

## **Caring for Older People**

***A structured learning programme for Health Care Assistants  
in the acute health-care setting***

Course managers Shaun Marten and Caroline Davies

### ***Course Syllabus***

The programme will be delivered in six half-day sessions at monthly intervals, May –November (no August session)

Each half-day will comprise two sessions; 8.30 am – 10.30 am and 11am – 1.00pm

### **May**

*Session 1*            **Finding-out Stuff** (differing sources of information, use of IT, differing categories of information such as policy and articles, study tips): Angela Guevera

*Session 2*            **Older People in Society** (demographics, role of older people in the community, retirement, social theories of ageing): Jackie Bridges

### **June**

*Session 3*            **Physical Ageing and Disability** (why we grow old, normal ageing, common physical problems of ageing, functionality); Henry Alexander

*Session 4*            **Practical re-enablement/rehabilitation** (promoting independence, providing motivation, use of aids): Kathy Fraser

### **July**

*Session 5*            **Exploring Dignity** (what do we mean, why it's important, what do the public expect, how we can deliver): Shaun Marten

*Session 6*            **Promoting Continence** (understanding the physical and other causes of incontinence, dealing with the psychological and social fall-out, what can be done to help): Ruth Sennett

### **September**

*Session 7*            **Eating and Drinking** (the importance of nutrition, food as treatment, the social benefits of food, helping people to eat and drink): Ruth Bailey/Joy Churcher

*Session 8*            **Effective Communication with Older People**  
(rules of communication, tips for giving information, dealing with sensory deficits): Caroline Davies

## **October**

*Sessions 9 & 10*    **Mental Well-being in Later Life** (psychological aspects of ageing, delirium, depression, dementia, caring for challenging behaviours, tips for orientating patients): TBC

## **November**

*Session 11 & 12*   **Student Presentations** (short presentations in various formats of an enquiry, the subject of which is chosen by each student): Caroline Davis, Shaun Marten and invited guests

Students will be expected to complete a non-academic, work-based assignment or activity after each study-day related to the course content. The time commitment for completion of the assignment should be in the region of two hours. These assignments will form part of a portfolio of learning students are required to maintain.

Students will also be required to conduct an enquiry into an issue of personal interest either alone or in pairs and to feedback their findings to their peers. A variety of formats may be used including formal presentation, leading a discussion, poster display etc. The total time commitment for this enquiry should be no greater than 10 hours.

Course participants are allocated a learning-mentor (usually either matron or ward manager) available for guidance and support. During the latter half the course students will be offered a 30 minute tutorial with either of the course managers.

An 80% attendance rate is expected.