

ACSA RESIDENTIAL CARE PROVIDERS PACK

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FALL PREVENTION IN RESIDENTIAL AGED CARE

Course Duration

45 minutes

Subject Matter Expert

Melissa Sinfield - RN BHSc (Nursing) (Hons 1st class) PhD MACN

This course has been developed to provide learners with an understanding of the serious repercussions of falls, and how to prevent them, in residential aged care.

Target Audience

This course is suitable for staff working in Australian residential aged care.

It is especially useful for staff who interact directly with aged care consumers, the 'boots on the ground' who spend their days providing personal care. These are the staff who can identify changes in the health or mobility of people receiving care and report it so that falls prevention strategies can be put in place.

Learning Outcomes

Designed to provide personal care workers and other support staff with an understanding of the serious repercussions of falls, as well as:

- what can happen if a resident has a fall
- how to identify factors that can increase a resident's risk of falling
- the importance of falls prevention strategies, and
- how to identify what can be done to reduce the resident's falls risk.

This course has been developed to ensure key staff in care organisations are ready to implement falls prevention programs, and meet the requirements of Aged Care Quality Standard 3: Personal care and clinical care, and Standard 8: Organisational governance.

FALLS PREVENTION PROGRAMS IN RESIDENTIAL AGED CARE

Course Duration

45 minutes

Subject Matter Expert

Melissa Sinfield - RN BSc (Nursing) (Hons 1st class) PhD MACN

This course has been developed to give residential aged care workers an understanding of the need for a falls prevention program, as well as how to effectively establish and maintain a program.

Target Audience

This course is suitable for staff working in Australian residential aged care.

This training is targeted at nominated falls prevention 'program leads' – staff with key responsibilities for managing and implementing control programs for a wider team. This may include:

- Registered Nurses
- Enrolled Nurses
- facility managers
- community care managers
- quality and risk coordinators, and
- educators

Learning Outcomes

These courses focus on ensuring that the learner:

- is able to identify the steps and actions involved in implementing a falls prevention program
- understands the role of a multidisciplinary team in running a falls prevention program
- knows where to access falls prevention resources
- understands how to apply PDSA (Plan, Do, Study, Act) cycles in falls prevention programs, and
- can evaluate falls prevention programs by measuring processes and outcomes.

This course has been developed to ensure key staff in care organisations are ready to implement falls prevention programs, and meet the requirements of Aged Care Quality Standard 3: Personal care and clinical care, and Standard 8: Organisational governance.

NUTRITIONAL NEEDS OF PEOPLE IN AGED CARE

Course Duration

30 minutes

Subject Matter Expert

University of South Australia

This course has been developed to provide learners with an understanding of the nutritional needs of people in aged care facilities. It will link nutritional requirements to food and fluid provision and discusses the key nutritional issues that occur in this group, as well as providing strategies to overcome these issues.

Target Audience

This course is aimed at staff in aged care facilities and other facilities caring for people over 65 years old.

Learning Outcomes

This course provides an understanding of:

- the importance of nutrition in aged care
- the consequences of inadequate nutrition
- why those in aged care are at risk of inadequate nutrition, and
- how to provide best nutrition for those in aged care.

TEXTURE MODIFIED DIETS

Course Duration

25 minutes

Subject Matter Expert

University of South Australia

This course has been developed to provide learners with an understanding of the importance of texture modified diets.

Target Audience

Health care workers, staff involved in preparing meals and carers in the community preparing modified textured foods and fluids.

Learning Outcomes

This course provides an improved understanding of:

- what is meant by texture modified foods and fluids
- why texture modified foods are important
- the process of swallowing, and
- modifying the texture of fluids and foods.

ORAL CARE IN AGED CARE

Course Duration

30 minutes

Subject Matter Expert

University of South Australia

Oral Care in Aged Care is designed to train carers in providing, and assisting with, oral care that maintains the consumer's oral hygiene and overall health.

Target Audience

This training is designed for carers in both residential and home service aged care providers. Oral Care in Aged Care is recommended for all carers due to the importance of oral care in the elderly and the links between good oral health and other health conditions, such as heart disease.

This training can be deemed as supporting Standard 3 of the Aged Care Quality Standards, Personal care and clinical care.

Learning Outcomes

Oral Care in Aged Care provides practical guidance on brushing and flossing, mouth care and how to identify possible oral health problems. It also provides practical advice on diet and behaviour. This course has a dedicated topic for denture care, with a focus on full dentures, due to the number of older adults requiring them.

The goal of the course is to improve oral care interactions with aged care consumers and better oral hygiene outcomes. The course is designed to provide the learner with practical training on providing – and assisting with – oral care. It also provides an understanding of the issues and importance of oral care in ageing.

