Mobile Training for Home and Health Caregiver For People with Disabilities and Older People
General information

• Leonardo Da Vinci
  – Multilateral Projects for Development of innovation
  – 75% EU Grant from European Commission, Lifelong learning programme

• Project duration
  – 01 January 2014 - 31 December 2015

• Target groups:
  – Low qualified workers or jobseeker
  – People with disabilities and older people (beneficiaries)
  – VET and employment centres

• Beneficiaries
  – People with disabilities (PwD)
Project consortium

- Gazi University (Turkey) – project coordinator
- PhoenixKM BVBA (Belgium)
- Interprojects (Bulgaria)
- Min. of Fam. & Soc. Policy, General Dir. of Serv. for E & PwD (Turkey)
- University of Athens (Greece)
- Europäischer Verband Beruflicher Bildungsträger (Germany)
The story

• **Age and disability are strongly correlated**: An estimated 45 million people in Europe (15% of the EU population) have a long-standing health problem or disability (LSHPD). 70% of them will be over 60 by 2020.

• Elderly and people with disabilities (PwD) and especially those with mobility & sensory impairment **depend considerably on Personal Caregivers (PCGs)**.

• **Personal assistance is in fact key for the self-determination of PwDs**. Estimates put the total size of people in need of a PCG at 1% of all people with disabilities, so a real need of 450,000 European citizens.

• PCGs need to have a **variety of skills** (nursing and first aid qualifications, personal care, etc.).

• While this assistance is crucial in ensuring a daily quality of life (assisting with basic tasks such as getting dressed, eating, taking a bath/shower), it is still quantitatively and qualitatively a huge problem.

• Few people are qualified to become a PCG, and in fact **such education/training is basically non existent in EU countries, and on VET level**.

• Most PCGs are low qualified, and mostly **have to be trained on the field** without any formal training, thus making it a very laborious and a tricky "adventure" for the core beneficiaries: people with disabilities and older people.
Main aims

• Ensure that local VET centres can offer an adequate PCG training anywhere anytime,
• for low-skilled people (without jobs), or people that want to extend their service provision (independent nurses, care workers, etc.),
• using innovative ICT based approaches i.e. mobile and web2.0 enabled online learning environments that embed video, animations, audio, but also textual training format,
• while including hands-on practicing.
Expected outcomes

• a dedicated **PCG curriculum and relevant training material** for different disabilities (including those associated with aging), applicable in every country in the EU and beyond, provided under a creative commons license (so "free") and in accordance with transparency of qualifications and competences and ECVET;

• an **innovative online and mobile training platform, with a gaming component** that will allow for an interactive learning experience anytime anywhere (PC, smartphone and tablet PC -both Android- based online learning platform/application), multilingual, and following the Open Source approach (so "free"), provided freely to VET centres and stakeholders;

• **piloting with end-users** (low skilled people, care workers) and beneficiaries (PwD and older people) in Belgium, Bulgaria, Germany and Turkey;

• an **M-CARE portal** that will bring together relevant information and services on PA, as well as will host a **community for PCG trainers, learners and beneficiaries**.
M Care Online Training

www.pcgcare.eu
M Care Online Training

www.pcgcare.eu
Course Home

14 Training Modules - available
Modules

Get a general idea of the 14 modules

1) Didactical Support for mobile learning module
2) Disability Awareness
3) Communication
4) Policy
5) Social Inclusion
6) Physiological Empowerment
7) Physiological Needs
8) Hygiene
9) Daily Care at Home
10) First Aid and Risks
11) Environment
12) Mobility in people with Disabilities and older people
13) Leisure / Daily Activities
14) Prevention of PCG’s Bournot Syndrome
Aims of the Training Courses and the Curriculum

