

PalCare presents

**BODY MECHANICS FOR**

# **VOLUNTEERS AND CAREGIVERS**



**TUESDAY  
JANUARY 29TH  
2019  
3:00 PM – 6:00 PM**

**MARGARET BAHEN  
HOSPICE  
653 QUEEN ST., NEWMARKET  
L3Y 2J1**

## **BODY MECHANICS FOR VOLUNTEERS AND CAREGIVERS**

WHEN PROVIDING SUPPORT TO AN INDIVIDUAL RECEIVING HOSPICE PALLIATIVE CARE WE ARE OFTEN CALLED UPON TO ASSIST WITH TASKS THAT ADDRESS THE PHYSICAL NEEDS OF AN INDIVIDUAL. HELPING TO CHANGE A BED, REPOSITION A CLIENT, OR PROVIDE COMFORT MEASURES MAY ALL REQUIRE PHYSICAL EFFORT. PARTICIPANTS WILL LEARN:



- Correct body mechanics for transfers, household tasks, and positioning
- Basic health and safety skills
- To assess risks posed by providing physical support



THIS MODULE IS A REQUIREMENT FOR INDIVIDUALS WHO ARE IN THE PROCESS OF, OR HAVE COMPLETED **CORE 1: INTRODUCTION TO CORE CONCEPTS IN HOSPICE PALLIATIVE CARE** AND WILL BE PROVIDING DIRECT CLIENT SUPPORT IN RESIDENTIAL OR COMMUNITY HOSPICE.

PROGRAM CONTENT IS DESIGNED FOR MEMBERS OF THE INTERDISCIPLINARY TEAM WHO **DO NOT HAVE** PREVIOUS PROFESSIONAL EXPERIENCE OR EDUCATION IN CLIENT CARE.

**Professional Rate \$50 Volunteer Rate \$25 \*Space is limited Register NOW!**



# Body Mechanics for Volunteers and Caregivers REGISTRATION FORM

## Participant Information

Name:

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*First Name* *Last Name*

Address:

\_\_\_\_\_

*Street* *City* *Postal Code*

Phone:

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Email:

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## Education Session

**NEWMARKET**  
**Tuesday, January 29, 2019**  
**3:00 pm - 6:00 pm**  
Margaret Bahen Hospice  
653 Queen St.  
L3Y 2J1

Complete course outline and session details at [www.palcarenetwork.org](http://www.palcarenetwork.org). Please contact [education@palcarenetwork.org](mailto:education@palcarenetwork.org) directly if you have any questions.

**PROFESSIONAL RATE \$50**

**VOLUNTEER RATE \$25**

Payments by **CHEQUE** are payable to **Margaret Bahen Hospice for York Region**. Please mail completed form and cheque to **Margaret Bahen Hospice for York Region, 653 Queen Street, Newmarket, Ontario L3Y 2J1**.

Payments made by **CREDIT CARD** may be mailed or faxed to **905-967-0018**

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