

Caregiver Training Program 2nd Floor Inpatient Rehabilitation Unit

Altru's caregiver training programs have been created to provide a way for families and/or caregivers to learn the techniques they need to provide a safe, healthy and supportive environment for their loved one as they transition home. During the course of our daily lives, personal care activities are taken for granted until weakness or a disability makes them difficult to accomplish independently or safely. Providing assistance requires knowledge, patience, skill and physical strength.

The following levels of caregiver training have been designed to meet the discharge needs of the patient and caregiver. Safety and independence are a priority and therefore the length of caregiver training is dependent on the medical and physical complexity of the patient's needs.

Basic Caregiver Training: The caregiver will participate in up to 4-6 hours of instruction and hands on training. The scheduled time frame and/or time of day are dependent on the patient/caregiver training needs.

12 Hour Caregiver Training: The caregiver will participate in 12 hours of instruction and hands on training. This training is completed throughout the day to include morning routine, participation in therapy and evening cares.

24 Hour Caregiver Training: The caregiver will stay for 24 hours. This is designed for those caregivers who will have many medical and physical complexities to manage when the patient returns home. It is also designed for those who question their ability to fully care for the patient and want to "try it" with the support of the healthcare team.

Patient/Caregiver Expectations

- A commitment for full participation in a caregiver training program determined by the healthcare team and caregiver
- Caregiver/Patient will have an active role in personal cares, dressing, toileting, bathing, mobility, transfers, skin care, wound management, nourishment/meal time, medication management, nursing care and therapies
- Patient safety is our priority. The healthcare team strongly encourages patient independence with consistent use of adaptive equipment, medical supplies and mobility techniques as directed by the healthcare team. Remember assistance is just a call light away if you are unsure and need help.

Staff Expectations

- Complete orientation to the room, bathroom, bed and call light system
- Complete hourly rounding/ Daily Physician rounds
- Medication administration/supervision
- Provide instruction, supervision and education for patient/caregiver
- Will supervise patient/caregiver to foster safety and independence during the patient's daily routine
- The healthcare team will validate learned skills with the teach back method and adhere to the expectations for the patient/caregiver
- The healthcare team will individualize the patient's daily schedule to meet the needs of the patient/caregiver to optimize training (i.e. Increase therapy time, increase time spent with nurse etc.)