00 PM  
Lonsdale Building- 5<sup>th</sup> Floor  
(302 W Superior St  
Duluth, MN 55802)

**FREE!**

\*Lunch Provided  
**\*Course materials provided for first 10 participants registered.**

**For Information or to RSVP, Contact Shelbi Benson at 218-623-7804 or email [shelbig@agewellarrowhead.org](mailto:shelbig@agewellarrowhead.org). SPACE IS LIMITED!**



**[www.restprogram.org](http://www.restprogram.org)**

