

## Training Tailored to YOUR Needs

Customize **REST** training programs around your organization's requirements. This training can be used for both paid and unpaid respite workers.

Representatives from such settings as aging, religious and healthcare organizations, facilities for seniors, and universities can then share this education with their community, as well as with family members and friends.



*Training materials are available in Spanish for bilingual trainers.*

**REST** is an evidence-based training program, with participants overwhelmingly responding that the program prepared them to feel confident in providing quality respite to families.



*"I would recommend this workshop because it lays out a flexible and comprehensive plan to support volunteer workforce enhancement goals and efforts."*

*- Doris Green, New York, REST Master Trainer*

*"Our families are incredibly grateful that we have trained respite caregivers whom they can call on when they need a break."*

*- Abby Brandon, Missouri, REST Trainer*

*"The REST training was beneficial. I have been to a variety of workshops and conventions, but the REST instruction was outstanding. I would recommend it to anyone."*

*Mike Kelly, Nebraska, REST Companion*

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**rest**  
RESPIRE EDUCATION & SUPPORT TOOLS



**Delivering education and support  
to those offering a break to caregivers.**

**REST** is an evidence-based training program



*Caregivers need the opportunity to simply take a break*

*Respite* – or short-term temporary relief – can allow caregivers to exercise, meet a friend for lunch, go to a scheduled appointment, attend a support group meeting, or just enjoy some free time.



### *National Respite Guidelines*

The **REST** program uses a standardized curriculum with core competencies aligned with the National Respite Guidelines.

## *About the REST Course*

### *REST Train-the-Trainer course: 2 Days*

Prepares individuals to conduct respite training, equipping **REST Companions** to provide respite, in order to support caregivers who are caring for people with disabilities and health care needs across the lifespan

### *REST Companion™ Course: 8 hours*

Prepares individuals to provide quality respite care in order to support caregivers. **REST Companions** spend one-on-one time with the care receiver, giving only as much time as they are willing and able to give.

### *REST Essentials™ Course: 4 hours*

Prepares individuals to provide respite in supervised group settings, such as adult day care and other drop-off programs. The course provides an online option, as well.

### *Master Trainer Option*

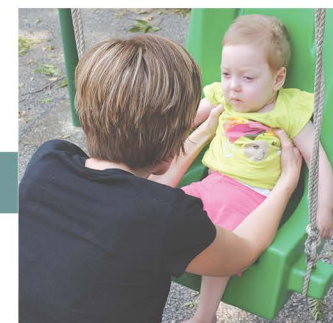
Prepares experienced **REST** Trainers to conduct the two-day Train-the-Trainer course and to mobilize **REST** training throughout their community.



*Learn the **three key steps** of support:*

## **PREPARE**

- Respite: definition/value/REST Companion's role
- Crisis intervention
- Building relationships: caregiver/care receiver
- Communication
- Valuing cultural differences



## **CARE**

- Good health and safety practices
- Overview of healthcare needs across the lifespan
- Creating a positive environment

## **CONNECT**

- Assistance and adapted equipment
- Planning and adapting activities
- Confidentiality and coping skills
- References and support

