

Reablement

AIMS

To provide effective support to people living in their own homes, whilst promoting their independence

DURATION

Full Day (6 hours)

LEARNING OUTCOMES

By the end of this course you will:

- Understand what Person-Centred Care is
- Know how to implement and progress Care Plans
- Understand the importance of Privacy and Dignity
- Know how to promote Privacy, Dignity, and Independence
- Understand Hazards, Risks and Near Misses
- Be aware of the documentation needed for reporting risks
- Understand barriers to communication and recognise ways to overcome them
- Understand the importance of communicating with dignity
- Be able to use active listening techniques
- Understand the rules for information sharing and confidentiality
- Recognise some signs of escalation
- Know some de-escalation techniques
- Be able to demonstrate and observe basic stretching and strengthening exercises
- Be able to demonstrate and observe basic personal care and cooking techniques

LESSONS AND TOPICS

Person-Centred Care

- What is Person-Centred Care?
- Implementing and Progressing Care Plans

Privacy and Dignity

- What are Privacy and Dignity?
- Personal Space
- Informed Choices
- Promoting and Supporting Independence

Equality and Diversity

- Responsibilities

Risk Assessment

- Hazards, Risks and Near Misses
- Risks of Existing Conditions
- Reporting risks
- Documentation

Communication

- Barriers to Communication
- Overcoming Barriers
- Different Ways to Communicate
- Communicating with Dignity
- Active Listening
- Information Sharing and Confidentiality

Aggression and De-escalation

- De-escalation Techniques
- Positive Behaviour Support

Practical Competencies / Assessment – Exercise and Mobility

- Chair Stretches
- Standing Exercises
- Indoor Mobility
- Stairs

Practical Competencies / Assessment – OT Programmes

- Bathing
- Washing and Dressing
- Transfers
- Simple Hot Food and Drinks
- Using a Microwave



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