

# Prepare for a High Demand Career

## Tamalpais Adult School

### What Will You Learn?

- ◆ Roles and responsibilities of a caregiver
- ◆ Personal care (bed, bath, dressing, grooming)
- ◆ Mental Health (symptoms and resources)
- ◆ Body mechanics (safety and transfer of patients)
- ◆ Last phase of life (care, stages of grief)
- ◆ Nutrition basics (food safety, diabetes care)

EL Civics/IELCE:  
Making A  
Difference In the  
Community Award

2020 Award  
Winners



Photo courtesy of Vecteezy

### What Students Say About the Class:

- ◆ "I really like this course. The teacher and class are amazing!"
- ◆ "I really appreciate the opportunity to earn the course certificate for free!"
- ◆ The course gave me self confidence."
- ◆ "I found all of the subjects to be very informative and helpful."

" Thank you to Tamalpais Adult School for supplying us with such a great source of knowledgeable and well trained caregivers! We currently employ graduates from this class on our staff and we really appreciate this helpful resource!"

Vicki Wildman  
Corporate Recruiter  
and Compliance Manager,  
J&M Homecare Services, LLC



**Tamalpais Adult School**  
in Collaboration with:

