



Education CALENDAR

April - June
2021



MISSISSAUGA HALTON LHIN
REGIONAL LEARNING CENTRE

REGIONAL LEARNING CENTRE



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Course Registration LINKS

Course Title
&
Dates Available

Course
Information
&
Registration

[Compassion Fatigue Series - *For session times please see pg's 9-11 or click the link*](#)

Hr. 1- Compassion Fatigue and Vicarious Trauma - April 7, May 6, & June 4
 Hr. 2- Warning Signs and Intervention - April 15, May 10, & June 8
 Hr. 3- Strategies for Your Workplace - April 20, May 19, & June 17
 Hr. 4- Self-Awareness and Coping with Our Stressful/Challenging Lives - April 23, May 20, & June 22
 Hr. 5- Balancing Life and Work - April 27, May 27, & June 24

1. [Click Here](#)
2. [Click Here](#)
3. [Click Here](#)
4. [Click Here](#)
5. [Click Here](#)

[CPI Verbal Intervention Training](#)

April 22, 2021 - 8:30am-12:30pm
 June 2, 2021 - 8:30am-12:30pm

[Click Here](#)

[Falls Prevention - 1-Hour Webinar](#)

April 21, 2021 - 11:00am-12:00pm
 May 27, 2021 - 11:00am-12:00pm
 June 21, 2021 - 11:00am-12:00pm

[Click Here](#)

[Gentle Persuasive Approaches \(GPA\) - 2 Consecutive Days](#)

May 12/13, 2021 - 9:00am-12:30pm
 June 9/10, 2021 - 9:00am-12:30pm

[Click Here](#)

[Medication Management](#)

April 20, 2021 - 1:00pm-4:30pm
 May 14, 2021 - 8:30am-12:00pm
 June 23, 2021 - 8:30am-12:00pm

[Click Here](#)

[PPE - Donning/Doffing - 1-Hour Webinar](#)

April 8, 2021 - 11:00am-12:00pm
 May 11, 2021 - 2:00pm-3:00pm
 June 16, 2021 - 9:00am-10:00am

[Click Here](#)

[Psychological Health and Safety Standard - 1-Hour Webinar](#)

May 21, 2021 - 11:00am-12:00pm

[Click Here](#)

[Safer Lifts and Transfers](#)

April 29, 2021 - 8:30am-12:00pm
 May 17, 2021 - 8:30am - 12:00pm
 June 15, 2021 - 12:30pm-4:00pm

[Click Here](#)

Custom Scheduling Requests

In the event that the times in the calendar don't work for you, the RLC is pleased to offer Custom Scheduling Requests. In addition to the above courses, please see pages 5-8 for additional courses available by request only. If you are interested in this service or want to learn more, please email us at info@regionalllearningcentre.ca. We look forward to hearing from you.

Cancellation Policy

Classes are subject to cancellation at **least (5) business days** prior to the scheduled course offering. If you are registered in a course that is cancelled, you will receive a notification from the Regional Learning Centre (RLC). Should you need to cancel your registration, or if you have any questions please contact the RLC at info@regionalllearningcentre.ca or call 905-829-7006.

Late Policy

Participants are expected to sign into the session 5 minutes before the start of the session. To reduce interruptions during the session, no one will be admitted after 15 minutes of the start of the session. It is recommended that participants test their systems before the start of the session to ensure their technology will work.

eLearning at the RLC

The RLC eLearning platform has been enhanced to offer over 100 microlearning courses for staff, supervisors and managers working at community support service agencies. To view and access the eLearning modules simply, click the icon below, or go to www.regionalllearningcentre.ca and click on "E-learning." Once there, you can sign up or login if you have an existing account. To enroll in a course, search in the course catalogue and click "get this course". You will now be able to access modules via your home page. You will be able to save your progress during each module, and complete it at your own pace.

Location

All sessions will be held via Zoom and Microsoft Teams. A link will be sent 1-2 business days before the start of the session. Please check your junk or spam folders for the email.

Joining the session with your microphone and camera on (if possible) is recommended to get the most out of each session. You can join from your smartphone, laptop or tablet. Calling in on the telephone line is not recommended.

Questions can be directed to

info@regionalllearningcentre.ca
or 905-829-7006

Facilitators

Taryn Bolt, OT Reg. (Ont.), MScOT
Kiran Ghatora RN, MN
Marcia Annamunthodo RN, MS(N), IBCLC, CCHN (C)
Yalini Gunarajan, RN, BScN

Additional Courses Offered

RLC Classes for Staff
RLC Classes for Supervisors

You won't find these courses in our Spring Calendar, but we are happy to set up a session just for your organization.

Email us at info@regionallearningcentre.ca to arrange a session.

