Course : The elderly: getting to know them better to take better care of them

Practical course - 2d - 14h00 - Ref. PAQ
Price : 940 € E.T.

Nouvelle édition

Non-medicinal techniques are an integral part of care, and require every professional to have the technical skills to propose activities adapted to the possibilities and desires of patients. This training course will provide you with the keys to responding to these situations.

◎ Teaching objectives

At the end of the training, the participant will be able to:

- ✓ Identifying social representations of aging
- ✓ Defining a common vocabulary around the elderly, the notion of frailty and loss of autonomy
- ✓ Assessing and identifying needs to ensure appropriate care
- ✓ Prevent and manage geriatric syndromes as a team: undernutrition, depression, falls and medication
- ✓ Define actions to improve care for the elderly

Intended audience
All relevant staff in the medico-social sector.

Prerequisites
No special knowledge required.

Practical details
Role-playing
Role-playing to raise awareness of the functional impairment caused by aging.
Teaching methods
Hands-on, participative workshops based on numerous real-life situations.

Course schedule

PARTICIPANTS
All relevant staff in the medico-social sector.

PREREQUISITES
No special knowledge required.

TRAINER QUALIFICATIONS
The experts leading the training are specialists in the covered subjects. They have been approved by our instructional teams for both their professional knowledge and their teaching ability, for each course they teach. They have at least five to ten years of experience in their field and hold (or have held) decision-making positions in companies.

ASSESSMENT TERMS
The trainer evaluates each participant's academic progress throughout the training using multiple choice, scenarios, hands-on work and more.
Participants also complete a placement test before and after the course to measure the skills they've developed.

TEACHING AIDS AND TECHNICAL RESOURCES
• The main teaching aids and instructional methods used in the training are audiovisual aids, documentation and course material, hands-on application exercises and corrected exercises for practical training courses, case studies and coverage of real cases for training seminars.
• At the end of each course or seminar, ORSYS provides participants with a course evaluation questionnaire that is analysed by our instructional teams.
• A check-in sheet for each half-day of attendance is provided at the end of the training, along with a course completion certificate if the trainee attended the entire session.

1 Ageing-related issues

- Distinguish between normal and pathological aging.
- Understand the anatomy, neurophysiology and psychology of aging.
- Identify loss of physical, cognitive and psychological skills and associated symptoms.
- Understanding the pathologies of aging: dementia, depression...

Group discussion
Sharing experiences and practices.

2 Understanding the legal context and users' rights related to ageing

- Practical application on the shop floor.
- Ethics and good treatment of the elderly.
- User rights and professional responsibilities concerning the elderly.

Group discussion
Analysis of different situations encountered by participants.

3 Relational care for the elderly

- Master the basics of communication.
- Practice active listening.
- Establish a relationship of trust.

Role-playing
Role-playing on cases presented by participants and capitalizing on best practices.

4 Coping with day-to-day difficulties

- Adapt your behavior to prevent potential difficulties for the elderly person.
- Experiencing difficulties in daily activities: getting up, getting dressed, eating, getting around...
- Identify the sensory impacts of aging: sight, smell, hearing, taste, touch.

Role-playing
Reproduce routine, everyday actions, taking into account the difficulties faced by people as they age.

5 Managing major geriatric syndromes

- Managing cases of undernutrition.
- Identify and manage depressive situations.
- Prevent falls.
- Support for medication monitoring.
- Promoting teamwork with the elderly.

Case study
Sub-group analysis of situations encountered and plenary debriefing.