

MODULE 5

UNDERSTANDING DEMENTIA

Providing Independent Living Support:
Training for Senior Corps Volunteers

HANDOUT WORKSHEETS

Reflection: Preparing Yourself for Loss

Training Feedback Survey

Reflection: Preparing Yourself for Loss



If you suppress grief too much, it can well redouble. ~Moliere

Take a few minutes to reflect on the friendship you share with your client (if applicable). Jot down some notes and if you care to, share your thoughts with a partner.

Some people who have lost someone find comfort in activities like planting a tree, lighting candles, attending spiritual ceremonies, or writing a letter to the person. Do you have a favorite ritual or ceremony to help you cope with a loss? If yes, what is it?

What advice would you give a friend who has recently lost someone special to help them cope?

Are you or someone you know having difficulty coping with a loss? Don't suffer alone. Ask your supervisor if he/she can refer you to bereavement counseling or support groups. Local hospitals, hospices, and area agencies on aging may also be able to refer you to helpful resources.

Training Feedback Survey

Please help us improve our training sessions by providing feedback on the training you attended. Thank you!

Training/Session Name: _____ Date: _____

Lead Facilitator: _____

Program you serve with: SCP RSVP Other: _____

Please rate this session using the following scale:

| | Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree |
|--|-------------------|----------|---------|-------|----------------|
| | 1 | 2 | 3 | 4 | 5 |
| 1. The subject matter was presented effectively. | | | | | |
| 2. The facilitator was knowledgeable. | | | | | |
| 3. The facilitator responded to questions. | | | | | |
| 4. There were enough opportunities for discussion. | | | | | |
| 5. The written materials are useful. | | | | | |
| 6. The session met my expectations. | | | | | |
| 7. As a result of this training, I gained new knowledge applicable to my volunteer assignment. | | | | | |
| 8. I plan to apply what I learned at this session. | | | | | |

9. What did you like best about this session?

10. What would have improved this session?

Thank You! Your feedback will help us to improve our training!