ADatHOME
IMPROVES QUALITY OF LIFE

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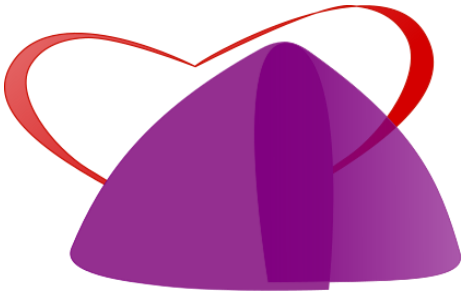

# ADatHOME

## IMPROVES QUALITY OF LIFE

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# Mobility, Hygiene and Sleep and rest

The training activity will be divided in three parts:

- The F2F session in which the trainee will introduce the dimension and give the users the opportunity of practice different activities in front of them in order to improve their abilities.
- The Online session that is going to be used for the "homework" introduced by the trainer at the end of the previous session. The users need to apply the practiced activities at home to see if they find any limitation.
- The F2F validation session when they all will share their experience and limitations when applying the activities in order to see if there is any mistake so there is the opportunity to adapt the strategies to each profile.

Total duration of the Training Activity: 3 hours and 20 minutes

Nr. of sessions: 1 session

- FACE2FACE Session for Humanitude theory and techniques demonstration
  Duration: 105 minutes.
- PRACTICAL ACTIVITY (practical implementation of learnt techniques in real life scenarios)
  Duration: 30 min.
- VALIDATION OF TECHNIQUES
  Duration: 65 min.

Throughout the training the participants are encouraged to discuss the techniques as much as needed, in both real and simulates scenarios, to become competent at adjusting them to their own personal cases.

The face-to-face session should be composed by a minimum of 10 participants and a maximum of 18 participants.

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| **Step 1** | **FACE2FACE SESSION: GUIDELINES, DURATION AND TOOLS**<br><br>**Opening**<br><br>Once participants have arrived to the classroom, the trainer will introduce him/herself and the objectives of the program, including topics, activities, planning (face2face and practical sessions), and the expected outcomes of the program.<br><br>Duration: 10 minutes<br><br>**Topics of the face2face session:**<br><br>● Introduction to Mobility care<br>● Introduction to Hygiene care<br>● Introduction to sleep and rest care<br><br>**Objectives:**<br><br>● Give strategies to promote self-care;<br>● Allow participants to express their difficulties when caring for a Person with Dementia<br>● Teach the participants the techniques to promote the mobility of people with dementia<br>● Teach the participants the techniques to promote the hygiene of people with dementia<br>● Teach the participants the techniques to promote the sleep and rest of people with dementia<br><br>**Learning Outcomes**<br><br>● Participants will be able to adapt strategies to promote mobility<br>● Participants will be able to adapt strategies to promote hygiene<br>● Participants will be able to adapt strategies to promote sleep and rest<br><br>- Tool: PPT – Mobility, hygiene and sleep and rest |
| **Step 2** | **Introduction to Mobility care** |

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| | • Introduce to the importance of movement and its implication in health<br>• Explain the precursory steps to mobility care<br>• Explain the techniques and strategies to promote mobility care<br>• Promote empathy with participants by recognizing their difficulties when caring with a Person with dementia;<br>• Time for case discussion, questions and doubts.<br>Duration: 25 minutes.<br>- Tool: PPT Slide 5-13 |
| **Step 3** | **Introduction to Hygiene care**<br>• Introduce to the importance of hygiene and its implication in health<br>• Explain the precursory steps to hygiene care<br>• Explain the techniques and strategies to promote hygiene care<br>• Promote empathy with participants by recognizing their difficulties when caring with a Person with dementia;<br>• Time for case discussion, questions and doubts.<br>Duration: 25 minutes.<br>• - Tool: PPT Slide 14-18 |
| **Step 4** | **Introduction to sleep and rest care**<br>• Introduce to the importance of sleep and its implication in health<br>• Explain the precursory steps to sleep and rest care<br>• Explain the techniques and strategies to promote sleep and rest care<br>• Promote empathy with participants by recognizing their difficulties when caring with a Person with dementia;<br>• Time for case discussion, questions and doubts.<br>Duration: 25 minutes.<br>- Tool: PPT Slide 19-22 |
| **Step 5** | **PRACTICAL ACTIVITY**<br>The main objectives of these activities are to practice the taught techniques, clarify possible doubts and correct the use of the techniques<br>Harkness technique:<br>Encourage participants to share their personal case and base on that specific case simulate the care activities and strategies suggested on the slides<br>Duration: 15 minutes |

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| | Tool: PPT Slide 25-27 |
| **Step 6** | **Closure**<br>Trainer summarizes the content of the session and tries to answer possible doubts and questions.<br>Trainees will evaluate their satisfaction with the course<br>Trainer encourages to use the techniques at home, adapt them to each person and seek for help, if needed.<br>Duration: 5 minutes<br>Tool: PPT Slide 28-31<br>Tool: Course evaluation assessment |

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| **Step 1** | **ONLINE SESSION: GUIDELINES, DURATION AND TOOLS**<br>The main objective of this activity is to practice the taught techniques suggested on the slides at home and write down all doubts in order to share them in the validation F2F session<br>Tool: N/A<br>Duration: 30 minutes<br>Tool: PPT Slide 25-27 |

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| **Step 1** | **FACE2FACE SESSION: VALIDATION OF TECHNIQUES**<br>Once attendees have arrived to the classroom, the trainer will introduce the activities they are going to do during the session.<br>The main objectives of this activity are to practice the taught techniques, clarify possible doubts and correct the use of the Humanitude techniques<br>Duration: 5 minutes<br>Tool: N/A |
| **Step 2** | Harkness technique:<br>Encourage participants to share a story where they used a Humanitude technique and the outcome (What techniques, how did it work, how did the participant feel, what was the reaction of the PwD?)<br>Duration: 15 minutes |

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| | Tool: N/A |
| **Step 3** | Review the Humanitude techniques taught on the previous session.<br>Duration: 10 minutes |
| **Step 4** | Use Humanitude techniques<br>Arrange the participants in groups of 2 or 3 to verify the correct use of the techniques on each other.<br>Duration: 20 minutes<br>Tool: N/A |
| **Step 5** | **Closure:**<br>The trainer will summarize the session.<br>Duration: 15 minutes<br>Tool: none |