Chronic Disease: Introduction to Chronic Obstructive Pulmonary Disease [COPD] and Parkinson's Disease [PD] - 3 hours

This course explores chronic obstructive pulmonary disease and Parkinson's disease at an introductory level. Topics will include:

- The mental, physical and social impact of living with a chronic disease
- The physiological changes that occur with each chronic disease
- Strategies to assist clients with activities of daily living
- How the community support worker can support a client's self-management efforts

Chronic Disease: Introduction to Diabetes - 3 hours

At an introductory level, this course explores diabetes. Topics will include:

- The impact of diabetes on the individual, family, and their workplace
- The physiological changes that occur with diabetes and health complications
- The mental, physical, and social impact of living with diabetes
- How the community support worker can support client's self-management efforts (e.g. nutrition, blood sugar monitoring, and use of medications)

Chronic Disease: Introduction to Heart and Stroke - 3 hours

This course explores stroke and heart failure at an introductory level. Topics will include:

- The difference between acute and chronic disease
- The physiological changes that occur with each chronic disease
- How to identify and respond to changes in client's condition
- How the community worker can support a client's self-management efforts

From Conflict to Partnership for Staff - 3 hours

This course aims to provide community staff with tools and strategies to manage conflict in the community, the workplace or even at home. Topics will include:

- Negative and positive outcomes of conflict
- Factors that contribute to conflict in the workplace
- Strategies and tips to prevent and manage conflict

Note: *This course is not intended for participants wanting to learn how to deal with difficult behavior in clients with a mental illness or cognitive impairment.*

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Cope and Connect - 1 Hour

The current pandemic has required us to adapt to change in a very short period of time. Many of us have struggled, and continue to struggle with numerous aspects of our new way of living. The uncertainty with work, home, and society as a whole have demanded we learn new coping strategies. Schedule this session to connect with other community staff in an informal sharing session, and learn some coping strategies to help you care for yourself.

Gentle Persuasive Approaches Recharged (GPA-R) - 2 hours

Designed as a refresher for participants who have completed GPA Basics (or the former Student Edition) within the prior two years. Topics will include:

- Review of key GPA Basics principles from all four modules
- Review of the SPEED model and the 8 A's of dementia
- Review of personal space, triggers, and verbal redirection strategies
- Review of self-protective and gentle redirection physical techniques
- Group Applied Practice scenarios

Pre-requisites

- *Completion of Full (7 hour) GPA Basics course within the last two years.*
- *Participants are recommended to take a GPA-Recharged refresher annually, up to three years.*
- *Three years after participating in GPA Basics, it is recommended that a participant repeat GPA Basics.*

interRAI™ CHA Core, Functional, Outcome Scales, CAPs and Care Planning - 17 hours

A 17 hour workshop (split into 5 days) where assessors will:

- How to complete the interRAI CHA Core Assessment and Functional Supplement
- How to use the interRAI CHA manual to ensure standardized and accurate coding of the assessment
- The importance of accurate coding to ensure a valid CAPs report and Outcome reports
- The link between information gathered in the interRAI CHA assessment and the triggered CAPs and Outcome Measures and Scales
- How CAPs focuses on the client's function and quality of life, by considering their needs, strengths, and preferences
- The importance of addressing all triggered CAPs in the development of a care plan

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interRAI™ CHA Core and Functional Supplement Refresher - 7 hours

A full day workshop where assessors will:

- Validate their knowledge of coding the interRAI CHA
- Improve their coding accuracy of the interRAI CHA
- Increase their confidence in using the information to facilitate client centred care and evaluate the care plan

Pre-requisites

- *Previous training in interRAI CHA coding is required*
- *The completion of at least 10 interRAI CHA assessments is recommended*
- *Participants must have completed the Two Day interRAI CHA Core and Functional Supplement training to attend this session*

It is recommended that assessors who attended the 17-hour interRAI CHA, complete a refresher module annually.

interRAI™ CHA - Updates - 3 hours

A 3-hour workshop for learners who have attended the 2-day InterRAI CHA core and functional supplement training, as well as the CAPs and Care Planning session. The workshop will review the updated content of the interRAI CHA v 9.1.4.

Person Centred Care - 3 hours

This course explores the principles of person-centered care. Topics will include:

- The community support worker's role in a person-centred environment
- How to develop care practices that support person-centred work
- Communication strategies to support person-centered care

Preventing Elder Abuse - 3 hours

Elder abuse happens across our society, and all older individuals are at risk for elder abuse. This course will assist community staff to identify, respond, report, and prevent elder abuse to protect clients safety. Topics will include:

- Identifying, responding, reporting, and preventing elder abuse
- How to document identified elder abuse
- The importance of professionalism as it relates to community practice and the prevention of elder abuse

The Three D's: Dementia, Delirium, and Depression - 3 hours

Delirium and dementia are the most common causes of cognitive impairment in older adults, but depression can also affect thinking and reasoning. These conditions are not part of normal aging. Delirium, dementia and depression are different from one another, but it can be hard to distinguish between them because their signs and symptoms are so similar. Further, people can have more than one of these conditions at the same time. Learning outcomes/objectives include:

