


Training course Senior Service Worker: MODULE 3 - Household, living environment and mobility 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	Cognitive and practical skills to assess requirements and needs of housekeeping, domestic help and mobility services for the elderly	8	Basics of relevant housekeeping related services	1	Organizing food storage and food preparation. Requirements and needs. Preparation and serving meals and drinks. Importance of cultural references, resources and medical indications (diet, allergy etc.).	2	5
				2	Organizing cleaning and caring of rooms and garden. Requirements and needs. Housing alterations design. Importance of elderly's inclusion into the process.	2	
				3	Organizing the laundry. Requirements and needs.	2	
				4	Ensuring hygienic standards, health and safety protection. Requirements and needs. Importance of state of health on hygienic needs.	2	
2	Cognitive and practical skills to advise the elderly and their families/relatives on their home requirements	8	Advising the elderly	1	Specificity of advising the elderly. Acceptance of the right of self-determination and autonomy of clients.	2	4
				2	Advising elderly in their home requirements. Offering need-based settings for elderly.	2	
			Advising the elderly families/relatives	3	Specificity of advising the elderly's families/relatives. Importance of the families/relatives comprehension about elderly's right of self-determination and autonomy.	2	3
				4	Advising the elderly's families/relatives in support of their everyday tasks, according to their health state and needs.	2	
Field work		15					
3	Supply and mobility problems of the elderly	6	Problems related to housekeeping services and mobility	1	Problems of the elderly in community based settings: housekeeping, mobility. Importance of ethical principles, quality and safety.	2	7
				2	Quality planning of seniors' mobility.	2	
				3	Providing quality assistance in mobility.	2	
4	Facilities, institutions and service systems related to household and mobility services	4	Cooperation in the community	1	Basic skills to cooperate with other actors and networks in the community. Related institutions. Importance of elderly resources, biographical and cultural references.	2	6
				2	Exploiting the service system and complying with regulations. Usefull services, need-based demands.	2	
Field work		15					

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LU #	Learning Unit	Hrs. LU	Thematic Focus	Lesson number	Lesson	Hrs.	On-Line hrs.
5	Concepts and methods of learning and study techniques	4	Self-management	1	Exercise of self-management and supervision in context with unpredictable changes in the field of the health care related services.	2	5
			Case work	2	Theoretical knowledge perceived through analyzing real case. Importance of differences between clients.	2	
Total course length (without final examination)						30	30