



# Education CALENDAR

October-December  
2021



MISSISSAUGA HALTON LHIN  
REGIONAL LEARNING CENTRE

REGIONAL LEARNING CENTRE



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# What's New?

We asked and you answered! In our most recent survey, participants responded that they would like the opportunity to attend “hands-on” trainings in person, and to continue with the virtual format for other sessions.

Starting in October, the RLC has scheduled a limited number of hybrid events. Hybrid events will be in one of two formats:

1. Blended event: Staff complete a portion of the learning on-line, and the hands-on portion in-person at the RLC.
2. Events that can be attended either on-line OR in person, depending on the preference of the participants/organization.

The Safer Lifts and Transfers sessions will be offered in a blended model. This means that the course will be split into two sessions, with the first part being virtual and the second part in-person!

In addition, the RLC will also be offering our PPE donning and doffing sessions in-person AND virtually, depending on the preference of the staff. This means that when staff register for PPE donning and doffing, they will be asked to select whether they would like to attend in-person, or on-line.

This will be made possible by the Meeting Owl, a new technology which the RLC has acquired to enhance our hybrid sessions!

**The RLC is pleased to offer 4 new courses which will be facilitated by engaging guest speakers:**

1. Urinary Incontinence - Presented by a Trillium Continence Nurse
2. Get Better Sleep
3. Smart Stress Management - Shift from Defense to Performance
4. Sexual Orientation, Gender Identity and Inclusive Language

# Directive 6 - Education

Ontario's Chief Medical Officer of Health issued [Directive 6](#) on August 17<sup>th</sup> 2021, which requires home and community care service providers, hospitals, and ambulance services to have a vaccination policy, with an implementation date of September 7<sup>th</sup>. Offering education to staff on the COVID-19 vaccine is an element of this directive.

The Regional Learning Centre has updated the education module, COVID-19 Vaccination: Making an Informed Decision, from Lakeridge Health and Sunnybrook, which meets the requirements of the directive.

Q: How do I (or my organization) access the COVID-19 Vaccination: Making an Informed Decision material?

A: There are two ways your organization can access the e-learning material.

1. Download the e-learning module file for use and modification by your organization. Email us at [info@regionallearningcentre.ca](mailto:info@regionallearningcentre.ca) if your organization would like a copy of the module. (Note: you will need Articulate software to edit the module). The pros of this are: you can install the e-learning file on your Learning Management System (LMS) and track staff completion in house. You can also adapt the material to be more specific to your organization.

Does option 1 sound too technical for you?

2. Access the module via the RLC e-learning platform. If your organization is unable to download the Articulate file and does not have its own LMS, staff from eligible organizations can access the module via [www.regionallearningcentre.ca](http://www.regionallearningcentre.ca) and click on "E-learning." See page 5 for more details on registering.

The downside of this option is that your organization will not receive any data re: staff completion. The onus will be on staff to print or screen capture their certificate of completion and submit it to their organization. The RLC LMS has a fixed number of seats, and registration will be first come first served.

# Accessing E-Learning

Staff from eligible organizations can access all the RLC e-learning modules by visiting [www.regionallearningcentre.ca](http://www.regionallearningcentre.ca) and following these steps:

1. Click on “E-learning” at the top of the webpage.



Contact us: 905-829-7006 | [info@regionallearningcentre.ca](mailto:info@regionallearningcentre.ca)

ABOUT US E-LEARNING FAMILY CAREGIVERS CONTACT US

2. Sign up OR log in if you already have an account.



HOME COURSES ABOUT THE RLC SIGN UP LOGIN 40

## E-Learning at the Regional Learning Centre

3. To enroll, search in the course catalogue for the course you want i.e: COVID-19 Vaccination: Making an Informed Decision.
4. Click “get this course.” Staff will be able to save their progress during each module, and complete it at their own pace.

Staff are responsible for submitting their certificate of completion to their organization.

