



Training course Senior Service Worker

Household, living environment and mobility in home and community based settings for the elderly

WORKSHEETS

2014-1-CZ01-KA202-002058



Learning Unit 1: Cognitive and practical skills to assess requirements and needs of housekeeping, domestic help and mobility services for the elderly

Thematic Focus: Basics of relevant housekeeping related services

Lesson:

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.). Taking into consideration recipes of the elder, his/her taste and traditions. Learning local kitchen.
 - 1.1 The process of ageing affects nutrient needs. In what way?
 - (a) requirements for some nutrients may be reduced, while requirements for other essential nutrients may in rise
 - (b) requirements for all nutrients may be reduced
 - (c) requirements for all nutrients may rise
 - 1.2 While preparing and serving meals, it is important to:
 - (a) keep in mind only preferences of the elderly client
 - (b) harmonize elder's food preferences and his needs
 - (c) keep in mind only needs of the elder
2. Organizing cleaning and caring of rooms and garden. Requirements and needs. Housing design. Importance of elderly's inclusion into the process.
 - 2.1 The main goal of organizing cleaning in elderly's home is:
 - (a) to make home less cluttered and easier to find and use the things needed
 - (b) to maximize space
 - (c) to make home visually clear
 - 2.2 While organizing cleaning to make life easier for elder people, it is better to:
 - (a) set things up
 - (b) set things in their places
 - (c) set things into boxes
 - 2.3 What level of the elderly's involvement in housekeeping should be requested?



- (a) Elderly should do everything by him/herself
- (b) Elderly should coordinate the process
- (b) Elderly shouldn't do anything

3. Organizing the laundry. Requirements and needs.

3.1 Organizing laundry for the elderly is:

- (a) in many ways similar for everyone laundry, but they usually aren't able to do everything by themselves
- (b) very difficult process with different requirements
- (c) unneeded process

3.2 While organizing laundry for the elderly, try to use:

- (a) Only cheap products
- (b) More natural, homemade cleaning products
- (c) Best quality chemical products

4. Ensuring standards of hygiene, health and safety protection. Requirements and needs. Importance of state of health on hygienic needs.

4.1 Which proposition about ensuring elder's hygiene is correct:

- (a) Weakness or a disability makes hygiene activities difficult to accomplish independently or safely for elderly by him/her-self
- (b) Elderly can independently accomplish hygiene activities if he wants to
- (c) Only disability makes hygiene activities difficult to accomplish independently or safely

4.2 If older people try to hide lack of control over bowel or bladder functions from professionals, caregiver should:

- (a) be sensitive to the older person's feelings, and mention this to the doctor
- (b) does nothing - loss of bowel and bladder control is a part of normal aging
- (c) tell about that to elder's siblings



Learning Unit 2: Cognitive and practical skills to advise the elderly and their families/relatives on their home requirements

Thematic Focus: Advising the elderly

Lesson:

1. Specificity of advising the elderly. Acceptance of the right of self-determination and autonomy of clients.
 - 1.1 A central principle in elderly's care ethics is:
 - (a) Respect for autonomy and self-determination of the elderly
 - (b) Only competent individuals should be able to decide which medically indicated, effective procedures are appropriate for elderly
 - (c) Only opinion of elder's family and caregiver is respected
 - 1.2 Usually elderly feel that:
 - (a) all decisions are typically taken without them
 - (b) they are doing everything by themselves
 - (c) their family members are "incompetent"
2. Advising elderly on their home requirements. Offering need-based settings for elderly.
 - 2.1 While advising elderly on their home requirements, what should advise caregiver on their social environment?
 - (a) To reduce contacts with other elder- it can bring a negative aspects to his/her life
 - (b) To stay at home then it is possible, to reduce possible risk of injury
 - (c) To invite friends or go to a local community
 - 2.2 Which proposition about advising elderly in their home requirements is not correct:
 - (a) Caregiver should incorporate elder's friends and favourite social activities, doctors etc. from their previous living situation
 - (b) Caregiver should find out about elder's legal documents
 - (c) Caregiver should advice elder in financial things by himself



Thematic Focus: Advising the elderly families/relatives

Lesson:

3. Specificity of advising the elderly's families/relatives. Importance of the families/relatives comprehension about elderly's right of self-determination and autonomy.
 - 3.1 While arrives conflicts between elderly and his relatives, caregiver should:
 - (a) Be a facilitator between elderly and his family
 - (b) Take elderly's side
 - (c) Take family side
 - 3.2 If caregiver feel he/she is carrying too much of the elder:
 - (a) Consider discussing it with siblings and other family members
 - (b) It is normal feeling of caregiver- elder's family shouldn't participate in carrying him/her
 - (c) Change the elder client

4. Advising elderly families/relatives on supporting elderly's everyday tasks, according to their health state and needs.
 - 4.1 Caregiver should advise elderly's family by himself in all situations?
 - (a) Yes, caregiver should take a responsibility of all elder's problems
 - (b) No, Family members should advice caregiver on elderly's home and other needs
 - (c) No, caregiver should consult with other specialist and elder's family too.