- Identify the key features of each one
- Provide care for someone experiencing delirium, dementia and/or depression

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The Working Mind for Employees - 6 hours

Designed by the Mental Health Commission of Canada, this course explores mental health in the workplace. Topics will include:

- The Mental Health Continuum Tool
- Self-assessment and promotion of mental health
- Reducing stigma in the workplace

Note: *There is a nominal \$10.00 fee for the course. This fee is for your certificate and goes to the Mental Health Commission of Canada.*

The Working Mind for Managers - 9 hours

Designed by the Mental Health Commission of Canada, this course addresses and promotes mental health and the reduction of the stigma of mental illness in a workplace setting. Topics will include:

- The Mental Health Continuum Tool
- Strategies to create a mentally healthy workplace
- Communicating with and supporting employees with mental health concerns
- The role and responsibilities of managers specific to workplace accommodations for mental health concerns

Note: *There is a nominal \$10.00 fee for the course. This fee is for your certificate and goes to the Mental Health Commission of Canada.*

Wound Prevention - 2.5 hours

This course on Wound Prevention will cover the role of the community support worker in preventing pressure ulcers and maintaining the skin health of clients. Topics will include:

- Risk factors for skin tears and pressure ulcers
- Signs, symptoms and causes of pressure ulcers
- Wound prevention methods
- Identification of potential areas where pressure ulcers can develop
- Identification of clients who are at a higher risk for skin breakdown
- Hands on practice of repositioning skills

Powerful Tools for Caregivers

6-Week Course

Dates: TBD

Time: TBD

In partnership with Maximize Your Health

Powerful Tools for Caregivers is a highly effective, evidence-based, self-care program that builds skills caregivers need to take better care of themselves as they provide care for others. This six week workshop series helps caregivers to reduce stress, improve self-confidence and communication, find balance and identify valuable community resources

To register, please click
[HERE](#)
or call:
Maximize Your Health
at 844-661-9194.

Powerful Tools for
Caregivers manuals
will be sent to you
before the session.

Powerful Tools for
Caregivers will
be offered using a
virtual platform.

Please note:

These workshops are **not** intended for professionals.

April 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

				1	2	3
4	5	6	7 Compassion Fatigue Hour 1 8:00am-9:00am	8 PPE Donning/ Doffing 11:00am- 12:00pm	9	10
11	12	13	14	15 Compassion Fatigue Hour 2 8:00am-9:00am	16	17
18	19	20 Medication Management 1:00pm-4:30pm Compassion Fatigue Hour 3 8:00am-9:00am	21 Falls Prevention 11:00am- 12:00pm	22 CPI Verbal Intervention 8:30am- 12:30pm	23 Compassion Fatigue Hour 4 8:00am-9:00am	24
25	26	27 Compassion Fatigue Hour 5 8:00am-9:00am	28	29 Safer Lifts and Transfers 8:30am- 12:00pm	30	

RLC Classes for Staff
 RLC Classes for Supervisors
 Family Caregiver Events

May 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2

3

4

5

6

Compassion
Fatigue
Hour 1
3:00pm-4:00pm

7

8

9

10

Compassion
Fatigue
Hour 2
3:00pm-4:00pm

11

PPE Donning/
Doffing
2:00pm-
3:00pm

12

GPA
Day1
9:00am-
12:30pm

13

GPA
Day 2
9:00am-
12:30pm

14

Medication
Management
8:30am-
12:00pm

15

16

17

Safer Lifts and
Transfers
8:30am-
12:00pm

18

19

Compassion
Fatigue
Hour 3
3:00pm-4:00pm

20

Compassion
Fatigue
Hour 4
3:00pm-4:00pm

21

Psychological
Health & Safety
Standard
11:00am-
12:00pm

22

23

24

25

26

27

Falls
Prevention
11:00am-12:00pm
Compassion
Fatigue
Hour 5
3:00pm-4:00pm

28

29

30

31

RLC Classes for Staff
RLC Classes for Supervisors
Family Caregiver Events

June 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2

CPI Verbal
Intervention
8:30am-
12:30pm

3

4

Compassion
Fatigue
Hour 1
11:00am-
12:00pm

5

6

7

8

Compassion
Fatigue
Hour 2
11:00am-
12:00pm

9

GPA
Day 1
9:00am-
12:30pm

10

GPA
Day 2
9:00am-
12:30pm

11

12

13

14

15

Safer Lifts and
Transfers
12:30pm-
4:00pm

16

PPE Donning/
Doffing
9:00am-
10:00am

17

Compassion
Fatigue
Hour 3
11:00am-
12:00pm

18

19

20

21

Falls
Prevention
11:00am-
12:00pm

22

Compassion
Fatigue
Hour 4
11:00am-
12:00pm

23

Medication
Management
8:30am-
12:00pm

24

Compassion
Fatigue
Hour 5
11:00am-
12:00pm

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RLC Classes for Staff

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Family Caregiver Events