## Courses

For session dates and times please see pages 12-14 or click the link

Registration  
Links

<p><a href="#"><u>Advanced Infection Control</u></a></p>	<p><a href="#">Click Here</a></p>
<p><a href="#"><u>Compassion Fatigue 5 Part Series</u></a>            Hr. 1- Compassion Fatigue and Vicarious Trauma            Hr. 2- Warning Signs and Intervention            Hr. 3- Strategies for Your Workplace            Hr. 4- Self-Awareness and Coping with Our Stressful/Challenging Lives            Hr. 5- Balancing Life and Work</p>	<p><a href="#">Click Here</a></p>
<p><a href="#"><u>CPI Verbal Intervention Training</u></a></p>	<p><a href="#">Click Here</a></p>
<p><a href="#"><u>Cultural Mindfulness</u></a></p>	<p><a href="#">Click Here</a></p>
<p><a href="#"><u>From Conflict to Partnership - Staff</u></a></p>	<p><a href="#">Click Here</a></p>
<p><a href="#"><u>From Conflict to Partnership - Supervisors</u></a></p>	<p><a href="#">Click Here</a></p>
<p><a href="#"><u>Get Better Sleep</u></a>            Part of the RLC Staff Wellness Series</p>	<p> <a href="#">Click Here</a></p>
<p><a href="#"><u>interRAI CHA Core and Functional</u></a></p>	<p><a href="#">Click Here</a></p>
<p><a href="#"><u>Medication Management</u></a></p>	<p><a href="#">Click Here</a></p>

## Available Courses

For session dates and times please see pages 12-14 or click the link

Registration  
Links

### [Safer Lifts and Transfers - Blended](#)

Each session will be split into two parts, with a virtual portion, and an in-person session, to practice hands on skills.

[Click Here](#)

### [Smart Stress Management - Shift from Defense to Performance](#)

Part of the RLC Staff Wellness Series

New!

[Click Here](#)

### [Sexual Orientation, Gender Identity and Inclusive Language](#)

Two part series

New!

[Click Here](#)

### [Urinary Incontinence: Promoting Continence](#)

New!

[Click Here](#)

### [Wound Prevention](#)

[Click Here](#)

## Custom Scheduling Requests - Virtual Education

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 9-11 for additional courses available by request only. If you are interested in this service or want to learn more, please email us at [info@regionallearningcentre.ca](mailto:info@regionallearningcentre.ca)

## 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 canceled, you will receive a notification from the Regional Learning Centre (RLC). Should you need to cancel your registration, this can be done through the Eventbrite account that you used to register. If you need assistance canceling your registration or have any questions please contact the RLC at [info@regionallearningcentre.ca](mailto:info@regionallearningcentre.ca)

## Late Policy

Participants are expected to sign in to virtual sessions 5 minutes before the start of the session. Staff attending in-person sessions should arrive on time, and have completed the pre-screen before arriving.

To reduce interruptions during the session, no one will be admitted after 15 minutes past the start of the session (in-person or virtual). It is recommended that participants test their systems before the start of the session to ensure their technology will work.

### Location

All sessions will be held via Zoom, unless designated as a hybrid event.

### Where's my Link?

The link will be sent out by Eventbrite OR an RLC educator 1-2 business days before the session. Please check your junk/spam folders!

### Test your technology before the session!

(Sometimes this means getting help from a friend or family member.)

### Facilitators

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



# Additional Courses Offered

RLC Classes for Staff  
RLC Classes for Supervisors

Email us at [info@regionallearningcentre.ca](mailto:info@regionallearningcentre.ca) to arrange a virtual session for your organization. A minimum of 6 participants is required.

## 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

## 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.

# Additional Courses Offered

RLC Classes for Staff  
RLC Classes for Supervisors

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## Falls Prevention -1 hour

This education module is an introduction to falls prevention, and is for staff providing personal care and other health professionals who want to begin to learn falls prevention and review the basics!

Topics include:

- Why falls are important and why you should care
- Falls and health (BEEEEACH model)
- Why people fall (risk factors)
- What YOU can do to reduce the risk of falls
- Resources for further information on falls prevention

## Gentle Persuasive Approaches (GPA) Basic™ 7 hours

GPA Basics is an innovative dementia care education curriculum based on a person-centred care approach.

Designed for interdisciplinary point of care staff across healthcare sectors. The session is evidence-based, interactive and practical. GPA Certified Coaches guide participants to fully understand responsive behaviours in order to be able to respond effectively and appropriately. GPA Basics includes respectful self-protective and gentle redirection technique for use in situations of risk.

**Note:** *This 7-hour virtual course can also be split into 2 sessions of 3.5-hours each. Participants MUST attend both sessions of the course in which they registered, and participate to receive their GPA Certificate. Participants MUST have the use of a computer with camera and audio to be able to fully participant in the sessions. GPA 4th edition books will be available at no cost to participants for pickup prior to the start of the course at the RLC. No materials will be mailed at this time.*

## 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

### **Please Note:**

- *Completion of Full (7 hour) GPA Basics course within the last two years is required to attend this session.*
- *Participants are recommended to take a GPA-Recharged refresher annually, up to three years.*

## Health Equity Impact Assessment (HEIA) - 3 hours

This training will discuss the following:

- Increase familiarity with the concepts 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

# Additional Courses Offered

RLC Classes for Staff

RLC Classes for Supervisors

Email us at [info@regionalllearningcentre.ca](mailto:info@regionalllearningcentre.ca) to arrange a virtual session for your organization. A minimum of 6 participants is required.

