



EXPERT TRAINING COURSE

Independent Living at Home

Background

People are living longer than before and the number of older adults is increasing rapidly.

The majority of older adults prefer to live at home as long as possible. This wish can be supported by offering participation, security and health promoting services at home.

Teachers, managers and specialists are in the front line in building required new professional competences in elderly care and rehabilitation.

Our Expertise

Gerontological competence in Finland has been developed actively for decades and is highly appreciated and known around the world.

Finnish teachers are pedagogically highly qualified and they can apply a variety of modern pedagogical methods. Our areas of expertise include gerontological rehabilitation and supporting active aging.

Pedagogical methods

Variation of modern pedagogical methods will be used during the training course, e.g

- » interactive lecture
- » team-based learning
- » collaborative learning
- » case study
- » independent learning
- » dialogic teaching and learning
- » drama pedagogical methods

Trainers

The trainers of the course are pedagogically highly qualified and specialists in learning substances.

Certificate

The Certificate of Independent Living at Home Expert Training Course will be given after successfully completed course.

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Contents and target group

Independent Living at Home is an expert training course for rehabilitation-oriented teachers, managers and specialists. The course consists of 9 modules. Timing and duration of the course and number of modules can be modified based on customer needs. Minimum duration of each module is two days.

Module 1: Introduction to gerontological rehabilitation and active ageing

- » Concepts of active ageing and gerontological rehabilitation
- » International Classification of Functioning, Disability and Health (ICF) as the frame of reference in functioning and health (WHO)
- » Multi-professionality and teamwork
- » Ethical and cultural topics

Module 2: Older adult as a client in home rehabilitation, part I

- » Client-centredness
- » Dialogue in promoting activity and participation
- » Transtheoretical model for behaviour change

Module 3: Older adult as a client in home rehabilitation, part II

- » Self-efficacy
- » Self-Determination Theory
- » Resource-oriented approach
- » Motivational interview

Module 4: Promoting empowerment of elderly client

- » Recognizing individual's experience and goals
- » Participating a client to planning and decision making
- » Setting personal goals

Module 5: Safety and accessibility at home

- » Accessibility assessment
- » Functionality of the assistive devices
- » Falls prevention

Module 6: Implementating Individually Tailored Home Visit

- » interviewing
- » testing
- » setting goals
- » planning an individual program
- » follow-up evaluation

Module 7: Physical Rehabilitation for people with memory disorders

- » The meaning of memory disorders
- » Physical exercise and functional ability
- » Instructing care-givers
- » Group-based interventions

Module 8: Rehabilitation at the End of Life and Palliative Care

- » Definitions and development in palliative care
- » From symptom control to rehabilitation
- » Patients' perspective at the end of life
- » Ethical, spiritual and cultural aspects

Special Module 9: Clinical Study Visit to Finland

- » One to two weeks clinical period in Finland
- » Introduction to home rehabilitation practice in Finland
- » Study visits to different settings of home rehabilitation and physiotherapy
- » Detailed program can be tailored according to interests of visiting group

Prices

The price of Modules 1–8: 2500 € per learning group. The price of the Special Module 9 will be negotiated depending on a tailored program.

The maximum size of learning group: 50 persons. For bigger group sizes the price will be negotiated.

The customer is responsible for travel and accommodation expenses of trainers as well as costs of training premises.

Further information

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