



Co-Developed by Erica Marks and Millie Richard  
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## **Session 1- Caregiver Support & Dementia: Agenda**

### **OBJECTIVES**

- Participants will understand the principles of respite care
- Participants will understand the role of the respite volunteer
- Participants will understand what person- and family-centered care is
- Participants will better understand the physical and cognitive limitations of someone who has dementia

### **Pre-Training Survey**

#### **Topic 1: Introduction to Respite and Caregiver Support**

- 1) Welcome, Overview of Training, and Review of Manual
- 2) What is Respite Care?
- 3) Caregiver Support Program
- 4) Role of the Respite Volunteer
- 5) Respite Care Volunteer Requests/Referrals

#### **Topic 2: Dementia, Alzheimer's and Mild Cognitive Impairment**

- 1) Dementia & Alzheimer's: What's What?
- 2) Spectrum of Impairment
- 3) Dementia Simulation
- 4) Safety Concerns with Physical and Cognitive Decline

## **Session 2- Communication & Body Mechanics: Agenda**

### **OBJECTIVES**

- Participants will understand the diversity they may encounter and respect the culture of all households they enter
- Participants will understand the different ways they communicate with the family unit, including the dementia client, and the importance of relationship building
- Participants will be aware of their own health, wellness, and safety as well as that of their clients

### **Review homework from Session 1: First Response and Express Your Feelings**

#### **Topic 3: Communication**

- 1) Communication Skills
  - a) Nonverbal Communication
  - b) Communication Stoppers
  - c) Active Listening



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- 2) Challenging Behaviors
- 3) Communication Practice Scenarios
- 4) Empathy
- 5) Cultural Competency
- 6) Strategies for Communicating with Clients with Dementia

#### **Topic 4: Body Mechanics and Safety**

- 1) Good Body Mechanics
  - a) Handwashing
  - b) Proper Use of Walkers and Wheelchairs
- 2) Offering Assistance
- 3) Universal Precautions and Safety
- 4) Wellness Checks

### **Session 3- Family as Unit of Care/Grief & Bereavement: Agenda**

#### **OBJECTIVES**

- Participants will understand what is meant by family/client centered care
- Participants will recognize the different make\_up of families and family dynamics
- Participants will be better able to identify caregiver burnout and ways to combat it
- Participants will recognize that there are many ways to grieve and how to respond to family grief

#### **Review homework from Session 2: Family Profile**

#### **Topic 5: Family as Unit of Care**

- 1) Family Dynamics/Family Systems
  - a) Who is Family?
  - b) Fundamentals of Family Systems
- 2) Caregiver Burnout
- 3) Meaningful Activities

#### **Topic 6: Grief and Bereavement**

- a) The 5 Stages of Grief
- b) Anticipatory Grieving Loss Exercise
- c) Hope Survival Kit
- d) Death and Dying
- e) Advanced Directives



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## **Session 4- Boundaries & Closure: Agenda**

### **Review homework from Session 3: Advanced Directives**

#### **OBJECTIVES**

- Participants will understand and agree to adhere to confidentiality policies. Other ethical issues will be explored
- Participants will understand self-care and what they need to do to maintain their physical and emotional wellbeing
- Participants will recognize boundary issues and how to set boundaries with their assigned families

#### **Topic 7: Boundaries**

- 1) Boundary Issues Defined
- 2) Boundary Matching Activity
- 3) Professionalism and Ethics

#### **Topic 8: Closure and Self-care**

- 1) Self-Care
- 2) Revisiting the Role of the Respite Volunteer
- 3) Closure With the Family
- 4) Closing Activity

#### **Post-Training Survey**