

Minnesota Healthcare Heroes: Self-Care for Senior Workers During COVID-19



Free On-Line Training

Learn some self-care strategies as you provide extraordinary care for older adults during this stressful time of COVID-19. This interactive on-line training is about 20 minutes long and can be viewed on your phone, tablet, laptop or desktop.

Audience:

The suggested audience for the training is caregivers for older adults living in care centers, assisted living, their own home and adult foster care settings.

Training link:

<https://rise.articulate.com/share/RcMYbAt9S1DRYjBwB7c1H3gi0PHAg4AC>

Or access the training on the NAMI Minnesota website:

<https://namimn.org/getinvolved/upcomingtrainings/>

This training was developed by NAMI Minnesota (the National Alliance on Mental Illness) in collaboration with Kathleen McCubbin of McCubbin Training and Heidi Simpson of LeadingAge Minnesota with funding from LDI (Liberty Diversified International).

