



IOWA *CareGivers*

Programs and Services

Preparing Those in Direct
Care to Serve the Needs
of Iowans By Being:

PREPARED

CONNECTED

INFORMED

EMPOWERED

Iowa CareGivers Programs and Services are designed to provide you with the education and skill-building opportunities you need to be prepared to respond to the needs of lowans no matter where you provide that care or service.

This program booklet offers a snapshot of some of the programs and services:

- “A Call to Leadership” Program
- “A Call to Mentoring” Program
- Educational and Networking Conferences
- “3 P’s in a Pod” Regional Educational Conferences
- HUB Newsletter
- Website

To learn more about any of our programs and services:

- Browse the Iowa CareGivers Programs and Services booklet
- Visit www.iowacaregivers.org for updated program schedules and online registration
- Watch for a separate brochure for each of the programs closer to the scheduled event
- Call or email, Pam Biklen, Program Director at 515.729.9729 or information@iowacaregivers.org

Note: We urge you to look for our logo on all program materials. This logo assures the programs will be quality programs brought to you by people who genuinely care about you and your profession.



“A Call to Leadership: A Direct Care Professional’s Guide to Leadership”©

Leadership comes in many forms and Iowa CareGivers believes that those who work in direct care demonstrate leadership every day. The one-day Iowa CareGivers Leadership Program is designed for those, like you, who view their roles in direct care as a chosen career.

This program encourages you to think more broadly about leadership within your profession as a whole and it provides you with tools and resources to develop your skills at your comfort level. You’ll discuss things like qualities of successful leaders and how you can contribute to the positive image of direct care.

If direct care is your chosen career or profession, this program is for you!

“I felt inspired and empowered by it all.”

“We all got to express ourselves and learn from each other.”

“A Call to Mentoring: A Guide to Peer Mentoring”©

“A Call to Mentoring” is designed to provide direct care professionals and their employers with tools and skills to create or expand a peer mentor program to:

- Improve retention rates of direct care staff
- Enhance the work experience and job quality for existing and new direct care staff; and
- Improve the quality of care and support to the lowans served.

There are two key components to the Iowa CareGivers Mentor Program:

1. **“A Call to Mentoring: Mentor Manager Toolkit”©** is designed for **employers** of direct care professionals. The FREE online, downloadable program prepares employers in a variety of settings with steps and tools needed to implement and maintain a successful mentor program. It includes things like lessons learned, frequently asked questions, checklists, and templates. It can take up to one year to prepare for the implementation of a mentor program, so employers are encouraged to allow plenty of time to ready their organizations.
2. **“A Call to Mentoring: A Direct Care Professional’s Guide to Mentoring”©** is a two-day educational program for **direct care professionals** in various care and support settings. It is designed to enhance peer mentoring skills to help retain new and existing direct care staff. You’ll learn what mentoring is, how personal values affect mentoring, how important communication is, how different personalities interact, what roles mentors play, and much more. Our goal is to help you and others succeed in the field of direct care.

**It is recommended (but not required) that those who enroll in the Iowa CareGivers Mentor Program, first complete the Iowa CareGivers Leadership Program.*

NOTE:
The term “Direct Care Professional” includes all those who work in direct care such as certified nursing assistants, home health aides, hospice, medication and rehabilitation aides, direct support professionals, universal workers, etc.

Statewide Educational and Networking Conference

This two-day, fun-filled, theme-based event provides sessions on over 20 different educational topics. Participants are given opportunities to network with others in the field. Exhibitors provide a wide range of resources, and free health screenings are available.

If you want to feel appreciated, get motivated, and renew your passion for the field of direct care, all while receiving quality education and learning of valuable resources, then this conference is for you.

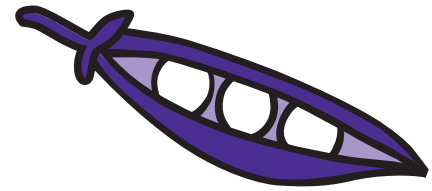
"It was beneficial learning about different personalities and how to interact with those different than me."

"I loved the variety of different choices of classes, making and meeting friends and networking with lots of wonderful people."

"After attending this program, I feel important and respected for what I do."

"3 P's in a Pod" Regional Conferences©

The "3 P's in a Pod" Regional Conferences are one-day events that are similar to the statewide educational and networking conference. The 3 P's stand for "Personal, Professional, and Peer." This event brings you excellent programs on a wide range of topics, important resource information, and networking opportunities all designed specifically for those who work in the field of direct care.



3 P's in a Pod
Professional. Personal. Peer.

RESOURCES

Hub Newsletter

The Hub Newsletter is a quarterly publication that is shared with over 7,000. It is a great way to stay informed about Iowa CareGivers programs and learn about different resources. It also keeps you up to date on laws and public policy decisions that have an effect on you, your profession, and the lowans you serve. The newsletter contains lots of great photos and features or poems written by or about people who work in the field of direct care.

You can sign up to receive the Hub Newsletter by going to our website at www.iowacaregivers.org or by calling 515.223.2805.

Website

The Iowa CareGivers website provides an easy way to stay informed and connected. Find program information and register online or learn how to become more involved on various advocacy issues. Connect to us on Facebook and Twitter. Find information about other community programs that may be of interest to you, and use the online toolkits that are available.

Check it out! — www.iowacaregivers.org



Other Resources

The Iowa CareGivers looks for ways to provide other resources to enhance the overall quality of your life and job. One such resource is the "It All Adds Up" earned income tax credit (EITC) online toolkit. The toolkit is designed to help maximize and protect what resources you have. Many have put more money in their pockets. The toolkit is updated with new tax credit information each year and made available during tax season.

Iowa CareGivers
1231 8th Street #236
West Des Moines, Iowa 50265



Programs and Services

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 Visit us on the web at
iowacaregivers.org
 and follow us on
Facebook and Twitter.

What You Need to Know about Iowa CareGivers Programs and Services

Who Should Attend?

All direct care professionals such as Home Health or Home Care Aides (HHAs/HCAs), Certified Nursing Assistants (CNAs), Certified Medication Aides (CMAs), Direct Support Professionals (DSPs), Patient Care Technicians (PCTs), Consumer Directed Attendant Care Workers (CDAC), Universal Workers, Nonmedical and Companion Service Workers, and other direct care professionals. Some programs are also suitable for Family Caregivers.

Where Are Programs Held?

Most programs are held in cooperation with local community colleges in Iowa. The Mentor Program can also be held at the workplace. The statewide conference is held at a hotel or conference center.

Who Teaches the Programs?

Programs are taught by Iowa CareGivers-trained and approved instructors or staff. Speakers at statewide and regional conferences come from various organizations and donate their time and expertise.

Are There Limits to Class Sizes?

The Iowa CareGivers Leadership and Mentor Programs do have class size limits in order for everyone to have an opportunity to participate. The statewide and regional conferences have no limits on the number of people who can register.

Do I Receive a Certificate or Recognition For Completing the Program? Absolutely! All participants are given certificates. Leadership and Mentor Program graduates also receive pins.

Is There a Fee to Attend Iowa CareGivers Programs?

There is no fee for the Leadership Program or the 3 P's Regional Conferences because they are covered by the Iowa Department of Public Health contract as a way to support the State's efforts to find and keep people in the field of direct care.

There is a minimal registration fee for the statewide educational conference, but fees are kept affordable due to the help from various conference sponsors.

There is a fee for the Iowa CareGivers Mentor Program. Call for details.

The Hub newsletter is also a free service of the Iowa CareGivers, but you must sign up to receive it and other program information.

Are Meals Provided?

Meals are provided depending upon the program times. The meals are either provided at no cost or are figured into any registration fee. Meals will usually consist of light continental breakfast and lunch.

How Do I Register for Iowa CareGivers Programs?

You can register for most of our programs in a number of ways:

- **Online registration** by going to our website: www.iowacaregivers.org
- **Fax:** 515.226.3214 **Phone:** 515.223.2805
- **U.S. Mail to:** Iowa CareGivers | 1231 8th Street #236 | West Des Moines, IA 50265

*"I loved the atmosphere!
It's easy to get into a routine
and lose perspective. This
conference gave me the boost
I needed and reminded me of how
much I love what I do."*