

# **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 I: Perception and Live Life to the Fullest

Assignment 1: Talk about Dementia
Duration: Spread over 1 day
Do this assignment the <u>next working day</u> .
You will do this assignment during your daily work. So, you do not need to provide extra time, only some 10 minutes at the end of the day to write down your findings.
Throughout the entire day, listen to how others* speak about people with dementia.
*'Others' is <u>everyone</u> whom you see/hear that day: colleagues, family members, managers, volunteers, co-residents,
Which words do they use? What does that say about their idea on dementia?
Write down your findings below (who said what and what does that say about perception?)

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# Assignment 2: Get to Work Yourself!

Duration: spread over 4 days	
In the part about nuanced perception, you have formulated three tips for yourself. Write these here below.	se down
1.	
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Apply these tips the next four working days.	
Afterwards, you make a first reflection. What went well? And what made it go right? What wa and what made it hard? What insights did you achieve? What have you learnt?	as hard

#### Assignment 3: What Matters To You?

Duration: spread over 4 days

In the module, you get acquainted with the 'What Matters To You' concept. Warm personalised care is often hidden in the small things which are not that hard to realize. It only requires an attentive attitude of the caregiver and openness for what really matters to the person with dementia.

Such an attentive attitude is only achieved by practising a lot. We make a start right here.

During four days, you each day try to have special attention for what really matters for at least two residents. You will do so by asking one of the following questions and subsequently by answering these throughout the day (by effectively realising what the person asked or by taking the first step in the direction of realisation).

#### Question you can ask:

- What would make your day into a great day?
- What can we do to optimise your care?
- How could I best help you today?
- Is there something else that I have not asked you yet, but that you want to tell me?
- What is (at this moment) important for you?

Write down the ar	nswers of the persons	with dementia b	elow. Can you s	ee a central t	:hread?

How did you try to formulate answers on their questions/wishes?
How did it feel for you to ask these questions? Where does this come from?

How did you yourself experience the search for answers to the wishes? What went well? What was hindering?	neir wishes and the realisations of their

### 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:

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

Make a brief reflection about the answers that you gathered. To that end, you can use the questions below:

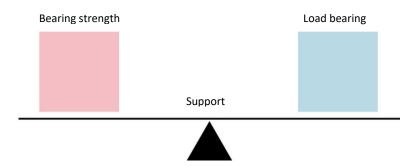
- What was remarkable?
- What returns several times?
- Can you cluster characteristics under one and the same name?
- Are there any differences between professionals and non-professionals?
- What do you think is surprising?


#### 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?

At the end of the conversation, ask the informal carer how he/she has experienced this conversation. Tell him/her also how you have experienced it.
Brief reflection: in conversation with an informal carer
Briefly write down the answers of the informal carer below (you may use keywords and a scheme).

What has touched you very much?
Think about the roles of the SOFA-model. Which roles do you recognise with the informal carer?
Collaborate (Samenwerken): address the informal carer in the role of <u>co-caregiver</u>
<b>Support (O</b> ndersteunen): address the informal carer in the role of <b>co-client</b> .
<b>Facilitate (F</b> aciliteren): create the terms and conditions to keep the <u>personal relationship</u> (e.g. partner child,) of the person with dementia and his/her informal carer as much as possible intact.
Allying (Afstemmen): recognise the informal carer in his role as expert in care.

# MODULE III: Power-Oriented Approach and Safe Environment for Independent Living

#### Assignment 7: Where Do I Find Myself Today?

Duration: spread over 4 days

In the last group meeting, you had to indicate your strengths and working points for the 7 characteristics of a good caregiver. A power-oriented approach also means looking at your own strengths and growth opportunities.

Select one characteristic of that worksheet in which you want to grow further. Pay extra attention to this point for the next 4 working days. Also think about how you will approach it. Which first step brings you closer to the green part. What do you need? Which strengths do you already have? If you are e.g. in the orange part, ask yourself: how does it come that I am there and not in the red part. How can I further enhance that strength? Maybe there are colleagues from whom you can learn. Ask questions to and observe this person.

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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