

## **REST Companion™ Course AGENDA/TIMINGS**

<b><i>PREPARE</i></b>	
20 minutes	Introduction
20 minutes	Respite: Definition/Value/Your Role
15 minutes	Crisis Intervention
25 minutes	Introducing the Caregiver and their Care Receiver
35 minutes	Building Your Relationship with the Caregiver and Care Receiver
15 MINUTE BREAK	
<b><i>CARE</i></b>	
10 minutes	Universal Precautions
15 minutes	Disability Awareness
25 minutes	Understanding Behaviors
<b><i>CONNECT</i></b>	
55 minutes	Assistance
LUNCH / SESSION BREAK	
25 minutes	Activities
40 minutes	Feeding
5 minutes	Hygiene/Grooming
15 minutes	Confidentiality
15 MINUTE BREAK	
<b><i>FORMS</i></b>	
55 minutes	First Visit
5 minutes	Leisure Interests
15 minutes	Coping Strategies
<b><i>REFERENCES</i></b>	
15 minutes	ARCH/ Volunteers
15 minutes	Closing/Next Steps

- This agenda allows for two 15-minute breaks and a 30-minute lunch.
- The course can be conducted in one 8-hour session or in two 4-hour sessions (session 1 would cover the morning topics, session 2 the afternoon topics).