The course is split into three topics with the following sections.:

Oral Hygiene for natural Teeth

- Brushing teeth
- Good oral care

Care, Removal and Cleaning of Dentures

- Removing dentures
- Cleaning and maintenance
- Inserting dentures

Oral health Assessments and Planning in Aged care

- Oral health assessments
- Oral health planning

This course is excellent short and practical training that can be used to reinforce the importance of oral care as a part of the carers' and patients' routines. Good oral care helps maintain quality of life and reduces the risk of further health interventions.

MANUAL TASKS IN AGED CARE

Course Duration

45 minutes

Subject Matter Expert

PhysioLink

Manual Tasks for Workers training course provides practical manual handling training and risk management training. The course covers risk factors associated with a variety of hazardous manual tasks. This is based on physical risk and an organisation's work health and safety responsibilities. This course is ideal training alongside an organisation's work processes and code of practice.

Target Audience

This manual tasks training course is designed for any worker who performs manual tasks. This includes workers who perform hazardous manual tasks, such as lifting heavy objects.

It may also be relevant for workers who perform other manual tasks. This includes those working with bulky loads, dangerous loads, vibrations, repetitive tasks, lifting people and handling animals.

Learning Outcomes

This course provides learners with behaviourally focused training and outline of risk factors related to manual tasks.

- Activities considered hazardous manual tasks and the associated risk factors.
- How to assess manual tasks.
- Risk management strategies.
- Techniques for performing manual tasks safely.
- The course encourages the use of mechanical aids, based on the hierarchy of hazard controls.

REPORTING ABUSE AND SERIOUS INCIDENTS IN AGED CARE

Course Duration

70 minutes

Subject Matter Expert

Melissa Sinfield - RN BHSc (Nursing) (Hons 1st class) PhD MACN

Reporting Abuse and Serious Incidents in Aged Care is Kineo's elder abuse and neglect training course. This online course has been developed to provide caregivers with the tools to identify the signs and symptoms of abuse or neglect, and how to take action when abuse or neglect is identified. The course looks at the risk factors for older people, including those living independently whether in home care or in an assisted living facility.

Target Audience

This course is suitable for caregivers and other healthcare professionals who provide care to older people in Australia. This course functions as a part of a healthcare organisation's duty of care and elder abuse training.

Learning Outcomes

This online course provides caregivers and other healthcare professionals with the following training.

This course provides an understanding of:

- background to and the definitions and prevalence of the abuse of older people in Australia

- types of abuse most commonly experienced by older people
- requirements for the reporting of abuse of an older person in your care
- roles and responsibilities of staff around the abuse of a person in their care
- barriers to staff reporting suspected and actual abuse, and
- actions to take if there is imminent threat to an older person.

POSITIVE BEHAVIOUR SUPPORT

Course Duration

40 minutes

Subject Matter Expert

Cerebral Palsy Alliance (CPA)

This course has been developed to exemplify the positive behaviour support approach which focusses on addressing the needs of a person with a disability, and on improving their quality of life. The idea of the course is to introduce these concepts to disability support workers and to encourage them to use positive approaches to behaviour support in their work.

Target Audience

This course is designed for any person who may be supporting another individual with positive behaviour support.

Learning Outcomes

This course focusses on the following learning outcomes:

- the meaning of 'quality of life' and how to apply strategies to improve the quality of life for the people you support
- what the positive behaviour support framework is, why we use it and how to apply the framework in your everyday work life
- how to recognise and implement proactive strategies when presented with behaviours of concern, as well as analyse the function of the behaviour, and
- the impact of communication and the importance of understanding both verbal and non-verbal communication.

COVID-19 CORONAVIRUS PREVENTION

Course Duration

5 minutes

Subject Matter Expert

University of South Australia

This course has been developed to provide learners with an understanding of what the COVID-19 Coronavirus is, some of the common myths surrounding the pathogen and what you can do to help reduce the risk of infection.

Target Audience

This new course is designed for all workers; but of particular importance to anyone interacting with older people or those who have recently been overseas.

Learning Outcomes

This course provides an understanding of:

- What the COVID-19 Coronavirus is.
- Some of the common myths surrounding the pathogen.
- What you can do to help reduce the risk of infection.

UNDERSTANDING DEMENTIA - WHAT IS DEMENTIA?

Course Duration

20 minutes

Subject Matter Expert

Frontline Care Solutions

This course increases the learner's understanding of life with dementia and its impact. It also provides behavioural training in how to care for and support people living with dementia.

This online learning course is designed to align with the Aged Care Quality Standards. It has been developed in collaboration with experts, including Kineo clients working in the aged care sector, to ensure the course is fit-for-purpose.

