



Education CALENDAR

July-September
2021



REGIONAL LEARNING CENTRE

REGIONAL LEARNING CENTRE



TABLE OF CONTENTS

Course Registration Links & Dates	3-4
Custom Scheduling Requests	5
eLearning Modules	5
General Information	5
Cancellation & Late Policy	5
Additional Courses Offered.....	6-9
Family Caregiver Event Descriptions	10
July to September Calendar by Month....	11 - 13

Course Registration LINKS

Course Title & Dates Available	Course Information & Registration
<p><u>Advanced Infection Control</u></p> <p>July 20, 2021 - 9:00am-12:00pm August 19, 2021 - 12:00pm-3:00pm September 24, 2021 - 1:00pm-4:00pm</p>	<p>Click Here</p>
<p><u>Compassion Fatigue Series (5 1-hour sessions)</u></p> <p>Round 1: July 6, 13, 20, 27, & August 3 - 9:00am-10:00am Round 2: August 4, 11, 18, 25, & September 1 - 3:00pm-4:00pm Round 3: September 2, 9, 16, 23, & 30 - 11:00am-12:00pm</p>	<p>Click Here</p>
<p><u>CPI Verbal Intervention Training</u></p> <p>July 21, 2021 - 8:30am-12:30pm August 17, 2021 - 8:30am-12:30pm September 22, 2021 - 8:30am-12:30pm</p>	<p>Click Here</p>
<p><u>Falls Prevention - 1-Hour Webinar</u></p> <p>July 20, 2021 - 2:00pm-3:00pm August 26, 2021 - 3:00pm-4:00pm September 23, 2021 - 2:30pm-3:30pm</p>	<p>Click Here</p>
<p><u>From Conflict to Partnership for Staff</u></p> <p>July 29, 2021 - 9:00am-12:00pm August 24, 2021 - 9:00am-12:00pm September 30, 2021 - 12:00pm-3:00pm</p>	<p>Click Here</p>
<p><u>Gentle Persuasive Approaches (GPA) - Full Day</u></p> <p>September 15, 2021 - 9:00am-4:00pm</p>	<p>Click Here</p>
<p><u>interRAI™ CHA Core, Functional, Outcome Scales, CAPs and Care Planning - 5 Days</u></p> <p>August 25, 26, 27, 30, & 31, 2021 - See Calendar on page 12 for session times</p> <p>*Please note: manuals will NOT be provided for this course. You must have both the CAPS manual and the CHA manual to attend. Your organization can purchase both of the manuals by clicking HERE and HERE</p>	<p>Click Here</p>
<p><u>Medication Management</u></p> <p>July 6, 2021 - 1:00pm-4:30pm August 3, 2021 - 9:00am-12:30pm September 1, 2021 - 12:00pm-3:30pm</p>	<p>Click Here</p>

Course Registration LINKS

Course Title
&
Dates Available

Course
Information
&
Registration

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

July 14, 2021 - 2:00pm-3:00pm
August 10, 2021 - 11:00am-12:00pm
September 15, 2021 - 10:00am-11:00am

[Click Here](#)

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

July 28, 2021 - 12:00pm-1:00pm
August 18, 2021 - 11:00am-12:00pm
September 24, 2021 - 11:00am-12:00pm

[Click Here](#)

[Safer Lifts and Transfers - 2 days](#)

July 15 & 22, 2021
August 17 & 24, 2021
September 22 & 29, 2021
**See Calendar on pages 11-13 for session times

[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,

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

Facilitators

Taryn Bolt, OT Reg. (Ont.), MScOT
Kiran Ghatora RN, MN
Yalini Gunarajan, RN, BScN

Additional Courses Offered

RLC Classes for Staff
RLC Classes for Supervisors

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

Email us at info@regionalllearningcentre.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 Failure 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

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.

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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.*

Health Equity Impact Assessment (HEIA) - 3 hours

This training will discuss the following:

- The concept of health equity
- The relationship between health equity, social determinants of health, and their impact on health
- The steps involved in conducting a HEIA and how to plan for successful implementation

Participants will use the HEIA tool to work through a case study together and will learn how to apply and modify the tool for their workplace. Practical tips and handouts will be provided.

