



**Training course Senior Service Worker: BASIC MODULE - Concepts and basics of senior service work in home and community based settings for the elderly**

Course plan						
LU #	Learning Unit	Hrs. LU	Thematic Focus	Lesson number	Lesson	Hrs.
1	Basics of social work in HCBS	6	Introduction to the course	1	Introduction to the training programme, course content. Preliminaries (health and safety, on-line access, access to premises, etc. ).	2
				2	The concept of social work. Social work objectives and methods.	2
				3	Kinds and modes of providing social and/or elderly care services. Rules for performing social care services, introduction to quality standards.	2
2	Communication basics in care sector	12	General communication skills	1	Communication concepts and communication styles. Development of communication skills. Culturally sensitive communication	3
				2	Assertivity. Manipulation. Assertive conflict resolution.	3
				3	Communication with seniors and people with disabilities. Alternative and augmentative communication methods.	3
			Psychology of social care	4	Psychology of personality. Establishing communication with a client, conducting a dialogue. Conducting suitable communication with respect to age, health and social status of a client. Personality characteristics of a senior care worker.	3
3	Basic health care and nursing tasks	12	Somatology	1	Human life cycle and the aging process. Anatomy of human body. Basic concepts of anatomy, biology and physiology related to the subject of senior care.	2
				2	Alterations of patient's health status. Monitoring and detection of changes in patient's health status, recognition of health disorders.	2
			Patient care	3	Evaluation of patient's self-sufficiency level. Disability and using assistive devices.	2
				4	Ethics of the client care. Basics of home care. Preventing patients' tumbling and/or injuries.	2
				5	Acquisition of selected basic care routine skills – hygiene, catering, excrementing, mobility, dressing. Preventing back injuries while assisting a patient.	2
			Sanitation	6	Principal hygiene routines and their observation while working with patients.	1
				7	Inducing patients to follow hygiene routines. The concept of epidemiology, interaction of human organism with environment	1
4	Senior service core tasks	10	Quality standards of social care	1	Quality standards of elderly care services and their categories. Significance of the standards and obligation to observe them while treating clients. Proper informing about senior care services.	2
				Ethical standards of social care	2	Human rights and dignity. Ethical code of social work.
			3		Potential ethical problems, their recognition and prevention.	2
			Client independence support	4	Types and characteristics of social services for senior citizens. Rights and obligations of senior citizens' care workers. Taking partner attitude to clients.	2
				5	Public perception of care workers in the senior care sector. Expectations and actual needs of clients and their families. Fostering client self-sufficiency, minimizing dependance on provided services.	2

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<b>Field work</b>	<b>40</b>				
<b>Senior service core tasks</b>	<b>14</b>	Client activation methods	6	The imperative of client activation. Techniques and skills to engage and motivate elderly clients.	2
			7	Selecting suitable activation techniques with regard to elderly client's ability and health status.	2
			8	Applying activation and education techniques in senior care work.	2
		Prevention of abuse and violence against seniors	9	The issue of psychic and physical abuse - detection, prevention, getting help.	2
			10	Specific senior groups at risk of psychic and physical abuse. Concepts of non-violent communication and dealing with challenging situations.	2
		Crisis intervention	11	The concept of crisis intervention. Providing psycho-social help within the client-carer relationship. Orientation in the local network of crisis intervention services. Possibilities of follow-up psycho-social support.	2
			12	Crisis intervention - client stabilization, getting help. Resolution of sample crisis intervention show cases.	2
<b>5</b>	<b>6</b>	Pedagogy and learning	1	Methods and tools of continuing education, concepts of pedagogy. Motivation to life-long learning.	2
		On-line communication	2	Electronic data look up and manipulation. Critical data evaluation. Safe communication over the Internet.	2
		Self-management	3	Working in a team, stress management, burn-out syndrom prevention.	2
<b>Final review and examination</b>	<b>4</b>				
<b>Total course length (without final examination)</b>					<b>60</b>