

REST Essentials™ Companion Course

AGENDA/TIMINGS

PREPARE	
20 minutes	Introduction
20 minutes	Respite: Definition/Value/Your Role
15 minutes	Crisis Intervention
20 minutes	Introducing the Caregiver and their Care Recipient
35 minutes	Building Your Relationship with the Caregiver and Care Recipient
CARE	
10 minutes	Universal Precautions
15 MINUTE BREAK	
5 minutes	Disability Awareness
25 minutes	Understanding Behaviors
CONNECT	
20 minutes	Assistance
25 minutes	Activities
10 minutes	Confidentiality
WRAP UP/NEXT STEPS	
20 minutes	Forms, Post-Survey and Core Competency Review

- This agenda allows for one 15-minute break
- The course can be conducted in one 4-hour session or in two 2-hour sessions
- The Feeding section (40 minutes) included in this manual is optional, and can be utilized if your REST Companions™ will be feeding the individuals they serve. This section occurs after the Activities section.
Please Note: This will lengthen course to 4.75 hours