



For Those Caring for a Loved One

Free Caregiver Training Classes

Training Days & Office Locations

Thur., Apr. 17th - Westbury & Riverhead Thur., Aug. 21st - Patchogue & Westbury
Thur., May 15th - Kings Park Thur., Sept. 25th - Riverhead & Babylon
Thur., June 19th - Babylon & Patchogue Thur., Oct. 23rd - Westbury & Kings Park

• Caregivers can attend one, or more, or all the sessions •

Skills to be Covered

Session 1 : 9:30 am to 11:00 am
Ambulating with a person, cane or walker

Session 2 : 11:00 am to 12:30 pm
Transfers: bed to wheelchair and back,
wheelchair to toilet and back

Session 3 : 1:30 pm to 3:00
Turning and positioning, skin care,
incontinent care, use of bedpan & urinal

Session 4 : 3:00 pm to 4:30 pm
Use of a Hoyer Lift

Call to Register and for Directions

Babylon	(631) 587-8090	Riverhead	(631) 369-5500
Kings Park	(631) 544-0462	Rockville Centre	(516) 764-3100
Patchogue	(631) 654-8006	Westbury	(516) 334-4807

www.utopiahomecare.com