

# Care Companion Training Program

Online Course  
via Zoom

**Care Companion** provides meal preparation, light housekeeping, laundry, grocery shopping, well-being support and companionship, and appointment assistance to older adults living in the community.

#### Admission Requirement:

We are looking for people who are passionate about supporting older adults to age in place. We conduct pre-admission screening and require vulnerable sector check.

#### Date & Time:

February 1, 2 & 3, 2021

Cantonese Program:

12:30 p.m. - 2:30 p.m. (Toronto Time)

Mandarin Program:

3 p.m. - 5 p.m. (Toronto Time)

**Cost:** \$99.00

#### Day 1

Introduction of Care Companion

- ◆ Role of Care Companion
- ◆ Working with Older Adults & Families

#### Day 2

Working as a Care Companion

- ◆ Meal Preparation
- ◆ Household Management

#### Day 3

Being the Best Care Companion

- ◆ Providing Optimal Support
- ◆ Health & Safety

#### Experiential Learning

(2 hours, to be scheduled)

Presented by



**Yee Hong Centre  
For Geriatric Care**

頤康中心

In Association with



**INSTITUTE  
FOR  
CHANGE  
LEADERS**



佳頤中心



**To apply or for more information**

Tel: 905-597-9380

Email: [caregiver.edu@yeehong.com](mailto:caregiver.edu@yeehong.com)

# 关护者 培训课程

Zoom 网上课程

主办机构



**Yee Hong Centre  
For Geriatric Care**

頤康中心

协办机构



**INSTITUTE  
FOR  
CHANGE  
LEADERS**



佳頤中心

关护者照护住在社区的长者，为他们准备膳食、提供简单的家居清洁、洗衣、购物、陪伴、及协助看医生。

入学要求:

我们正在寻找「三心两意」的人—对待长者有爱心有耐心又细心，照护他们真情真意又全心全意。在参加课程前，报名者需通过筛选及提供有效的无犯罪记录证明。

开课日期和时间:

2021年2月1日、2日、3日

广东话课程:

下午12点半至2点半(多伦多时间)

普通话/国语课程:

下午3点至5点(多伦多时间)

费用: \$99

第一天

关护者介绍

- ◆ 关护者角色与责任
- ◆ 照顾长者及其家人

第二天

关护者工作

- ◆ 膳食准备
- ◆ 日常家务

第三天

最佳关护者

- ◆ 提供合适的照护
- ◆ 职业安全与健康

体验式学习

(2小时, 需提前预约)



有兴趣报名者或查询详情

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