

The Aide's Role in Managing Stress in the Workplace

A Webinar • Thursday, November 8, 2018 • 2:00—3:00 p.m. CST

Presented by **Kathie Smith, RN, BSN**

Stress is the body's reaction to any change that requires an adjustment or response. The body reacts to these changes with physical, mental, and emotional responses. Stress is a normal part of life. You can experience stress from your environment, your body, and your thoughts. Even positive life changes such as a promotion, a mortgage, or the birth of a child produce stress. Taking care of yourself as you take care of others is an important part of your overall wellbeing and stress management is a component of taking care of you. This presentation will cover tips on managing stress.

Use this session to meet your training requirements. All in-services emphasize the role of home care aides in observation and reporting. It is the responsibility of the home care company to determine if this workshop meets the specific requirements of its aides. The Missouri Department of Health & Senior Services affirms that this session meets the requirements found at 484.36[b] of the Medicare Conditions of Participation and for in-home service companies, this session meets the required standard for on-going training of aides.

Registration Form

No Recordings will be available for this webinar.

How the In-Service Works:

- ◆ The conference is scheduled from 2:00 to 3:00 p.m. CST.
- ◆ Register in advance; one fee per connection—**Registration DEADLINE is November 7, 2018.**
- ◆ MAHC will provide a GoToWebinar link that will be e-mailed to you the day before the webinar. You will need to register through this link to attend the webinar. Once registered you will be sent a confirmation which will include a join link to access the webinar, a dial-in number and an access code to listen in via telephone. You will also be sent any pertinent handouts if available, the sign-in sheet, and evaluation before the webinar.
- ◆ Listen to the presentation.
- ◆ Participate in the question & answer session.

Company _____

Participant _____

Address _____

City, State, Zip _____

Phone _____ Fax _____

Email _____

Aide Insrvc 11/08/18

Registration Fees:

MAHC Members: \$99 per connection

_____ x \$99 = _____

Non-Members: \$198 per connection

_____ x \$198 = _____

TOTAL= _____

Mail Registration & Payment to:

Missouri Alliance for Home Care

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Jefferson City, MO 65109

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