

### Iowa CareGivers Programs and Services:

- Are designed specifically for those in direct care and are useful to those in family caregiving
- Provide opportunities to grow both professionally and personally
- Strengthen education and caregiving skills
- Inspire motivation and re-energize your caregiving spirit
- Recognize and appreciate your work and dedication to providing care to those in need
- Encourage networking with others in direct care and family caregiving
- Furnish a fun and relaxed learning environment

**Sign up to be added to our mailing list:**

<https://bit.ly/2PKdFKu>



#### Annual Educational and Networking Conference

- Statewide two-day event
- Fun-filled and theme based
- Offering over 20 different educational topics
- Opportunities to network
- Wide range of resources through exhibits
- Free health and oral care screenings
- Renew your passion
- Get motivated
- Feel appreciated
- Save the Date: September 9 and 10, 2019
- Learn more: <https://bit.ly/2wvt6gO>



#### Mouth Care Matters

- 8-hour class for direct care staff
- Suitable for most health and long term service staff (including licensed nurses)
- Family caregivers can also benefit
- Specialty training in oral care
- Classroom instruction and hands-on practice
- Taught by certified MCM instructors
- Learn to identify common oral health problems
- Learn basic oral care and various approaches
- Learn how oral care impacts one's overall health
- Iowa CareGivers'-issued certificate
- To learn more: <https://bit.ly/2kDxndV>

#### CALL TO LEADERSHIP

A Direct Care Professional's Guide to Developing Leadership Skills

#### A Call to Leadership

- Has been a one-day educational program
- Currently developing one-hour modules on various aspects of leadership
- Encourages thinking about leadership outside of the workplace
- Helps identify natural gifts of participants and how each person is a leader in their own right
- Assess personality styles and how those impact effective communication
- Encourages setting goals for leadership behaviors
- Offers guidance on how to become a spokesperson and role model for the profession of direct care
- Learn more: <https://bit.ly/2wrFkbt>



#### Hub Newsletter

- Informative newsletter designed for those in direct care
- Learn about Iowa CareGivers' programs and services
- Keeps you up-to-date on what's happening in direct care
- Includes photos and articles written by or about those in direct care
- Hard copy and electronic versions available
- Sign up: <https://bit.ly/2LuAcaV>



#### What's Up at Iowa CareGivers

- ENews and Postcards to keep you updated on what is going on in direct care and at Iowa CareGivers

# CALL TO MENTORING

## “A Call to Mentoring: Mentor Manager Toolkit”

- Free online toolkit for employers to ready their organization for a mentor program

## “A Call to Mentoring: Instructor Training”

- One day training for individuals who have experience in teaching, supervising, or working with direct care staff in any health, long term care or community-based setting

and want to become a Peer Mentor Instructor of direct care staff.

- Iowa CareGivers is partnering with community colleges to offer this training.

## “A Call to Mentoring: A Direct Care Professional’s Guide to Mentoring”

- 12 hour training that prepares those in direct care to become peer mentors in their place of employment
- To learn more: <https://bit.ly/2PdJdaQ>



## Advocacy

- Bringing a face and voice to direct care
- Involvement in issues that affect those in direct care, employers, and those you serve
- Work on strategies to improve wages and benefits, education, and opportunities to grow professionally

- Advocacy training
- Day at the State Capitol to educate/inform legislators on direct care issues
- Providing opportunities for those in direct care to share your voice and be involved
- Learn more: <https://bit.ly/2BT90Dr>



## The Toughest Job You’ll Ever Love

- Grassroots awareness campaign
- Peer to peer outreach
- Consistent message to educate others about direct care

- Recruitment and Retention initiative
- To learn more: <https://bit.ly/2LyqEvw>



## Iowa CareGivers Website

- Stay informed and connected
- Find program information and register online
- Get involved in various advocacy issues
- Find information about other community programs

- Check it out! –[www.iowacaregivers.org](http://www.iowacaregivers.org)
- Connect with us on Facebook and Twitter
- Share with others in the caregiving community

## General Information about Iowa CareGivers Programs

- You do not need to be a member to participate.
- Programs Are Designed For and Open To All Who Work In Direct Care. All direct care professionals (DCPs) 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 DCPs are encouraged to participate. Some programs are suitable for Family Caregivers and other health professionals.
- Programs are often held in cooperation with community colleges.
- All participants receive certificates of attendance.
- Programs are offered at low or no cost due to contracts, grants, and contributions, we receive.
- Meals are provided depending upon the program times; there is usually no fee or the cost is figured into the cost of registration at conferences.

**Our mission:** Enhancing the quality of care by providing education, recognition, advocacy, and research in support of those who work in the field of direct care.

## To learn more about any of our programs and services:

- Visit [www.iowacaregivers.org](http://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](mailto:information@iowacaregivers.org)

For more information  
contact Iowa CareGivers:  
Phone: 515.223.2805  
[information@iowacaregivers.org](mailto:information@iowacaregivers.org)  
[www.iowacaregivers.org](http://www.iowacaregivers.org)