



# NAVIGATOR

## For Professionals & Health Providers

Navigator is a one-day workshop that trains health professionals, service providers and community agency staff to better support caregivers by showing them how to (1) identify caregivers early in their journey, (2) support caregivers to adopt self-care practices and (3) facilitate caregivers' access to programs/resources and referrals.

### Topics include:

- Understanding the Caregiver Experience
  - › Practical challenges
  - › The emotional journey
- Assessing the Caregiver's Needs
- Supporting the Family Caregiver
  - › Finding resources
  - › Self-care for the caregiver

### Why Participate?

- 1 in 4 Albertans is a Caregiver and Family caregivers provide 80-90% of the care in the community
- Few caregivers fully understand all of the implications of their caregiving role, and the impact on themselves or those in their care.
- Physical-stress, lack of sleep, exhaustion
- Psycho-social – depression, anxiety, isolation
- Financial – lost wages/time, out of pocket costs

Sponsored by Age Freindly Edmonton Initiative

### WInter 2017 WORKSHOPS

9:00am-4:00pm  
Fulton Place School  
10310 56 Street, Edmonton

January 30

February 8

March 8

April 5

May 12

Please contact to register:

780.453.5088

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Lunch and presentation  
provided FREE of cost!

