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contents

**01** The WBL Learning Unit 6



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| Learning Unit

Resp. Ilmiolavoro

Sub- Heading

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**Housing Care Macro Learning Unit**

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| **Learning unit** | |
| ***title*** | **Human digit senior care work based learning** |
| ***Service Performance*** | Report the service performance the learner/care worker have to provide |
| ***Measurable and specific learning Outcomes*** | At the end of the work-based learning pathway the care worker will be able   1. to master the use of relevant technological devices and apps on active and healthy ageing useful to care the seniors during their care service 2. to individuate the benefits, the opportunities and the potential functionalities of the technologies and apps and to select the most suitable to match senior needs during their care service 3. to update and make downloads as required during the health and social care service 4. to keep their technologies updated 5. to deal with GDPR / confidentiality of the senior using the technologies/apps 6. to establish a proper connection and communicate with effectiveness with the seniors 7. to communicate effectively in a virtual environment with the senior relatives, friends, health personnel etc. 8. to use specific apps that allow her/him to give importance to self-care and to enhance their own health and well-being during the care service providing 9. to manage accessibility on digital devices to guarantee the senior data safety (overlap with LO e. ????) |
| **Targeted and Expected Competences aligned to learning outcomes** | 1. Starting with knowledge of the benefits and functionalities the technological devices and apps on active and on healthy ageing the care worker is able to select those devices and apps that match senior needs, to master their use keeping them updated 2. Starting with knowledge on the effective helping relationships, the care worker is able to establish a proper connections with the seniors and an effective communication with him, the relative, the friends, the health personnel also using virtual communication apps and dealing with her/his GDPR / confidentiality while use the technologies/apps 3. Based on the importance of own wellness for and effective care service, the care worker is able to use specific apps that allow her/him to self-care, self manage and to enhance their own health and well-being during the care service providing |
| ***Possible Work Based Learning Experiences*** | **Digital technologies for the health field**   1. **Managing elderly people's health care using apps**   *Example of possible areas of* *work based experiences*   * Management of health conditions through the use of diabetes applications [connected LOs: (a)] * Selecting a health management app relevant to the elderly person's condition [connected LOs: (b) + (c) + (d)]   + Look for, select and use apps for specific health conditions   + Look for, select and use social apps   + Look for, select and use apps and technologies for medication use   + Look for, select and use apps to support the elderly in fitness activities   + Look for, select and use apps to measure blood pressure   *Examples of possible activities:*   * Verify how much the person is able to use the cellphone and ask him/her to implement small activities such as searching for contacts, download an app, searching info on google * Verify the patient main needs, the find correct app to support the monitoring (diabetes,hydration…) * Dowanload and use the app about particular health condition and teach to the client how to use them * He/she supports relatives on using the same apps * Check the datas and she should also note them along the time to check if there are alterations * Create a manage a list with names and apps using a management tool * To use PHR app to keep track of the activities (for other caregivers that may come after & the family to know) * To create a calendar of activities done during the week and programmed activities for the family (guidance) during weekend and optional but very encurage to videocall app to communicate * Writing done the procedures for the patients * Set a weekly (daily)plan for receiving phone call and/or video call from the patients or webcall from the relatives * Make simple videocall * Using app for managing perscription and medicine * Managing their flow of taking water using reminders * Measuring s registering blood registering the blood pressure using technological devices such as smartwatches * Watching specific to programmes or to functions for helping cognitive decreasing prevention * Smartphones voice recognition and face to face discussion, activities about communication and stimulation * To have smartphones zoom, telegram, whatsapp call to cooperate with colleagues * Using Google calendar to share client's information * Using smartphone as tools for accessibility * To train accessibility functions: watching tutorial on how to activate accessibility functions * Explain to clients how to use accessibility on thei devices * Use an app to connect with the blood pressure technologies to register and share the data with the relatives * Expand their boundaries including the technologies for the health  1. **Managing physical activity, healthy lifestyle and the prevention of cognitive decline in the elderly** [connected LOs: (a) + (b)]   *Example of possible areas of* *work based experiences*   * Fostering the physical activity of the elderly using the following applications (App Rosita, Down dog) * Fostering the control of the elderly's water balance using the WaterMinder application * Fostering a healthy lifestyle of the elderly by using the following supporting applications (Yuka, Sentab, Mindshift, Dommus) * Preventing cognitive decline in the elderly through the use of the following Applications: (Luminosity, Peak, Skillz for Logic Brain Games)   *Examples of possible activities:*   * To use PHR app to keep track of the activities (for other caregivers that may come after & the family to know) * To encurage to videocall app to communicate * To use cognitive apps linked with calendar * To use log app to record the specific needs and constraints (professional assesment, first picture of the state) * To use of fluid intake reminders if careworker find it useful * To set phone alert triggered by geofence or "friendly call service" (human backup)  1. **Supporting and facilitating the social activities of the elderly person**   *Example of possible areas of* *work based experiences*   * Using interaction/social apps such as FB, Twitter etc., informing seniors about netiquette principles and the phenomenon of fake news [connected LOs: (a) + (b) + (e)] * Fostering the entertainment of the elderly through the use of some entertainment Apps [connected LOs: (a) + (b)] * Fostering the elderly's enjoyment of cultural content through the use of some cultural apps [connected LOs: (a) + (b)]   *Examples of possible activities:*   * Promote the connections family and care workers (Social netwoks) using whatssap * Create a Plan regarding about social activities in the area (Week) taking into account the likes of seniors * To look up the technical supports to suit the client * keep technology simple example card playing to keeep the client stimulated * Promote the intergenerational actions using zoom * "Promote the active lissening, emphaty habilities, in order to give the seniors the opportunity of trust with the care worker * Creating a plan with meetings schedule with other people * Creating a activities in their own town with othe people with the same likes and in the same situation * To use alexa for the care workers creating this care workers in tutors/teachers for clients (Cineforum, audiobooks, for the people can't read) |

