

APPS Course Activity Outline for Learners

Facilitator Name:

Facilitator Contact:

Week 1 - Welcome to APPS & e-Learning

Dates



Self Directed Weekly Reading and Videos



Discussion Forum: Getting to Know Each Other



Resiliency Practice: Mindfulness

Week 2 - Roles in Caregiving; Therapeutic Communication & Self-Care

Dates



Self Directed Weekly Reading and Videos



Discussion Forum: Communication



Resiliency Practice: Mindful Breathing



Classroom session 1

Date:

Week 3 - Considering Advance Care Planning, Ethics, Loss and Grief

Dates



Self Directed Weekly Reading and Videos



Discussion Forum: Dealing with Grief



Resiliency Practice: Seeing the Good



Peer-to-Peer Exchange 1

Connect with a Peer: The P2P Exchange is an opportunity to discuss what you have learned and share your thoughts/questions with fellow learners.

Peer Name:

Peer Contact:

Week 4 - Tools for Symptom Management

Dates



Self Directed Weekly Reading and Videos



Discussion Forum: Comfort Measures



Resiliency Practice: A Savouring Walk

Week 5 - Tools for Symptom Management with a Focus on Pain

Dates



Self Directed Weekly Reading and Videos



Discussion Forum: Pain



Resiliency Practice Self Compassion



Classroom session 2

Date:

Week 6 - Psychological Issues & Spiritual Issues

Dates



Self Directed Weekly Reading and Videos



Discussion Forum: Psychological Issues



Resiliency Practice: Gratitude Practices



Peer-to-Peer Exchange 2: Connect with your Peer

Week 7 - Skin Care, and the Dying Process

Dates



Self Directed Weekly Reading and Videos



Discussion Forum: Looking for the Signs



Resiliency Practice: Improving Sleep

Week 8 - After Death Care and Bereavement

Dates



Self Directed Weekly Reading and Videos



Discussion Forum: Grief Rituals and Self-Care



Resiliency Practice: Resources to Support your Practice



Classroom session 3

Date: