

# Compassionate Touch Volunteer & Caregiver Workshop



## What is Compassionate Touch Training?

Compassionate Touch is a person-centered, non-pharmaceutical approach that combines skilled touch and compassionate presence to enhance the quality of life for people with dementia, or those in later stages of life. This class, designed for caregivers and volunteers, covers the importance of touch, the effects of touch deprivation, and techniques to ease common dementia-related behaviors. By using Compassionate Touch, caregivers can reduce stress for both themselves and those they care for, fostering comfort, safety, and dignity in the caregiving relationship.



## Who Should Attend? Everyone.

Nurses, CNA, social workers, volunteers, recreation & activity directors, admin, OT & PT, families & Chaplains.

## Cost:

Heartfelt Community accepts donations to empower caregivers, support elders aging alone with Compassionate Touch, build volunteer teams, and provide family caregiver respite massage to ease the stress of caregiving.

[www.HeartfeltCommunity.org](http://www.HeartfeltCommunity.org)

## When & Where?

Date: April 2nd, 5:30am-7:30 pm

Where:

Main Street Library

6920 Main Street

Gloucester, Va. 23061

RSVP & Questions: Ginger 804-832-8859



[Connect@heartfeltcommunity.org](mailto:Connect@heartfeltcommunity.org)



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