



Training course Senior Service Worker: MODULE 1 - Basic concepts 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.	On-line hrs.
1	Basics concepts of gerontology	6	Introduction to theoretical foundations	1	Introduction to the training programme, course content. Preliminaries (health and safety, on-line access, access to premises, etc.).	1	3
				2	Age and the process of aging, European population and demography trends, social implications of aging population	2	
				3	Maintaining quality of life in advanced age - contemporary trends, current and future developments. Concepts of social space and social capital, biography, concepts of community based work	3	
2	Basics of social work in HCBS	18	Quality standards of social care	1	The concept of senior service work in home and community based settings/social work. Social work objectives and work methods.	2	2
				2	The rules governing social work - quality standards. Quality standards in the senior care services.	2	
				3	Categories and classification of quality standards in the senior care services. Proper informing about senior care services.	2	
			Ethical standards of social care	4	Human rights and dignity. Ethical code of social work. Potential ethical problems, their recognition and prevention.	2	1
				Client independence support	5	Types and characteristics of social services for senior citizens. Rights and obligations of senior citizens' care workers. Taking partner attitude to clients.	2
			6		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	
			7		Social inclusion, prevention of social exclusion of senior clients. Choosing suitable context sensitive approach to a client.	2	
			Client abuse and violence prevention	8	The issue of psychic and physical abuse - detection, prevention, getting help.	2	1
				9	Specific senior groups at risk of psychic and physical abuse, concepts of prevention. Concepts of non-violent communication.	2	
3	Foundations of social and professional communication	12	General communication skills	1	Communication concepts and communication styles. Development of communication skills. Culturally sensitive communication	2	3
				2	Assertivity. Manipulation. Assertive conflict resolution.	2	
				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
				Psychopathology	5	The concept of psychopathology in relation to possible mental illness of the elderly, most common mental illnesses. Relationship between physical illness and personal psyche. Types of behavioral disorders.	2

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LU #	Learning Unit	Hrs. LU	Thematic Focus	Lesson number	Lesson	Hrs.	On-line hrs.
	Field work	80					
4	Concepts, core activities and institutional framework in senior service fields	18	Concepts and core skills	1	Basics of anatomy and physiology - review. Alterations of patient's health status. Monitoring changes of patient's health, detection of symptoms, recognition of health disorders. Evaluation of patient's self-sufficiency level.	2	7
				2	Types and degrees of physical disabilities, combination disabilities. Application of disability compensation aids.	2	
				3	Basics of household care - review. Designing home arrangements for clients with reduced self-sufficiency. Exploitation of new technologies in seniors' households.	2	
			Client activation methods	4	The imperative of client activation. Techniques and skills to engage and motivate elderly clients. Applying activation and education techniques in senior care work.	2	1
				5	Choosing suitable activation elements with regard to elderly client's biography, interests, ability and health status.	2	
			Institutional framework	6	Components of social care for senior citizens in social security systems, common legislative norms in EU. Orientation in available social and health services in local, regional and country-wide contexts.	2	7
			Crisis intervention	7	The concept of crisis intervention. Necessary steps in providing psycho-social help within the client-carer relationship.	2	2
				8	Crisis intervention of seniors - client stabilization, getting help. Orientation in the network of crisis intervention services. Possibilities of follow-up psycho-social support.	2	
				9	Resolution of sample crisis intervention show cases. Prevention of conditions hazardous to health. Basics of considerate self-defense.	2	
5	Concepts of professional development	6	Pedagogy and learning	1	Methods and tools of continuing education, concepts of pedagogy. Motivation to life-long learning.	2	2
			On-line communication	2	Electronic data look up and manipulation. Critical data evaluation. Safe communication over the Internet.	2	2
			Self-management	3	Working in a team, stress management, burn-out syndrom prevention.	2	2
	Final review and examination	4					
Total course length (without final examination)						60	40