Target Audience

The 'Understanding Dementia: What is Dementia?' Course is designed specifically for carers and other health professionals who provide care for a person/people living with dementia.

The online learning is applicable to learners in residential aged care services, home services and flexible care services. This course is suitable for new and experienced carers.

Learning Outcomes

This course provides aged care professionals with training in:

- What the term 'dementia' means.
- The impact on a person living with dementia.
- The need to provide a person-centred approach to care.

UNDERSTANDING DEMENTIA – PERSON CENTRED CARE

Course Duration

20 minutes

Subject Matter Expert

Frontline Care Solutions

This course is designed to train the learner in how to provide good person-centred care to people living with dementia. It also provides behavioural training in how to care for and support people living with dementia.

Target Audience

The 'Understanding Dementia: Person-Centred Care' course is designed specifically for carers and other health professionals who provide care for a person/people living with dementia.

The online learning is applicable to learners in residential aged care services, home services and flexible care services. This course is suitable for new and experienced carers.

Learning Outcomes

This course provides aged care professionals with training in:

- What person-centred care is.
- The importance of practising person-centred care.
- What person-centred care might look like in practice.
- The importance of taking care of yourself.

UNDERSTANDING DEMENTIA - EFFECTIVE COMMUNICATION

Course Duration

20 minutes

Subject Matter Expert

Frontline Care Solutions

This course is designed to train the learner in how to communicate effectively with people living with dementia. It also provides behavioural training in how to care for and support people living with dementia.

Target Audience

The 'Understanding Dementia: Effective Communication' course is designed specifically for carers and other health professionals who provide care for a person/people living with dementia.

This online learning course is applicable to learners in residential aged care services, home services and flexible care services. This course is suitable for new and experienced carers.

Learning Outcomes

This course provides aged care professionals with training in:

- Ensuring the people you care for have their needs met and their dignity maintained.
- Recognising when a person living with dementia is communicating an unmet need.
- Helping meet the needs and requirements of the people you care for.

INTERCULTURAL COMMUNICATION IN AGED CARE: AGEING, COGNITIVE DECLINE, DEMENTIA AND COMMUNICATION

Course Duration

20 minutes

Subject Matter Expert

University of South Australia

The better we know the language and culture, the person and the situation, the better we are at intercultural communication and care.

Target Audience

This course is aimed at supervisory and direct care staff working in multicultural aged care environments.

Learning Outcomes

In this module we explore:

- perspectives on the behaviour and needs of people with cognitive decline or dementia
- how clinical variations between individuals and within individuals over time influence their behaviour and needs
- the role of our own behaviour and the environment
- strategies for communicating and providing safety and care through knowing the individual.

INTERCULTURAL COMMUNICATION IN AGED CARE - DIVERSITY, CARE AND COMMUNICATION

Course Duration

20 minutes

Subject Matter Expert

University of South Australia

This module has been developed to provide a contemporary understanding of linguistic, cultural and faith-based diversity in aged care and why and how it matters for care and safety.

Target Audience

This course is aimed at supervisory and direct care staff working in multicultural aged care environments.

Learning Outcomes

In this module we:

- consider the influence of diversity on perceptions
- explore understandings of risks and opportunities in diversity
- reconsider the CALD label
- develop strategies for doing safety and care in diversity.

INTERCULTURAL COMMUNICATION IN AGED CARE - KNOWING THE PERSON - PERSONAL HISTORIES, LIFE EXPERIENCES AND MEMORIES

Course Duration

25 minutes

Subject Matter Expert

University of South Australia

This module has been developed to provide a contemporary understanding of linguistic, cultural and faith-based diversity in aged care and why and how it matters for care and safety.

Target Audience

This course is aimed at supervisory and direct care staff working in multicultural aged care environments.

Learning Outcomes

In this module we consider the importance of:

- understanding the influence of the past on the present self
- exploring how residents' personal histories, life experiences and memories impact on their needs
- communicating the whole person in 'person-centred' care, and
- strategies for providing care and safety for the whole person.

INTERCULTURAL COMMUNICATION IN AGED CARE - OPTIMISING CARE THROUGH BEING AWARE OF LANGUAGE

Course Duration

45 minutes

Subject Matter Expert

University of South Australia

The better we know the language and culture, the person, and the situation, the better we are at optimising care through this knowledge.

Target Audience

This course is aimed at supervisory and direct care staff working in multicultural aged care environments.

Learning Outcomes

In this module we consider the importance of:

- understanding the influence of the past on the present self
- exploring how residents' personal histories, life experiences and memories impact on their needs
- communicating the whole person in 'person-centred' care, and
- strategies for providing care and safety for the whole person.