

AIM

To be able to provide stimulating activities for those in care

DURATION

Half Day Course (3 Hours)

LEARNING OUTCOMES

By the end of this course, you will:

- Understand how quality of life is assessed
- Recognise the factors that can impact resident life satisfaction
- Be aware of the effect that social isolation can have on mental and physical health
- Recognise the factors that can cause feelings of loneliness and isolation
- Recognise the barriers that can prevent socialisation and inclusion
- Be aware of methods to overcome these barriers
- Recognise the benefits of social activities
- Be aware of the different forms of group and one-to-one activities
- Recognise the importance of exercise for elderly people
- Know how to adapt activities using the STEP Model
- Understand how continued learning opportunities are beneficial for elderly people
- Know how to provide effective learning activities
- Be aware of organisations and resources to support social inclusion and activities

LESSONS AND TOPICS

Activity and Inclusion

- Quality of Life
- Resident Satisfaction

Social Isolation and Loneliness

- Loneliness and Isolation
- Consequences of Loneliness and Isolation
- Factors Affecting Loneliness

Barriers to Inclusion

- Barriers
- Behavioural Responses to Barriers
- Social Fears
- Loss of Identity

Activity Choices

- Combating Loneliness
- Group Activities
- One-on-One Activities
- Other Considerations

Exercise

- Physical Activity
- Choosing Physical Activities
- STEP Model

Learning Opportunities

- Learning for the Elderly
- Introducing Learning
- Principles of Learning
- Building on Success

Resources and Organisations

- Age Exchange
- Age UK
- Alzheimer's Society
- Carers UK
- Community Service Volunteers / Volunteering Matters
- Contact the Elderly / Reengage
- Digital Unite
- JABADAO
- NAPA