

# NEIGHBOURS HELPING NEIGHBOURS WORKSHOP



*Training to support  
family and friends  
who are providing  
community-based Respite Care*

**Date: April 3, 2018**

**Time: 9:30 a.m. to 3:00 p.m.**

**Location: Overbrook Community Centre,  
33 Quill Street, Ottawa**

## **Objective:**

To provide practical information for participants who would like to help the primary caregiver who is providing care to a family member, friend, or neighbour who is in frail health or who has ageing needs.

## **Content:**

- \*role of family in caregiving,
- \*attitudes and boundaries for informal caregivers,
- \*normal & abnormal ageing,
- \*elder abuse,
- \*the grieving process,
- \*pain & comfort, safety issues.

There is no cost. However, participants are asked to bring a brown bag lunch. OCW will provide tea, coffee, and water.

The workshop, originally developed by the Victorian Order of Nurses, is supported by the National Association of Federal Retirees (NAFR). This workshop will be in English, however French Workshops are available on request.

**Maximum number of participants is 12.**

**Registration Deadline: Friday, March 23, 2018**

Email [Beverlee.mcintosh@gmail.com](mailto:Beverlee.mcintosh@gmail.com) or phone 613 728-9770