## 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-centered 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 - 5 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.*

# October 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

					1	2
3	4	5 Booked for Custom Education Request	6 Booked for Custom Education Request	7 Safer Lifts and Transfers Pt. 1 (Virtual) 9:00-11:00	8	9
10	11	12 Advanced Infection Control 9:00-12:00	13 Booked for Custom Education Request	14 Psychological Health & Safety Standard 11:00-12:00	15 Safer Lifts and Transfers Pt. 2 (IN-PERSON) 9:00-11:00	16
17	18 Booked for Custom Education Request	19 Cultural Mindfulness Part 1 9:00-10:30	20 PPE Donning and Doffing 1:00-2:00	21 Booked for Custom Education Request	22	23
24	25	26 Cultural Mindfulness Part 2 9:00-10:30	27	28 Sexuality & Gender Part 1 9:00-10:30	29 Urinary Incontinence 9:00-11:00	30
31						

Dates in **BLUE** are virtual Zoom sessions

Dates in **YELLOW** indicate one or more sessions requested by an organization. These are closed sessions.

Dates in **GREEN** are in-person at the RLC

Dates in **PINK** are hybrid events - you can choose how you would like to attend!

# November 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

interRAI CHA  
Day 1

8:30-12:30

2

interRAI CHA  
Day 2

8:30-12:30

3

interRAI CHA  
Day 3

9:00-12:30

4

interRAI Day 4  
9:00-12:00

Gender pt 2  
9:00-10:30

5

interRAI CHA  
Day 5

9:00-12:00

6

7

8

9

Booked for  
Custom  
Education  
Request

10

Conflict to  
Partnership  
1:00-4:00

Compassion  
Fatigue  
11:00-12:00

11

Booked for  
Custom  
Education  
Request

12

Get Better  
Sleep!  
2:00-3:00

13

14

15

Booked for  
Custom  
Education  
Request

16

Medication  
Management  
9:00-12:30

Conflict to  
Partnership  
1:00-4:00

17

Compassion  
Fatigue  
Session 2  
11:00-12:00

18

Booked for  
Custom  
Education  
Request

19

20

21

22

Safer Lifts &  
Transfers Pt. 1  
VIRTUAL  
1:00-3:00

23

Booked for  
Custom  
Education  
Request

24

Compassion  
Fatigue  
Session 3  
11:00-12:00

25

Advanced  
Infection  
Control  
9:00-12:00

26

Smart Stress  
Management  
2:00-3:00

27

28

29

Safer Lifts &  
Transfers Pt. 2  
IN PERSON  
1:00-3:00

30

Wound  
Prevention  
9:00-12:00

Dates in **BLUE** are virtual Zoom sessions

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Dates in **GREEN** are in-person at the RLC

Dates in **PINK** are hybrid events - you can choose how you would like to attend!

# December 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

Compassion  
Fatigue  
Session 4  
11:00-12:00

2

Booked for  
Custom  
Education  
Request

3

4

5

6

7

Advanced  
Infection  
Control  
1:00-4:00

8

Compassion  
Fatigue  
Session 5  
11:00-12:00

9

Booked for  
Custom  
Education  
Request

10

11

12

13

14

Booked for  
Custom  
Education  
Request

15

Booked for  
Custom  
Education  
Request

16

CPI - Verbal  
Intervention  
Training  
8:30-12:30

17

18

19

20

21

22

23

24

25

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31

Dates in **BLUE** are virtual Zoom sessions

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# COVID-19

## **Staff coming to the RLC for an in-person session must:**

- Wear a surgical mask at all times
- Staff **MUST** supply their own surgical mask and PPE
- Maintain physical distance of 2 meters when not participating in activities
- Use hand sanitizer upon entering the RLC and as necessary
- Wear full PPE when participating in hands-on activities
- Self-screen via the RLC Screener Link (below) before coming to class

### Self Screen Process:

Please visit the link below to complete the COVID-19 screening within 24 hours prior to your visit to the RLC.

[www.go-evo.ca/nucleus](http://www.go-evo.ca/nucleus)

For the question “what is the email address of the person you are visiting”, please enter: RLCscreener@nucleusonline.ca

If you have any questions or would like to access our safety plan, please send us an email. The RLC is committed to creating a safe learning environment for all.

Didn't find the course you were looking for?

Want something we are not currently providing?

We want to hear about it.

Send us an e-mail at [info@regionallearningcentre.ca](mailto:info@regionallearningcentre.ca)