

**1. WHO IS A CARE GIVER: AN OVERVIEW**

**2. CHARACTERISTICS OF A CAREGIVER**

2.1. Approach to care and support

**3. DUTIES OF A CARE GIVER**

**4. COMMUNICATION AND INTERPERSONAL SKILLS**

4.1. Communication

4.2. Listening Skills

4.3. Communicating with someone who is living with neuro-cognitive impairment

4.4. Overcoming language barriers

4.5. Becoming well known

4.6. Telephone Communication

4.6.1. Answering the phone in an emergency

4.7. Communication and Collaboration with Families and Other Healthcare Professionals

4.8. Cultural Sensitivity and Diversity

4.9. Respecting Household Routines and Preferences

4.10. Awareness of Different Communication Norms

4.11. Respecting Privacy and Personal Space

4.12. Adapting Communication Styles

4.13. Professional Boundaries

**5. RECORD KEEPING AND DOCUMENTATION**

5.1. Record keeping for Caregivers

5.2. Recording and Documentation

5.3. Incident Reporting

**6. PERSONAL CARE AND HYGIENE**

6.1. Personal Hygiene

6.1.1. Bed bath

6.1.2. Caring for fingernails and toenails

6.1.3. Hair wash

6.1.4. Hand washing

6.1.5. Mouth care

6.1.6. Shower



6.1.7. Foot care

6.1.8. Skin care and integrity

6.2. Incontinence care management

6.3. Infection Control Practices

6.4. Adapting to Different Hygiene Standards

## **7. MOBILITY AND POSITIONING**

7.1. Transfer a resident who can no longer transfer independently

7.2. Sitting in a chair

7.3. Making a bed

7.4. Making a bed with a resident in the bed

7.5. Wheelchair use

7.6. Residents in wheelchairs - safety and guidance

7.7. Accompanying to amenities

## **8. NUTRITION AND HYDRATION**

8.1. Understanding the importance of optimal nutrition and hydration

8.2. Fluid intake and output

8.3. General rules for feeding helpless patients

8.4. Serving meals

8.5. Nasal-gastric tube feeding

8.6. PEG feeding (Percutaneous endoscopic gastrostomy)

8.7. Safe Food Handling and Storage

8.8. Understanding Dietary Needs and Restrictions

8.9. Dysphagia - aspiration

8.10. Dehydration

8.11.k. Kitchen- preparing beverages and meals, hygiene, and appliances

## **9. 9. OBSERVATION AND MONITORING**

9.1. Observations, including:

9.1.1. Weight monitoring

9.1.2. Hydration status

9.1.3. Skin integrity

9.1.4. Output (Bristol stool chart, urine color, smell, frequency)

9.1.5. Sleep patterns



9.1.6. Mood status

9.1.7. Engagement in meaningful activities

9.2. vital observations

9.3. Urine testing

## **10. SAFETY AND PREVENTION**

10.1. Health and safety

10.2. Home Safety and Maintenance Awareness

10.3. Infection Control Practices

10.4. Safety for the caregiver

10.5. Bed rest complications

10.6. Preventing skin tears, skin flaps, pressure sores

10.7. Advanced First Aid and Basic Life Support (BLS)

10.8. Emergency Response and Procedures

10.8.1. responding to a call

10.8.2. Falls

10.8.3. Wounds / Bleeding

10.8.4. Unconscious resident

10.8.5. Allergy

10.8.6. Choking

## **11. MEDICAL ASSISTANCE AND PROCEDURES**

11.1. Bed Pan and Urinal

11.2. Catheter care

11.3. Oxygen inhalation

11.4. Basic Understanding of Home Medical Equipment

11.5. Wound dressing (Caregiver's role)

11.6. Medication Assistance (if within scope of practice)

11.7. Technology in Caregiving

## **12. END-OF-LIFE CARE (PALLIATIVE)**

12.1. Care of the dying

12.2. Palliative care and the aged

12.3. Stages in dying



#### 12.4. Bereavement

### **13. SPECIFIC RESIDENT CONDITIONS**

13.1. Sleep

13.2. Rest

13.3. Comfort

13.4. Unconscious Resident

13.5. Pain

13.6. Distressed reactions - causes and responses

13.7. Managing Challenging Behaviors

13.8. Emotional Support and Mental Well-being of Residents

13.9. Specific Medical Conditions

### **14. ETHICAL AND LEGAL CONSIDERATIONS**

14.1. Ethical principles (e.g., privacy)

14.2. Forms of conduct

14.3. Legal obligations concerning the nurse

14.4. Medico-legal risks

14.5. Respecting Privacy and Personal Space

### **15. UNDERSTANDING NEUROCOGNITIVE IMPAIRMENT (DEMENTIA)**

15.1. Knowledge of different types of neurocognitive impairment

15.2. Understanding the three D's (dementia, depression, delirium)

15.3. Understanding the modifiable risk factors for dementia

15.4. How does communication differ with a dementia resident

15.5. Dementia, aggression, and anxiety

15.6. Basic First Response (in dementia context)

### **16. MEANINGFUL ENGAGEMENT**

16.1. Enabling vs. disabling practices

16.2. Creating opportunities for meaningful engagement

16.3. Culture inspiration

16.4. Activities and Engagement Programming

16.4.1. Types of activities

16.4.2. Finding the right activity for a resident



16.5.Importance of exercise – Passive/Active

16.6.Companionship

**17. CAREGIVER WELL-BEING AND SELF-CARE**

**18. SKILLS FOR MANAGING A MODERN HOME ENVIRONMENT**

18.1.Basic Appliance Use

18.2.Home Safety and Maintenance Awareness

18.3.Organization and Cleanliness Standards

18.4.Homecare and Housekeeping

18.5.Room neatness and assistance

18.6.Resident Laundry: receiving, sorting, packing away, recording

18.7.Bed, room, closet neatness and maintenance

18.8Entering and being in a home – Resident routine and habits

**19. TIME MANAGEMENT AND ORGANIZATION IN HOME CARE**

19.1.Following Care Plans and Schedules

19.2.Prioritizing Tasks

**20. TEAM COMMUNICATION AND COLLABORATION**

20.1.PDC Team Communication

20.2.Family Communication

**21. VALUES AND CULTURAL SENSITIVITY**

21.1.Values

21.2.Cultures / Spirituality

21.3.Respecting Household Routines and Preferences

21.4.Cultural Sensitivity and Diversity

**22. RESIDENT ENVIRONMENT AND PREFERENCES**

22.1.Pets