



My Gift: Myself for Caregivers: A Guide to Excellence in End-of-Life Care for Assisted Living and Skilled Nursing Facilities

JoAnne Chitwood RN

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For over a decade, a thousand hospice programs have relied on JoAnne Chitwood's My Gift: Myself Medicare approved training program to educate staff and volunteers in providing professional, compassionate care for the terminally ill patient. Now, the volunteer training program has been completely rewritten in this 272 page Caregiver's Manual. The manual is designed as a workbook for group training of Assisted Living and Skilled Nursing Facility caregivers. Although the Caregiver's manual can be used as a standalone training tool, it is strongly recommended that each facility using this manual have one copy of the "My Gift: Myself" training DVD's available for their administration and trainees. These DVD's include over 6 hours of compelling interviews, exercises, and instructor training that greatly enhances and expands upon the material presented in this manual. The Caregiver's Manual presents seven comprehensive chapters of training covering: 1. What's It All About? "Concepts in End Of Life Care" where caregivers explore the Hospice concept and learn what end of life care is all about. 2. What Can I Do? "Activities and Interventions" that caregivers can engage in to provide effective comfort and support to their residents and resident families. 3. The Greatest Gift "Learning to Listen With Love" focuses on developing the communication skills that are at the heart of successful support systems for your residents. 4. Physical Care "When A Resident Is Dying" describes what to expect from residents with different diagnoses and how to provide the best final care. 5. Things Of The Spirit "Providing Spiritual Care" coaches caregivers on ways to be sensitive to a dying person's spiritual needs. 6. A Time For Grief "Understanding The Grief Process" looks at one of the most important parts of care of the terminally ill: offering effective and appropriate support for the grieving family. Here caregivers learn how to process their own grief and to understand the grief of others. 7. Caring For You "Focusing on Healthy Self Care" addresses how to prevent burnout by understanding the signs of stress and learning ways to diminish its impact

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