



Escola Superior
Saúde
Santa Maria

CAREGIVERS BASIC PROGRAM

45 HOURS



SANTA MARIA HEALTH SCHOOL

TRAVESSA ANTERO DE QUENTAL, Nº 173 4049-024 PORTO, PORTUGAL

CAREGIVERS BASIC PROGRAM

This course is intended for people of any nationality who want to acquire basic theoretical skills in order to provide care as a professional or family caregiver.

The course has two components, the theoretical one, which is made of the learning contained in the attached program, and the practical one, which involves attending an internship under conditions to be defined, case by case, depending on the conditions in which it takes place and the type of internship and supervision that can be ensured.

At the end, students will be entitled to a diploma that attests to the attendance of the theoretical part and a diploma that attests to the successful completion of the entire course, that is, of its two components.

SUBJECTS

MODULES	SYLLABUS	WORK LOAD	TEACHER
1 - To be a caregiver	Conceptual and legal framework: requirements needed for this caregiving role Responsibility and need for specific training to perform the role Main challenges: Finding and accepting work as a paid caregiver, Required skills to match the client needs, Dealing with family members	4h	Sue Collins
2 - Ageing	Psychological and social framework Loneliness and social isolation Healthy aging	4h	Viviana Nunes
3 - Disability	Access to needed resources The rights of the elderly and the disabled Legal issues related to violence/abuse of power against people with disabilities. Understanding Equipment required to support client and caregiver	4h	Sue Collins
4 - Communication	Interpersonal relationship - Principles and skills in the communication process Barriers to communication Cognitive stimulation	4h	Viviana Nunes
	Reminiscence Communication strategies with people with cognitive impairment	4h	Sue Collins
5 - Caring for the dependent person	Plan daily routine: Feeding Elimination (Bowel Movement monitoring and fluid in and out chart) Mobility	4h	Sue Collins
	Plan daily routine: Hygiene and care for the skin and mucous membranes Management of the therapeutic routines / Management of urgent situations	4h	Sue Collins
	Accidents prevention Medication management Basics of Infection Control	4h	Sue Collins
	Medication management Main non-pharmacological strategies to control symptoms: pain, shortness of breath, mental confusion, loss of appetite, insomnia/restlessness	4h	Sue Collins
	Health condition monitoring	2h	Sue Collins
6 – End of life Care		2h	Catarina Simões
7 – Decision making	Advance directives of will Individual and Integrated Care Plan	1h	Catarina Simões
8 – Caregiver Selfcare	Prevention of compassion fatigue Grief	3h	Viviana Nunes
9 - Assessment	Written test (on line)	1h	