

# monthly Caregiver Classes

from BJC Home Care Services

Classes for those caring for their loved one —  
personal and professional insight from BJC employees who care.

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



## Medication Management and Nutrition

Jan. 17, Aud. 1 & July 18, Aud. 1

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.



## Practical Tips for Day-to-Day Home Care

April 11, Aud. 2 & Oct. 10, Aud. 2

Helpful advice on daily home care from health care professionals, including a registered nurse, physical therapist and an occupational therapist.



## Supporting the Caregiver

Feb. 14, Aud. 1 & Aug. 8 Aud. 1

Coping techniques and resources for caregivers. Learn about signs and risks of compassion fatigue (caregiver burnout) and ways to help. Introducing alternative therapies to help with stress relief and activity level.



## Cancer Caregivers

May 9, Aud. 1 & Nov. 14, Aud. 1

A cancer center social worker will address specific concerns that cancer caregivers have, as well as discuss relevant resources.



## Home Care Choices and How to Find Assistance at Home

March 14, Aud. 1 & Sept. 12, Aud. 1

Learn about private duty services, different levels of home health care services, home medical equipment, supplies and other resources to help in the care of your loved one.



## Legal Matters and Goals of Care

June 13, Aud. 1 & Dec. 12, Aud. 1

An attorney will present information on advance directives, power of attorney and qualifications for assistance. A facilitator will lead the group in ways to engage your loved one in conversations about their goals of care for long-term planning.

**DATES:** Either the second or third Tuesday of each month. Classes and materials are free to the public. Attend only the classes that are right for you. Classes don't need to be taken consecutively and do not build on each other.

**TIME:** 1-2:30 p.m.

**LOCATION:** Missouri Baptist Medical Center, main hospital entrance, 3015 N. Ballas Rd., St. Louis, Mo., 63131, Auditoriums (Aud.) 1 or 2

**TO REGISTER, CALL:  
314-996-LIFE**

Instructors are specialists with BJC Home Health Care Services and BJC Hospice at Missouri Baptist Medical Center. 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.



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