



Together, we can save a life

Fact Sheet

Health and Safety Services

Health and Safety Programs

Course:	Family Caregiving: Assisting with Personal Care
Course Code:	31601
Purpose	To prepare individuals who are family caregivers to assist their loved one with personal care such as bathing, grooming and using the toilet.
Prerequisites	None
Learning Objectives	<ul style="list-style-type: none">▪ Recognize the importance of personal care and know when personal care is needed;▪ Understand the caregiving techniques for: Assisting a loved one with mouth care;<ul style="list-style-type: none">• Assisting a loved one with grooming;• Assisting a loved one with dressing and undressing;• Assisting a loved one with bathing and shampooing;and<ul style="list-style-type: none">• Assisting a loved one with toileting.
Length	Approximately 1 hour
Leader	Currently affiliated Family Caregiving Leader
Certification Requirements	None
Certificates Issued and Validity Periods	<ul style="list-style-type: none">▪ Has attended.▪ None.
Participant Materials	<i>American Red Cross Family Caregiving: Assisting with Personal Care Participant's Booklet (StayWell Stock No. 653985)</i>
