

## 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 WITH  
**Iowa CareGivers**

<https://bit.ly/3mdVzCy>



### 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
- Learn more: <https://bit.ly/2wvt6gQ>



### Mouth Care Matters (MCM)

- One-day oral health educational program
  - Suitable for most health and long term service staff (including licensed nurses)
  - Family caregivers can also benefit
  - Classroom instruction and hands-on practice
  - Taught by certified MCM instructors
- Learn:
- To identify common oral health problems
  - Basic oral care and various approaches
  - How oral care impacts one's overall health
  - Iowa CareGivers'-issued certificate
  - To learn more: <https://bit.ly/2kDxndV>



### 3 Ps In A Pod

- One-hour virtual programs or in-person regional events
- Provides direct care workers opportunities for Personal and Professional growth and enrichment through education and Peer networking.
- Focus on the 3 Ps: Personal, Professional, and Peer
- **Personal:** nurturing your own health and well-being. Information to help you recharge and reconnect. Feeling appreciated for what you do!
- **Professional:** Education, tools, and resources to build your skills and knowledge in the field of direct care. Tips and techniques for providing hands-on care.
- **Peer:** Building connections with others in the same profession. Sharing stories and tips with each other. Most importantly, knowing that you are a part of something bigger, something greater.
- To learn more: <https://bit.ly/322tuY8>



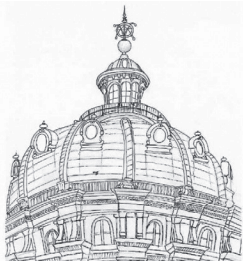
### Hub Newsletter

- Informative newsletter designed for those in direct care
- Learn about Iowa CareGivers' programs and services
- Keeps you up-to-date on program and event calendars and advocacy activities
- 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



### Advocacy

- Bringing a face and voice to direct care
- Advocacy training
- Day at the State Capitol to educate/inform legislators on direct care issues
- 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
- 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

- The Toughest Job You'll Ever Love is a grassroots awareness initiative with training for those in direct care delivered in one-hour modules or a one-day program (in person or virtually).
- Provides messaging tools, guidance, and opportunities for peer outreach activities
- Encourages professional empowerment outside the workplace
- Identifies natural leadership skills and various styles
- Challenges elected officials, the public, educators, employers, and others to change the way they think and talk about direct care to enhance the image
- Promotes direct care as a career choice or a stepping-stone to another health profession
- Focuses on recruitment and retention strategies
- Learn more: <https://bit.ly/3GSV1tF>



### 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, but signing up with Iowa CareGivers will help to ensure you receive timely notifications. Sign up here: <https://bit.ly/3GR2wBq>
- Programs Are Designed For and Open To All Who Work In Direct Care. All direct care workers/professionals (DCWs/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 DCWs/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.
- Certificates of attendance are provided for most programs.
- Many programs are offered at low or no cost due to contracts, grants, contributions, and community support.
- 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:** To enhance the care and support of Iowans by providing education, research, recognition, and advocacy for those who provide 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 notifications 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)