

UAMS News Bureau

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**News Release
March 22, 2019**

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Free Family Caregiver Workshop to be March 27 in Jonesboro

LITTLE ROCK — The Schmieding Home Caregiver Training Program of the University of Arkansas for Medical Sciences (UAMS) will hold a free family caregiver workshop March 27 for those who would like to learn basic caregiving skills.

The workshop, which is open to the public, will be held 10 a.m.- 3:30 p.m. at 303 E. Matthews Ave., Suite 201 in Jonesboro. For more information or to register, please call 870-207-7600 or email vwfielder@uams.edu. Lunch will be provided by the Oldham Law Firm. Space is limited.

Linda Willey, R.N., will demonstrate basic caregiver skills and instruct participants in the areas of bathing, skin care, transferring, wheelchair safety, home and bathroom safety and mobility. In addition, the workshop will benefit anyone who may be caring for someone who has a chronic illness, been hospitalized or undergone a major surgery.

Studies have shown that few family caregivers receive any type of assistance or training from health professionals when becoming a caregiver. The goal is to help family caregivers know what to do and prevent serious injury or falls.

“As many as 42 million Americans are caring for a loved one in the home and most are doing so without any sort of formal training or knowledge to provide adequate care,” Willey said. “As a result many experience frequent emergency department visits and overnight hospital stays, or even hurt themselves in the process. If you are providing unpaid care for an elderly loved one at home and/or anticipate they may be hospitalized in the near future, this workshop is for you.”

UAMS is the state’s only health sciences university, with colleges of Medicine, Nursing, Pharmacy, Health Professions and Public Health; a graduate school; hospital; a main campus in Little Rock; a Northwest Arkansas regional campus in Fayetteville; a statewide network of regional campuses; and seven institutes: the Winthrop P. Rockefeller Cancer Institute, Jackson T. Stephens Spine & Neurosciences Institute, Harvey & Bernice Jones Eye Institute, Psychiatric Research Institute, Donald W. Reynolds Institute on Aging, Translational Research Institute and Institute for Digital Health & Innovation. It is the only adult Level 1 trauma center in the state. UAMS has

2,727 students, 870 medical residents and five dental residents. It is the state's largest public employer with more than 10,000 employees, including 1,200 physicians who provide care to patients at UAMS, its regional campuses, Arkansas Children's Hospital, the VA Medical Center and Baptist Health. Visit www.uams.edu or www.uamshealth.com. Find us on [Facebook](#), [Twitter](#), [YouTube](#) or [Instagram](#).

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