 - 4.2 Sometimes elderly families/relatives can start feel like losing control, caregiver should do:
 - (a) Everything that is possible to avoid that kind situation
 - (b) Nothing, it is normal situation, because caregiver spends more time with elderly.
 - (c) Take up more control under himself



Learning Unit 3:: Supply and mobility problems of the elderly

Thematic Focus: Problems related to housekeeping services and mobility

Lesson:

1. Problems of the elderly in home and community based settings: housekeeping, mobility. Importance of ethical principles, quality and safety.
 - 1.1 Which proposition about elderly care settings is correct?
 - (a) There is provided all home and community based care settings, which elderly needs.
 - (b) Provided home and community based care settings usually focus on meeting people's basic needs and only some social.
 - (c) Provided home and community based care settings ensures all elderly's social needs.
 - 1.2 Which proposition about Human rights in elderly care services is not correct?
 - (a) Human rights violations can occur in both community and home care settings.
 - (b) Human rights violations can occur only in community care settings.
 - (c) Human rights violations can occur only in community residential care settings.

Thematic Focus: Developing creative solutions

Lesson:

2. Quality planning of mobility.
 - 2.1 Promoting mobility should happen:
 - (a) At the community level as well as at an individual level
 - (b) Only at the community level
 - (c) Only at an individual level



2.2 Planning of mobility should include:

- (a) Only physical exercises
- (b) Only assistance settings
- (c) Physical exercises, assistance settings and reduce of social barriers

3. Quality assistance in mobility.

3.1 What can lead to accelerated mobility decline? Which answer is not correct:

- (a) Environmental barriers
- (b) Reduced physical activity
- (c) Fear of moving outdoor

3.2 Caregiver should assist elderly in his/her mobility:

- (a) Only when the elderly asks
- (b) Only if the doctor recommended
- (c) When it seems that elderly has a need for assistance



Learning Unit 4: Facilities, institutions, service system related to household and mobility services

Thematic Focus: Cooperation in the community

Lesson:

1. Basic skills to cooperate with other actors and networks in the community. Related institutions. Importance of elderly's resources, biographical and cultural references.
 - 1.1 Which linkages are mostly useful in order to mobilize resources? Which answer is not correct?
 - (a) Both within and among communities, organizations, and societies
 - (b) Within and among communities
 - (c) Within and among societies
 - 1.2 Which proposition about networking (cooperation) activities is not correct?
 - (a) Networking activities include attending trade or professional association meetings, volunteering for community work.
 - (b) Networking activities include visiting with other members of one's social clubs or religious groups and talking to other people in one's community.
 - (c) Networking activities include visiting hospitals and medical volunteering organizations.

Thematic Focus: Exploitation of the service system

Lesson:

2. Using the service system and complying with regulations. Useful need-based services.
 - 2.1 What type of services is provided by government?
 - (a) There are available only basic services
 - (b) There are only community and governmental services available
 - (c) There are available wide list of services in each country
 - 2.2 A wider list of services available for free is available:
 - (a) Only for elderly with higher income
 - (b) Only for elderly with lowest income
 - (c) For different services depending on elderly income



Learning Unit 5: Concepts and methods of learning and study techniques

Thematic Focus: Self-management

Lesson:

1. Exercise of self-management and supervision in context with unpredictable changes in the field of the health care related services.
 - 1.1 For caregivers:
 - (a) It is enough to learn basic carrying skills
 - (b) It is needed to undertake only those tasks that are within their competence
 - (c) It is needed do have a wide knowledge in all related services
 - 1.2 Managing changes is about handling the complexity of the process. Which process is not about care management?
 - (a) evaluating, planning and implementing operations
 - (b) tactics and strategies and making sure that the change is worthwhile and relevant
 - (c) planning everyday elderly's tasks, mobility and his healthcare
 - 1.3 The main idea of Self-management is:
 - (a) Learning to overcome obstacles and cope with the chaos that naturally exists during the complex process of change
 - (b) Learning new skills
 - (c) Managing your caregiver's tasks and responsibilities