



A2.2 – Educative resources for teachers

Lesson Materials

Module: **EMPOWERMENT IN CARE FOR WELL-BEING**

Sub-Module: Personal assistance & Independent living



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Introduction

Module	EMPOWERMENT IN CARE FOR WELL-BEING
Sub-module	Personal assistance & Independent living
Lesson nr.	#1
Duration (minutes)	225 (45 minutes lecture, 90 minutes workshop, 90 minutes independent work at home)
Date	?

Lesson Outcomes

Learning about caregivers role in perceiving, recognizing and solving the user's problems in achieving independence in daily activities.

- Understand the importance of empowerment for independent living.
- Knows strategies for improving quality of life.
- Able to choose, adapt and use appropriate methods to achieve independent living.

Occupations

1. Everything people do to occupy their time
2. Consisting of actions (discreet actions necessary to complete a task)

(For example, making lasagne is a task in which grading the cheese is action)

Occupational performance

Ability to choose, organize and satisfactorily perform meaningful occupations that are culturally defined and age appropriate for looking after ones self (self care), enjoying life (leisure) and contributing to social and economic fabric of community (productivity).

What happens if I get sick?

- Do I become dependent on the help of another person?
 - Mine changes activities?
 - My priorities in life?
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- Illness and disability from the standpoint of activity and social participation
 - Basic activities of daily living independently can influence persons feelings about self-concept
 - Basic activities of daily living, such as eating, grooming, toileting,...have important social and cultural meanings
 - You can help service users discover new and better ways to care for themselves

The importance of habits, routines and rituals for achieving well-being

Habits:

- Are specific, automatic behaviours performed repeatedly, relatively automatically and with little variation.
- Can be healthy or unhealthy, efficient or inefficient and supportive or harmful.

Routines:

- Behaviour that are observable, regular and repetitive and that provide structure for daily life.
- Can be satisfying, promoting, damaging. Require delimited time commitment and are embedded in cultural and ecological context.

The importance of habits, routines and rituals for achieving well-being

Rituals:

- Symbolic actions with spiritual, cultural, or social meaning contributing to the client identity and reinforcing values and belief.
- Have a strong affective component and consist of a collection of events.

Daily routines are helpful for older adults and their caregivers alike, in a variety of ways:

- Routines lower stress and anxiety. Routines are calming and comforting, preventing the need to worry and wonder about what's going to occur next, who will be there to help, and how to make sure that everything will be taken care of.

- Routines improve sleep. Studies have shown that sticking with a daily routine helps with sleep quality as well as the ability to fall asleep and remain asleep.
- Routines allow for high quality time with friends and family. Seniors and those who care for them can create routines that incorporate enjoyable time together. Include favorite pastimes, weekly dinner dates at a well-loved restaurant, even an end-of-the-day hug.

Best Daily Routines for a caregiver healthy life

1. Start the Day With a Glass of Lemon Water
2. Exercise in the Morning
3. Eat a Good Breakfast
4. Stay Hydrated
5. Get a Healthy Lunch
6. Do Some Mid-Afternoon Stretches
7. Dinner
8. Take Time to Relax
9. Take a Vitamin C Supplement Before Bed
10. Go to Sleep at a Reasonable Hour

Practical work – workshops - (2 hour)

1. Write down your habits

(automatically put car keys in the same place; activate the alarm system before leaving the home; snack when watching television; spontaneously looks both ways before crossing the street;

Practical work - workshops

2. Write down your routines (follows to morning sequence to complete toileting, bathing, hygiene and dressing; follows the sequence of steps involved in meal preparation; morning routine to drive at work at time, ...)

Practical work - workshops

3. Write down your rituals (kiss the kids before bed; evening prayer; a hug before leaving home; share a highlight from the day during evening meals with family ...)

Independent work at home (2 hours)

1. Identifying a user's daily routine

<https://www.nhsaaa.net/media/1724/interestcheck.pdf>

Independent work at home

2. Identifying problems related to the user's daily routine

- ADL
- IADL
- Rest and sleep
- Education
- Work
- Play
- Leisure
- Social participation

Independent work at home

3. Problem solving plan together with the user

- Make a daily routine structure with user (MOHO)
- Determine the user's priorities and preferences
- Together make a plan how to satisfy users priorities daily routine
- User evaluate the performance of selected priority activities
- Evaluation of satisfaction with the perform activities

For evaluation take a scale from 1(not satisfy) to 10 (very satisfy) or any other scale from 1 to 5 (use the scale witch is understandable the user)



GIVINGCARE
Empowering Caregivers

Thank you!

Teachers's name

Teachers e-mail

Date of the session

