

## Learning Module **CASCADE Principles and Good Practices**

### **WORKPLACE ASSIGNMENT BUNDLE**



## Introduction

Dear Student,

In this bundle, you will find a number of assignments for each module which you make in preparation of the interactive session. These assignments will help you to explore, to try out, to deepen, ... what you have learnt online in the organisation where you work.

Do you have any questions concerning the contents? Contact the trainer who coaches the interactive sessions.

Good luck!















# MODULE II: Personalised Holistic Care in the Community

## Assignment 4: Characteristics of a Caregiver

Duration: spread over a few days (to be determined by yourself, depending on your time and the situation)

Interview several persons\* from your professional environment on **what are the characteristics of a personalised caregiver or aid worker. Which knowledge, attitude and skills must such a person have?** Afterwards, you make a brief reflection (see p.11)

\*Try to address several people: among others persons with (a suspicion of) dementia, informal carers, colleagues of all kinds (also faith-based co-workers)

You can use the template below to take notes:

<p><b><i>Who was interviewed</i></b></p> <p><i>(No name, but e.g. resident room no.5, occupational therapist, daughter of resident, team leader, etc.)</i></p>	<p><b><i>Characteristics of a personalised caregiver or aid worker</i></b></p> <p><i>(Recorded in bullet points)</i></p>

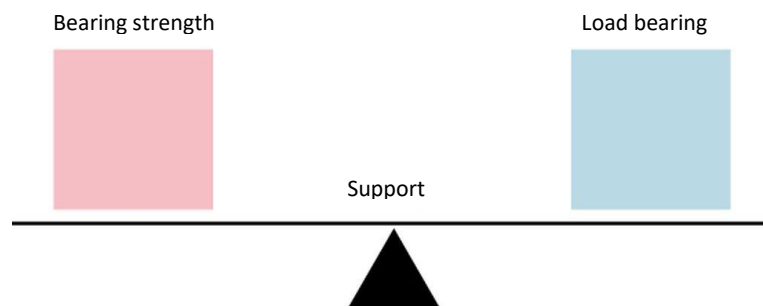



## Assignment 5: In Conversation With an Informal carer

Duration: one hour for one conversation, but before that: contacting informal carer and planning.

Being an informal carer brings both positive and negative feelings. How an informal carer feels and whether he/she keeps up with the care depends on several factors. Does he/she still have a life beside the care? Does he/she get support from friends and family? Is there professional care provided? How does the person with dementia behave: sweet, aggressive, calm, agitated, ...?

Some elements contribute to someone's **bearing strength**. They give power and energy. Other things contribute to someone's **burden**. They add weight to the situation and suck out energy. It is important that there is a balance between bearing strength and burden. The burden cannot be heavier than the bearing strength, otherwise the informal carer may get overburdened.



Bearing Strength – Base/Support – Burden/Load bearing

Engage in conversation with an informal carer. You should at least schedule half-an-hour in your agenda. Look for a calm spot and turn off your phone so that you cannot be disturbed. Take some notes during the conversation for the later reflection.

Tell the informal carer that you take a training about the quality of living, housing and care for persons who live with dementia. And that this conversation mainly is intended to learn from it as caregiver. Dementia is not just a disease that only the patient lives with, the people around that person also live with the dementia. They have experiential knowledge from which a lot can be learnt.

Question that you can use in the conversation:

- How is it for you to live with the person with dementia?
- How does the person with dementia behave: sweet, aggressive, calm, agitated, ...? And what effect does it have on you?
- What do you do beside the care for .....(name of person with dementia)?
- Do you get support from friends and family?
- Which professional care/aid can you count on?
- How do you experience the cooperation with professional caregivers?
- Imagine a scale with the burden on the one side and the bearing strength on the other side. Is the scale in balance? Or is one side heavier? Which side is that?







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Assignment 8 regarding Power-Oriented Approach (DAYS 15-16)

Idea for an assignment: by the end of the day, collect a strength for each resident of your ward, map these out on e.g. a large sheet of paper - strengths mapping tool?

Assignment 9 regarding Safe Environment for Independent Living (DAYS 17-18)

Something regarding 'positive risk taking'

<https://dementia.livebetterwith.com/blogs/advice/what-is-positive-risk-taking-and-is-it-a-risk-worth-taking?rdrt=uf>