"I wasn't aware of that!" Examining the realities of family and friend caregivers and our approaches to working with them.

An Online Interactive Workshop for Health Care Professionals

Workshop Schedule (Jan-Feb 2011)

Week 1—Overview, Examining realities

Week 2–Examining beliefs and values

Week 3–Practice approaches

Week 4—Practice approaches

See below for schedule details

Requirements:
- Approval of your employer to participate if during work hours.
- Attendance at all sessions.
- Completion of evaluation requirements.
- Technical requirements (see below).

Family and friend caregivers supporting an adult with health limitations in the community are an integral part of the health system. Despite their important role, many health care professionals are not always fully aware of the strengths they have or unique challenges they face. This workshop will assist health care professionals to better understand the realities of family and friend caregivers. Participants will assess their values and beliefs with regard to family caregiving, examine caregiving issues, and leave with insight about how to modify their practice to better support caregivers.

This is a pilot study of a workshop being delivered online using Eluminate Live and Moodle. For this workshop, access to these platforms will be made available and technical orientation provided in advance. The workshop is expected to be 9 hours in length. In addition to the workshop requirements, participants will be required to complete various feedback forms to assess this technology-enabled learning initiative.

Minimum Technical Requirements:

Microsoft Windows Users:
Windows XP
(32 bit) or Vista (32 or 64 bit)
Pentium III 1 GHz processor or above
256 MB RAM

Apple MacIntosh Users:
Mac OS X 10.5
G4, G5 or Intel processor
256 MB RAM

Space is limited.
No registration fee.
Registration required by **Nov. 15, 2010**.
For more information contact:
nsca@msvu.ca or 902-457-6546 or
visit www.msvu.ca/nsca

Centre on Aging Nova Scotia

MOUNT SAINT VINCENT UNIVERSITY

Workshop Schedule

Time Frame	Format	Date and Length of Session	Program
Mid December/early January		TBD	Technical Orientation regarding computer configurations, accessing software, tutorial with Eluminate and Moodle
Week 1, Session 1	Elive	January 18 2:30—3:30 AST	Overview
Week 1, Session 2	Elive	January 20, 2:30-4:00 AST	Examining realities of caregivers
Week 2, Session 1	Moodle	On own (apx 15 mins)	Examining values and beliefs about caregivers
Week 2, Session 2	Elive	January 27, 2:30-3:30 AST	Values and beliefs cont'd
Week 3, Session 1	Moodle	On own (apx 45 mins)	Approaches in working with caregivers
Week 3, Session 2	Elive	February 3, 2:30-4:30 AST	Examining your practice approach
Week 4, Session 1	Moodle	On own (apx 60 mins)	Examining implications of practice approach
Week 4, Session 2	Elive	February 10, 2:30-3:45 AST	Examining implications of practice approach cont'd Workshop Wrap Up

Elluminate Live (Elive) is an online 'virtual classroom' that enables real time communication and features a whiteboard for exchange of visual information.

Moodle is a learning management system that allows you to access course materials including documents and links to video, participate in surveys and learning activities such as focused discussions.