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.

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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

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.*

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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 every Tuesday, starting September 14, 2021

Dates: September 14, 21, 28, and October 5, 12, 19

Time: 1:00pm-2:30pm

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.

July 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

				1	2	3
4	5	6 Compassion Fatigue Hour 1 9:00am-10:00am Medication Management 1:00pm-4:30pm	7	8	9	10
11	12	13 Compassion Fatigue Hour 2 9:00am- 10:00am	14 PPE Donning/ Doffing 2:00pm- 3:00pm	15 Safer Lifts and Transfers Day 1 2:00pm- 4:00pm	16	17
18	19	20 Falls Prevention 2:00pm-3:00pm Compassion Fatigue Hour 3 9:00am-10:00am Advanced Infection Control 9:00am-12:00pm	21 CPI Verbal Intervention 8:30am- 12:30pm	22 Safer Lifts and Transfers Day 2 2:00pm- 3:30pm	23	24
25	26	27 Compassion Fatigue Hour 4 9:00am-10:00am	28 Psychological Health & Safety Standard Webinar 12:00pm-1:00pm	29 From Conflict to Partnership for Staff 9:00am- 12:00pm	30	31

RLC Classes for Staff
 RLC Classes for Supervisors
 Family Caregiver Events

August 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2

3

Compassion Fatigue
Hour 5
9:00am-10:00am
Medication
Management
9:00am-12:30pm

4

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

5

6

7

8

9

10

PPE Donning/
Doffing
11:00am-
12:00pm

11

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

12

13

14

15

16

17

CPI Verbal
Intervention
8:30am-12:30pm
Safer Lifts and
Transfers
Day 1
2:00pm-4:00pm

18

Compassion Fatigue
Hour 3
3:00pm-4:00pm
Psychological Health
& Safety Standard
Webinar
11:00am-12:00pm

19

Advanced
Infection
Control
12:00pm-
3:00pm

20

21

22

23

24

From Conflict to
Partnership for Staff
9:00am-12:00pm
Safer Lifts and
Transfers
Day 2
2:00pm-3:30pm

25

interRAI CHA
Day 1
8:30am-12:30pm
Compassion Fatigue
Hour 4
3:00pm-4:00pm

26

interRAI CHA
Day 2
8:30am-12:30pm
Falls
Prevention
3:00pm-4:00pm

27

interRAI CHA
Day 3
9:00am-
12:00pm

28

29

30

interRAI CHA
Day 4
9:00am-
12:00pm

31

interRAI CHA
Day 5
9:00am-
12:00pm

RLC Classes for Staff
RLC Classes for Supervisors
Family Caregiver Events

September 2021

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

			1 Medication Management 12:00pm-3:30pm <hr/> Compassion Fatigue Hour 5 3:00pm-4:00pm	2 Compassion Fatigue Hour 1 11:00am-12:00pm		
5	6	7	8	9 Compassion Fatigue Hour 2 11:00am-12:00pm	10	11
12	13	14 Powerful Tools for Caregivers 1:00pm-2:30pm	15 Gentle Persuasive Approaches (GPA) 9:00am-4:00pm <hr/> PPE Donning/Doffing 10:00am-11:00am	16 Compassion Fatigue Hour 3 11:00am-12:00pm	17	18
19	20	21 Powerful Tools for Caregivers 1:00pm-2:30pm	22 CPI Verbal Intervention 8:30am-12:30pm <hr/> Safer Lifts and Transfers Day 1 2:00pm-4:00pm	23 Compassion Fatigue Hour 4 11:00am-12:00pm <hr/> Falls Prevention 2:30pm-3:30pm	24 Advanced Infection Control 1:00pm-4:00pm <hr/> Psychological Health & Safety Standard Webinar 11:00pm-12:00pm	25
26	27	28 Powerful Tools for Caregivers 1:00pm-2:30pm	29 Safer Lifts and Transfers Day 2 2:00pm-3:30pm	30 Compassion Fatigue Hour 5 11:00am-12:00pm <hr/> From Conflict to Partnership for Staff 12:00pm-3:00pm		

RLC Classes for Staff
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