# CARE SECTOR TRAINING

Rewards
Training Recruitment Consultancy

Care Sector Training Courses

Rewards Scotland is committed to providing training, recruitment and business consultancy solutions to help both individuals and companies grow. Rewards Scotland has achieved the Scottish Quality Management System (SQMS) award, Investors in People accreditation and is a Scottish Qualifications Authority (SQA) approved centre. Rewards is also accredited for the European Computer Driving Licence (ECDL).

Our new range of care courses was developed to cater for the growing need for a better qualified and trained care sector in Scotland. We specialise in the sectors highlighted by the Scottish Care Commission and can provide courses according to your specifications.

**Main Courses include:**

## Palliative Care in Care Homes (1 day)

This one day course will explore the issues of caring for dying people in a care home setting. It will involve discussion and sharing of ideas and practices. The course will be delivered in a sensitive manner.

- Overview of the palliative care ethos
- Providing end-of-life care for people in care homes
- Dealing with unpleasant physical symptoms
- Responding to the social, psychological, emotional and spiritual needs of the resident
- Meeting the needs of carers and families
- Supporting staff and residents
- Death and dying
- Relatives, undertakers and funerals
- Best Practice

## Dementia Awareness Programme (1 day)

This one-day programme aims to raise awareness about dementia, attitudes to dementia and how to work effectively with people who have dementia. This course is for people without mental health backgrounds.

- What is Dementia? A brief overview of the most common conditions
- Exploring myths
- Hermizeals exercise and the importance of feelings
- Exploring some of the effects of dementia on human behaviour
- Exploring the effects of dementia on families
- Focus on people—not the illness process
- Dignity and respect
- Forward thinking

## Dementia Training (3 days)

The programme is aimed at people who work with clients with dementia in a care/community setting. This programme raises awareness of dementia, it explores attitudes and practices. The programme is person centred and looks at quality of life issues. It promotes dignity and respect, developing understanding and having a problem solving approach to issues.

This is an interactive course that makes use of discussion, reflection and exercises that highlight learning points. Some of the course materials that will be used on this course have been developed by Alzheimer's Society.

At the end of the course we would expect attendees to be able to deal more effectively with a range of behaviours seen in people with dementia.

**The following sessions are half day sessions aimed at people who are responsible for providing care to others. They can be mixed and matched to provide a full day training course. Many of the half day sessions can be developed to provide more in-depth courses.**

## Introduction to best practice

- Historical overview
- Development and attitude change
- Staff behaviours and impacts
- Best practice and valuing people

## Protecting people who need care

- Community Care Act
- Care Commission role and responsibilities
- Care Standards
- People who care for others

## How the Brain Works

- Exploring the functions of the brain
- Fun quiz, jigsaws and activities
- Organic changes, developmental arrest
- Behavioural and functional problems

## Autism and Epilepsy Awareness

- Looking at the Autistic spectrum
- Behaviours and difficulties for people who have this condition
- Best Practice in providing care
- Looking at epilepsy and some treatments
- Looking at the challenges for people with this condition
- What to do if someone is having a seizure

## Professionalism

- Image and impressions
- Communications with clients, colleagues and relatives
- Boundaries with client and their relatives
- Personal and professional limitations
- Confidentiality

## Report Writing for the Care Sector

- Why write reports, who are they for and what kind of information is included?
- What kind of information should be left out of report writing?
- Keeping it simple, writing skills for report writing
- Exercises in writing up routine care
- Exercises in writing up an incident
- Exercises in writing up a complaint

## Mental Health/mental illness

- Historical overview, time, place and cultural norms
- Mental health
- Mental illness
- Stress, distress and depression
- Brief overview of some of the most common mental health problems

## Planning Care

- A person centred approach, what does that mean, the big picture
- Who do you involve in care planning?
- Why is care planning important?
- A model for care planning
- Case studies and care planning exercises

## The Ageing Process

- Getting older in our society
- What older people can offer
- The feelings associated with ageing
- Physical, social, emotional, spiritual and mental changes
- Ability, disability and dignity
- Discrimination and the law

## Complementary Therapies

- Overview of some of the most popular therapies and how they work
- How can they enhance health and well being in the elderly?
- Using oils to create ambience
- The importance of therapeutic touch
- Techniques for hand massage

## Dementia overview

- Types of dementia
- Treatments and current developments
- Positive actions
- Disability discussion

## Activities for the Elderly

- Activity theory
- Working with abilities
- The feel good factor
- Relevant and purposeful activity
- Quality of life

**Rewards also provide Health and Social Care SVQs at levels 2, 3, 4 and Registered Managers. Please call for further details.**


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INVESTOR IN PEOPLE