

IESEC

Increasing Employability and Standards of Elderly Caregivers through Specialized Training and Innovative Empowerment



O2- CURRICULUM

TRAINING COURSE ON ELDERLY CAREGIVING FUNDAMENTALS

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| Author(s) | ECODE | |
| Contributors | All the project's partners | |
| Contact name | ANGEL PEÑA | |
| E-mail address | angel@ecode.es | |
| Organisation | ECODE | |
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1. LEARNING OBJECTIVES

At the end of these sessions, participants will be able to:

1. Know the essential aspects of aging and associated diseases.
2. Provide better care and gain an understanding of safety, nutrition, and general care, legal and financial issues.
3. Understand the importance of caring for yourself as a caregiver.
4. Be a self-employed contractor and deal with administrative issues related to elderly caregiving.
5. Use caregiver educational resources.

2. SESSIONS

15 sessions of 90 to 120 minutes each.

3. CONTENTS

There is a huge amount of people taking care of elderly at home. People with an eager aim of doing the best for their elderlies. But not always with the skills required to do so.

The course on elderly caregiving fundamentals is intended for family and other informal caregivers aiming to improve their skills in order to provide a better assistance to elderly.

An assessment of the needs, characteristics and resiliency of caregivers planning to attend both educational or training program will help the teacher ensure that the program meets caregivers' needs. In tailoring program components, it is important to consider the range of caregivers' needs for education on disease processes, coping skills, problem solving skills and support. Due to these facts, the course is divided in three axes: knowing the disease, learning how to care for the sick, knowing to take care of yourself.

We cannot forget themes such as: ethics and behaviour of a caregiver, comprehensive caregiving, specialized caregiving, family caregiving, instrumental activities of daily living, principles of personal and mental wellness, professional appearance and etiquette, guide to being a self-employed contractor, caregiver educational resources.

During these 15 sessions, we will focus on the following topics:

Knowing the concepts: aging, disease

- Aging
 - o Biological and Psychological aging
 - o Cognitive performance and the social context
 - o Adaptation & Communication Skills Related to Sensory Systems (failing sight, hearing, mental capacities and physical limitations)
 - o New challenges
- Dementias
 - o Introduction
 - o Prevalence and incidence of dementia
 - o Diagnosis of dementia
 - Normal aging
 - Mental retardation
 - Other entities that present with cognitive deficit
 - Lower cognitive disorders
 - Delirium (acute confusional syndrome)
 - Selective deficit (focal cognitive syndromes)
 - Other psychiatric illnesses
 - Depression
 - Psychosis
 - Conversive and factitious disorders
 - Other situations
 - Use of toxic
 - o Evolution of the Dementia
 - o Neuropsychiatric symptoms of dementia
 - o Types of dementia
 - Alzheimer's Disease
 - Vascular Dementia
 - Mixed Dementia
 - Dementia in Parkinson's disease
 - Dementia with Lewy bodies
 - Other disorders that cause progressive dementia
 - o Therapeutics
 - Pharmacological treatments
 - Treatment of neuropsychiatric symptoms
 - Non-pharmacological therapies
 - Therapies oriented to behavior
 - Approaches oriented to emotions
 - Approaches oriented to cognition
 - Approaches oriented to stimulation

Learning how to care for the sick

- Knowledge of the person to assist (stage of development, disease, difficulties, etc.)
- Orientation in social and institutional context, linked to the private home care and to the principles of professional ethics (social, health, cultural and recreational context)
 - o Placing yourself in the organizational, social, and institutional context of reference
- Primary care management
 - o Know the epidemiology of older people's problems presenting in primary care, such as dementia and cancers as well as their risk factors
 - o Recognize the common, early symptoms and signs of malignancy (e.g. weight loss, dysphagia, melaena, diaphoresis etc.)
 - o Know the local rapid access referral pathways and common treatment options
 - o Understand the physical factors – particularly diet, exercise, ambient temperature and sleep – that disproportionately affect the health of older people
- User assistance in mobility
 - o Physiological fitness and recovery: Medical prescriptions and positioning techniques
- User assistance in personal hygiene
- User assistance in the preparation and assumption of meals
 - o Helping in the preparation of foods
- Hygiene care of the home
 - o Helping in the housekeeping
 - o Home cleanliness and safety: Care and cleanliness of individuals' rooms and living environments
- Assistance to people in different stages of Alzheimer's disease, dementia or Amyotrophic Lateral Sclerosis (ALS)
 - o Nursing and supporting individuals: Client support processes
 - o Assisting patients during the progression of Alzheimer's disease, senile dementia or Amyotrophic Lateral Sclerosis (ALS)
- Accompanying the user in social life and relationships
 - o Providing care and support to non self-sufficient individuals, by recognising their needs as well as their mental and physical health condition
- Communicate and interact (with the assisted person, his social network, the team of care)
 - o Relationships and communication: Ability to build relationships with formal/informal environments and networks
 - o Establishing communication/relations with the individuals you assist, their families, and the care team
- Cooperate with health care activities and perform the requirements of health workers

Knowing to take care of yourself

- Overloading
 - o Evolution of the concept

- Social Impact
- Influential variables
- Assessment of overload
- Recognize the warning signs of caregiver burnout and take action right away
 - Recognize common signs and symptoms of stress: Anxiety, depression, irritability; Feeling tired and run down; Difficulty sleeping; Overreacting to minor nuisances; New or worsening health problems; Trouble concentrating; Feeling increasingly resentful; Drinking, smoking, or eating more; Neglecting responsibilities; Cutting back on leisure activities.
 - Recognize common signs and symptoms of burnout: less energy, less physical resistance, exhaustion, neglection of needs, little satisfaction on caregiver's role, trouble with relaxation.
 - Tips to fight caregiver stress and burnout
- Psychoeducational intervention
 - Stress and Wellness: Managing stress, tension and body, Understanding behavior change
 - Changing problematic behavior
 - Improving changing problematic behavior: Individual Plan to change behaviors
 - Negative thinking: The role of thinking on how I feel; Changing my negative thoughts
 - Forms of communication: Effective communication; Communication and memory problems
 - Planning for the future: Main concerns about the future; The different options for care; Anticipating decisions
 - Planning enjoyable activities

4. METHODOLOGY

The correct implementation of the course will be based on a both theoretical and practical formation. To guarantee it, the methodology will use:

- Participatory presentations supported by slides: explain the behavior to be performed or the skills they need to learn.
- Case Studies.
- Modelling: the professor is a model for the caregiver. How to approach and analyze situations can be a reference for the family.
- Positive reinforcement: pay special attention to achievements, reinforcing the same
- Generalization: applying the knowledge learned in the sessions to the domestic environment and patient care.
- Individual and group exercises (role – playing).
- Debates.
- Homework.
- Feedback: provide a subjective view of performance in order to enable it to improve. This is not a criticism. Focused on behavior, concrete and specific, first highlighting the strengths and then the areas to be improved.

5. TEACHING STAFF

To be included the name and e-mail address of each teacher (professionals such as physicians, nurses, social workers and psychologists who want to lead a caregiver training or support group).

6. MATERIALS

The material includes:

- Teacher's Notebook: annotations appear to perform the exercises, comments support, flexible and a rough estimation of the time you can devote to each section and exercise.
- Caregiver Notebook: with program content and the homework; this material will serve to support and documentation.

7. BIBLIOGRAPHY

To be included different books, articles and so on, in the local languages.