

## Adult Foster Caregivers Network Topics

(If you are interested in any of the newsletter articles please contact your licenser. You may receive one hour training credit for returning a completed self-test to your licenser.)

(Topics with a \* before them are topics that have been added since this list was distributed last)

### **Pre-2010 Topics**

Helping Caregivers Cope with Death and Bereavement

What is Professionalism? Who's Responsibility is it?

Culturally Competent Care: Promoting Understanding & Respect

Giving Medications Safely and Effectively

Understanding & Treating Chemical Dependency

Planning Activities for the Residents in Your Care

Communication is the Key in Ethical & Legal Issues

Understanding and Managing Autism Spectrum Disorders

Behavioral Interventions: Boundaries, Impulse Control & Aggression

Be a Smart & Savvy Shopper

Understanding & Managing Movement Disorders

Infection Control & Safety: Flu Shots, Gloves, Needles, and Other Advice

Developing Emergency Plans: Keeping a Cool Head if a Natural Disaster or other Crisis Occurs

Privacy and Confidentiality: There's more to it than Meets the Eye

No Need to Suffer in Silence: Getting Past Depression Stigmas and into Treatment

Recognizing and Addressing Elder Abuse

Getting Out There: Planning Activities for Residents

Overcoming Communication Barriers

Recognizing and Managing Schizophrenia

The Aging Process.... and How it Relates to Caregiving

Behavioral Interventions: Addressing Problems, Managing Conditions

Legal Representatives: Advance Directives and Guardianship

Recognizing and Managing Epilepsy and Seizures

Recognizing and Managing Traumatic Brain Injury

Recognizing and Treating Shingles

Falls are NOT Inevitable: Tips to Prevent Injuries

Recognizing and Managing Dementia

Foster Family Members' Rights: How should Caregivers be Involved?

Recognizing and Managing Bipolar Disorder

Coping with Crisis Effectively

Advocacy: Getting Other to Help Solve Problems

Sustaining the Spirit: Spirituality and other Stress Management Tips

Getting Ready for a Re-licensing Visit

Dealing with Depression

Recognizing and Managing Diabetes

First Aid, CPR, and Infection Control: Some of the Health Basics

Bridging the Gap: Developing Cultural Competence is Crucial

Coping with Cognitive Impairments

Caring People Don't Hurt: Addressing Elder Abuse I.E. Vulnerable Adults

Travel Tips & Things to Do  
Sexual Rights and Care Recipients  
Know Your Meds: Common Side Effects, Interactions, and other Advice for Caregivers  
Medication Management: Helpful Hints for Caregivers  
Recognizing & Managing Dementia  
Promoting Health this Flu Season  
Strategies for Successfully Coping with Dementia

### **2010 Topics**

Embracing Better Health Habits  
Mental Health  
Behavior Management  
Food Safety  
Medication Management  
Stress Management  
Mental Health Matters  
Activity Planning for Residents  
Assisting Residents with Traumatic Brain Injury  
Better Understanding Self-Injurious Behavior  
Tip and Strategies in Managing Diabetes  
Strategies for Managing Bi-Polar Disorder

### **2011 Topics**

Assessing, Determining Levels of Dementia  
Infections – Prevention, Control and other advice  
Residents Rights  
Administering Meds  
Behavioral Issues  
First Aid, CPR, Choking  
Alcohol and Medications  
Coping with Parkinson's Disease  
Fire Safety  
A Personal Approach to Managing Stress  
Privacy and Confidentiality  
Understand and Managing Sleep Disorders

### **2012 Topics**

Dual Diagnosis  
Infection Control  
Resident's Rights with a Focus on Families  
Dispensing Meds  
Mini-magic "art" Activities for Learning and Fulfillment  
First Aid – Steps Toward Emergency Preparedness  
Elder Abuse – Awareness, Education Key to Prevention  
Coping with Cerebral Palsy  
Fire Prevention  
Coping with Diabetes  
Understanding Obsessive Compulsive Disorder  
End of Life Decisions

## **2013 Topics**

Vaccinations

Meal Planning Tips

Medication Safety

Conducting Health Assessments

Personal Care

Choking – Your Biggest First-Aid Fear

Residents and Sexual Relationships

Coping with Depression

Are You Prepared in Case of a Fire?

Coping with Traumatic Brain Injury

Coping with Down Syndrome

Ear, Nose and Throat

## **2014 Topics**

Residents' Rights in Action

The Relationship between Diet & Exercise in Weightloss

Managing Allergies and Asthma

Side Effects, Drug Interactions & More

\*Everyday First Aid

\*Techniques for Dealing with Difficult Behaviors

\*Mental Disorder

\*Stress is an Individual Experience

\*Developing a Fire Safety Plan