

2020 monthly Caregiver Classes

from BJC Home Care

Classes for those caring for their loved one — personal and professional insight from BJC employees who care. Each class is individually tailored to meet the needs of those in attendance.

no charge for classes or materials | registration by phone | attend one class, any or all



Medication Management and Nutrition Jan. 14 and July 14

A pharmacist will give tips for setting up, storing, recording, and managing medications. A registered dietitian will teach you how to help meet dietary requirements and manage physician-prescribed diets



Home Care Choices and How to Find Assistance at Home Apr. 14 and Oct. 13

Learn about the difference between insurance approved skilled home care and other home care choices, including private duty, home medical equipment, supplies, and other resources to help in the care of your loved one.



Supporting the Caregiver Feb. 11 and Aug. 11

Learn about signs and risks of compassion fatigue (caregiver burnout) and ways to help. An experienced medical social worker will provide coping techniques and resources for caregivers.



Legal Matters & Goals of Care May 12 and Nov. 10

An attorney will present information on important legal matters to address with your loved ones. A palliative social worker will share ways to discuss goals of care and long-term planning. Advance directives will be discussed.



Practical Tips for Day-to-Day Home Care Mar. 10 and Sept. 8

Health care professionals, including a registered nurse and a rehab therapist, will provide helpful advice in providing daily home caregiving.



Alternative Therapies June 9 and Dec. 8

There are many ways to cope with stress and different therapies will be discussed, such as music therapy, massage therapy, pet therapy, and more. This will be an experiential class, with enough time for personal questions and needs.

DATES: Second Tuesday of the month, from January–December. Classes and materials are free to the public. Attend any classes that are right for you. Classes don't need to be taken consecutively and do not build on each other.

LOCATION: Barnes Jewish West County Hospital, 12634 Olive Blvd, St. Louis, Mo. 63141. All classes except August will be held in the East conference room off the main lobby. August's class is held in room 3100Y on the third floor.

TIME: 1-2:30 p.m.

TO REGISTER, CALL: 314-542-9378

Instructors are specialists with BJC HealthCare. Additional experts will also supplement class instruction, where indicated. This is not a class for continuing education credits or patient care technician certifications.

Thank you to: Patient and Family Advisory Councils of Progress West Hospital, Barnes-Jewish St. Peters Hospital, and Siteman Cancer Center at Barnes-Jewish St. Peters for their input on the class content.



**Heather Bell, MSW, LCSW,
ACHP-SW**

Social Worker, BJC Hospice &
Palliative Care, Facilitator