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| ***Possible Work Based Learning Experiences*** | **«Digi-human» competences**   1. **Implementing activities that promote a work-life balance and increase the quality of life** [connected LOs: (h)]   *Example of possible areas of* *work based experiences*   * Using self-management apps (Slide 25) * Watch the tutorials that aid mindfulness, reflect and practice the suggested behaviours (slide 29)   *Examples of possible activities:*   * Divide the work environment from the private one, so create safe to practise thing for mindfulness * After finishing the work, keep 10 minutes for meditation * Keep track of working hour and fill time sheet to avoid workaholic * Plan work free spaces and moment * Avoid smartphones used both for private and work * Set the work on mode profile on the phone and the free time profile to avoid receiving notification from work app * Use apps like forest to let them not be distracted from work tasks while they are enjoying their free time * Joining social apps or create a social community to go out from * Mindfulnesss practising * Yoga practicing  1. **Practice Empathy competence in digital communication and co-operate in the working environment** [LOs collegati (g) (h)]   *Example of possible areas of* *work based experiences*   * Using google calendar, whatsapp, telegram, skype, zoom, meet, dropbox, teams ecc. * Writing e-mails and messages with high empathic content   *Examples of possible activities:*   * Installing apps for the senior (workshop) at senior home * share contents TV smart (careworker promoting and empowering seniors) * Social network communication and basic know how (whats, facebook,,,) * Meeting with senior and family to configure acessibility * same account linking browser, apps, calendars * training on different platforms opsys, so they know how to prescribe tech in different contexts  1. **Organising and conducting activities to educate the elderly in technology** [connected LOs: (f)]   *Example of possible areas of* *work based experiences*   * Teaching older people to use some digital applications by following the advice in slides 68 to 73   *Examples of possible activities:*   * To teach the client on "how to manage tablets, smartphone   + Check the start of point   + How to save the private data of the client" * To create a kind of small tutorial in order how * to manage each techonology * Creating elder groups with the same habilities and * Develop a plan with specific targets for each * technology (blood preasure, hydration) * Involve the family and friend in the progress of them * emotional link, in order givin the poossibity that the family * coudl their own technology * Use the technology that will be familiar. * A workshop (Care workers and clients) each month in order to promote the abilities, specially short section each workshop, given them the links. This workshops is so important create small groups. * Intergenerational activities (being the younger the teacher) |
| ***Monitoring*** | Plan and monitoring tools (see monitoring paragraph 3.3)  Report assessment process and tools |
| ***Assessment*** | What will be assessed it has already been partly defined in the learning outcomes |