



Health and Community Services – Caring for the Elderly

Victorian TAFE International has developed a suite of micro-credentials for the Aged Care sector. They are targeted at home care workers, family members with caregiving responsibilities, and/or aged care workers.

These resources have a range of applications:

- as a series of stackable and/or standalone non-accredited courses that may be aligned to recognition of prior learning or credits towards a qualification
- to meet the needs of industry and targeted cohorts (e.g. international offshore industry, clients, or students)
- to include digital badges aligned to recognised learning outcomes
- be used across a variety of learning modes, including traditional face-to-face learning (master class or workshop), a blended approach, or fully online
- as taster courses and a marketing tool to attract international students to study with Victorian TAFEs.

To gain the most out of these micro-credentials an individual should have a general understanding of looking after the elderly with specific capability, performing of work with assistance from a mentor or supervisor to carry out more complex tasks.

Senior Support Services at Home

This micro-credential serves as an introduction to a core understanding of how to provide support services at home to the elderly. It covers the concepts of ageing at home and rights for the elderly, as well as how to determine care and support needs with appropriate tools.

By the end of this micro-credential, you should be able to:

- encourage the older person to engage as actively as possible in the home and local community
- deliver any support or services in a manner consistent with the personal wishes and rights of the older person
- recognise any signs that may indicate financial, emotional or physical abuse or neglect and respond appropriately
- identify and utilise aids and modifications that maximise the likelihood of the older person remaining within their own home environment
- promote the importance of Community-Based Supports and Services (CBSS) for seniors ageing at home.

Palliative Care at Home

This micro-credential covers the definition, concept, basis and principles of palliative care, including ethics, as well as techniques and practices associated with palliative care at home.

By the end of this micro-credential, you should be able to:

- understand the principles of palliative care when caring for patients who are dying
- identify both physiological and psychological signs and symptoms of dying and respond in an appropriate and dignified manner to a person's wishes and needs
- identify and apply appropriate advanced care plans and directives when managing different types of pain or discomfort
- provide patients and families with appropriate information concerning non-pharmacological measures to relieve the symptoms
- provide symptom management in a manner in keeping with agreed principles of education, spiritual values, and psychological needs
- apply dignified communication techniques appropriate to providing psychosocial care, spiritual care, and general principles of communication in medical care especially in relation to challenging end-of-life situations
- apply an appropriate ethical framework within which to provide palliative care.

Dementia Care at Home

This micro-credential serves as an introduction to dementia, its signs and indications, and its impact on caregivers. It covers techniques and practices for communication, intervention and therapy when caring for dementia patients at home.

By the end of this micro-credential, you should be able to:

- apply a person-centred approach and show evidence of regard and dignity for people with dementia
- demonstrate a clear understanding of the common presentations of dementia
- undertake activities in a manner consistent with how dementia can affect the person and the caregiver
- identify behaviours in persons with dementia that might cause concern and require positive interventions
- implement strategies that assist with positive living outcomes for people living with dementia and provide a safe environment for their caregivers
- continuously monitor your own levels of stress associated with working with people with dementia
- understand the importance of caregiver wellbeing
- define common symptoms and behavioural changes associated with the stages of dementia.

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