

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.



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 2nd
8:00 AM- 4:00 PM
Lonsdale Building- 5th 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. SPACE IS LIMITED!



www.restprogram.org

