



# Caregiver

## TRAINING COURSES AVAILABLE

- Alzheimer's Disease and Related Disorders
- Fall Prevention
- Hand, Foot, and Nail Care
- Prevention of Medical Errors
- Depression
- Helping the Geriatric Client
- Emergency Care
- Assisting the Patient with Self-Administration of Medications for Home Health
- Optimizing Mobility in Older Adults
- Current Trends in Pain Management
- The Confused Client
- Diabetes
- Optimizing Mobility in Older Adults



### Ready Meds Pharmacy

started teaching Adult family home caregivers and assistant classes in 2012, the year that training became a requirement in Washington state. Anderson Jolly Rph. founded R.C.T.I in 2012 and has been the Program Director ever since. R.C.T.I is one of the first private vocational schools for Adult Family Home caregivers and assistants in Washington state.

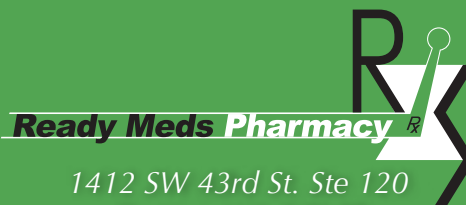
Providing superior training for homeowners, caregivers and their assistants is our exclusive focus. Our Classes are hosted in at our facility at 1412 SW 43rd St Ste 210 in Renton Washington 98057. We help our participants develop and acquire new skills which help them manage better facilities for their clients. Additionally, we have guest speakers such as Pharmacist, Doctors, Washington State representatives who shares insight on trends in the Adult Family Home industry.

Our beautiful and spacious classroom are well equipped with modern technology and make for a pleasant environment that facilitates learning. Our Facility is conveniently located one block west of Ikea in the IDC Plaza in Renton Wa. There is plenty of parking which provides easy access

Our goal is to help our Homeowners and Caregivers in a supportive environment which will provide them with the tools to Operate there facilities to the highest standard in the industry.

**Register Online**  
[www.readymedspharmacy.com](http://www.readymedspharmacy.com)

**Register by Fax**  
 425-251-6337



1412 SW 43rd St. Ste 210  
 Renton, WA 98057  
 425-251-6335

**Caregiver**  
 TRAINING COURSES



# Providing *superior training* for homeowners, caregivers and their assistants is our exclusive focus.

## **Caring for the Cognitively Impaired Client**

Contact Hours: 3 Hours

Program Description: This program explores common mood and behavior changes of cognitively impaired persons. The significance of temporary, as opposed to permanent, cognitive changes is explained. Other problematic and situational behavior is discussed.

## **Optimizing Mobility in Older Adults**

Contact Hours: 4 Hours

Program Description: This program focuses on the promotion of mobility in older adults. It will demonstrate the use of good body mechanics by health care assistants and the correct use of assistive devices frequently used to promote mobility.

## **Emergency Care**

Contact Hours: 3 Hours

Program Description: This program lists common emergencies in the home and how to cope with them until help arrives. Preparation for emergencies in the home is described. Part 2 "Risk Management/Preventing Incidents in the Home" discusses how to avoid common legal pitfalls when caring for homebound patients.

## **Alzheimer's Disease and Related Disorders**

Contact Hours: 2.30 Hours

Program Description: Alzheimer's disease is a progressive, degenerative disorder that attacks nerve cells in the brain which results in memory loss, deterioration of thinking and language skills, and significant behavioral changes. This program will help nursing professionals and other healthcare providers distinguish normal aging and memory loss from ADRD and recognize disease progression and characteristics of ADRD associated with each stage of disease.

## **Fall Prevention**

Contact Hours: 2 Hours

Program Description: This program discusses practical guidelines to identify risks and assist the clients in their mobility. Predisposing and external factors, demonstration of various transfers and proper use of belts, walkers, canes, discs and lifts are included.

## **Prevention of Medical Errors**

Contact Hours: 3 Hours

Program Description: The goal of this educational program is to satisfy licensure requirements, and to promote safe drug administration by medical personnel, as well as by the lay person. Part one will furnish current information related to factors that impact the occurrence of medication errors, factors related to error reduction, methods of prevention and educational guidelines. Part two will review the basics of medication administration.

## **Diabetes**

Contact Hours: 4 Hours

Program Description: Part 1 of this program identifies what diabetes is and the treatment goals for the patient including glucose monitoring, diet, exercise and stress management. Part 2 identifies diabetes medications, acute and long-term complications and sick day management.

## **Safety**

Contact Hours: 3 Hours

DSHS curriculum-Safety training helps you stay safe and avoid injury and illness related to performing services and support as a long term care (LTC) worker.

This training is designed to help you take ownership of your own safety and health and to take action to protect the safety and health of clients in your care.

Your role in safety as a LTC worker is to help:

Prevent accidents and injury to yourself and clients.  
Stop the spread of infection and disease.  
Prepare for and handle emergencies.

## **Depression**

Contact Hours: 3 Hours

Program Description: Part 1 of this program provides ideas and techniques to recognize depression and ways to motivate the depressed client. Part 2 provides tools for health care assistants to use in coping and motivating themselves when caring for the depressed patient. This program helps develop competence in dealing with mental health needs of clients.

## **The Confused Client**

Contact Hours: 4 Hours

Program Description: This program presents the most common causes of confusion in older adults and is designed to aid healthcare assistants in recognizing and appropriately responding to clients who are confused, combative, or despondent due to confusion. Various strategies are presented for promoting safety and assisting this at-risk population. Finally, the importance of maintaining professionalism at all times and projecting a positive attitude are stressed.

*"I am so glad that I found the Ready Meds Caregiver Training Institute. The courses were excellent and they gave me the skills I needed to get a job as an adult family homeowner."*

~ WINNE LYONS, 2012

## **Helping the Geriatric Client**

Contact Hours: 3 Hours

Program Description: Part 1 of this program describes helping geriatric clients redevelop self-worth with day-to-day interaction. Part 2 describes difference in personalities, and how individuals adjust to aging. This will help health care assistants develop competency in psychosocial skills.

## **Current Trends in Pain Management**

Contact Hours: 4 Hours

Program Description: Before the nurse can manage a patient's pain, he or she must have a good knowledge of just what pain is. In part one of this program, acute and chronic pain will be defined, as well as the pain pathways. The participants will also learn how to recognize the different types of pain and normal responses to pain. In part two of this program the key principles of pain management will be described, as well as the types of non-pharmacological interventions. The final segment of the program will deal with the various types of medications and their role in pain management.

## **Hand, Foot, and Nail care**

Contact Hours: 2 Hours

Program Description: This Program describes changes due to aging and common problems of the hands and feet. Techniques for nail care, pertinent observations and hand and foot massage are demonstrated.

## **Assisting the Patient with Self-Administration of Medications for Home Health**

Contact Hours: 4 Hours

Program Description: Many states have developed standards for the home health aide to assist medically stable patients with the self-administration of medications. Before the home health aide can assist the patient with self-administration, it is necessary to understand his or her responsibilities with this procedure. In part one of this program, we will explain and demonstrate the proper procedure for assisting with self administration of medications and how the home health aide will be assisting with this procedure. We will also review the medications the home health aide will not be permitted to assist with and discuss the responsibility of the home health nurse in initiating this procedure. In part two of this program, the various methods of medication administration, such as oral, topical, eye drops, etc. will be demonstrated. also included in part two will be examples of medication administration records and how the home health aide will use this important document.