• This training courses and the curriculum aims to improve the daily work and its performance in personal caregiving for people with disabilities and elderly people. Drafted upon experience of project partners, a survey was launched with more than 600 questionnaires, asking people with disabilities, personal caregivers and stakeholders, what they estimate as the most important items, a personal caregiver PCG has to know, to be able to do, to decide and to be responsible for. In the result an approach was decided following the rules of International Classification of Functioning ICF.
This training course and curriculum contains the content to learn and to teach for personal caregivers PCGs for people with disabilities and elderly people to do their jobs correctly and in an emphatic and appropriate way to their clients. This curriculum contains also learning material and advice for methods how to teach and how to learn.
f.e. Hygiene
Module – Structure

2.8 Hygiene

Structure

- Unit 1: Hygiene
- Unit 2: Infection
- Unit 3: Disinfection / Self-Protection
- Unit 4: Disinfecting Hands
- Unit 5: Individual Hygiene – Shower
- Unit 6: Individual Hygiene – Full bath – Partial bath
- Unit 7: Food refusal by clients suffering from Dementia
Examples for Structure and Modules

Module 8: Hygiene

Structure

• Part 1: Hygiene
• Part 2: Infection
• Part 3: Disinfection / Self-Protection
• Part 4: Disinfecting Hands
• Part 5: Individual Hygiene – Shower
• Part 6: Individual Hygiene – Full bath – Partial bath
• Part 7: Food refusal of care-recipients suffering from Dementia
Examples for Structure and Modules
Module 8: Hygiene

Part 6

- **Individual Hygiene – Full bath – Partial bath**
  - Definition
  - Fundamentals
  - Objectives
  - Material to be used
  - Preparing the bath room
  - General preparations
  - Planning
  - Bath additives
  - Autonomous and mobile
  - Need for assistance
  - Postprocessing
• f. e. Module 8: **Hygiene**

**Individual Hygiene – Full bath – Partial bath**

**Autonomous and mobile**

• stabilize with both hands on the rim of the bath tub, lift the leg the nearest to the bath tub
• f. e. Module 8: **Hygiene**

• move the balance point more to the bath tub and stand with this leg into the tub
• f. e. Module 8: **Hygiene**

• now move also the other leg into the bathtub, then sink slowly into the water
f. e. Module 8: **Hygiene**

**Individual Hygiene – Full bath – Partial bath**

**Need for assistance**

- the care recipient leans ahead as far as possible, so he can move easier his pelvis from the stool.
- your feet and the feet of the care recipient should be shifted to each other.
• f. e. Module 8: **Hygiene**

  • the care recipient stretches his knee and stands up
  • give support when turning and sitting on the bathtub rim
• **Module 8: Hygiene**

• *the care recipient can lift first one than the other leg into the water*
• f. e. Module 8: **Hygiene**

• use the slope to slip slowly into the water
• prevent uncontrolled slipping by fixing his hands on the person's pelvis
Examples for Structure and Modules
Module 12: Mobility in people with Disabilities and older people

Part 3

• Standing
  – Standing up from the bed
  – Standing from a chair
• f. e. Module 12: **Mobility in people with Disabilities and older people**

Standing up from the bed

• Stand near the bed
• Use assistive device if needed
• If the individual has a drainage tube or catheter it has to be turned off, according to the guidelines of the health care professional.
• f. e. Module 12: **Mobility in people with Disabilities and older people**

**Standing from a chair**

- Standing from a higher chair is easier than from a lower one.
- The sitting place of the chair should be hard rather than soft.
- The arm rests are important for giving a secure support in the transfer.
• **Module 12: Mobility in people with Disabilities and older people**

  • The trunk should move forward for a better standing.
  • One leg should be positioned backwards for a stable standing.
  • The client leans forward on the anterior leg and stands.
Examples for Structure and Modules
Module 12: Mobility in people with Disabilities and older people

Part 4

- Walking
  - Walkers
  - Crutches
• f. e. Module 12: Mobility in people with Disabilities and older people

Walkers

• A walker or walking frame is a tool for disabled or elderly people who need additional support to maintain balance or stability while walking.
• f. e. Module 12: **Mobility in people with Disabilities and older people**

Walking with crutches

• The crutches help clients in their transfer.
• The size of the crutches should be appropriate.
• The care giver should facilitate forward walking.
More information

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