



Together, we can save a life

# Fact Sheet

Health and Safety Services

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## Health and Safety Programs

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<b>Course:</b>	<b>Family Caregiving: Caring for the Caregiver</b>
<b>Course Code:</b>	<b>31602</b>
<b>Purpose</b>	To prepare individuals who are family caregivers to care for their own health while caring for a loved one.
<b>Prerequisites</b>	None
<b>Learning Objectives</b>	<ul style="list-style-type: none"><li>▪ Recognize the signs of caregiver stress;</li><li>▪ Identify ways to make time for themselves;</li><li>▪ Understand how to access help from community organizations such as respite care.</li></ul>
<b>Length</b>	Approximately 1 hour
<b>Leader</b>	Currently affiliated Family Caregiving Leader
<b>Certification Requirements</b>	None
<b>Certificates Issued and Validity Periods</b>	<ul style="list-style-type: none"><li>▪ Has attended.</li><li>▪ None.</li></ul>
<b>Participant Materials</b>	<i>American Red Cross Family Caregiving: Caring for the Caregiver</i> Participant's Booklet (StayWell Stock No. 653986)

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