

COURSE PRESENTATION

IntegraCare Training: Person- centred care of dependent people



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IntegraCare

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COURSE PRESENTATION

Welcome to the course “*IntegraCare Training: Person-centred care of dependent people*”, addressed to professionals from socio-health sector and care for dependent people, interested to learn about the Person-Centered Care Models and Approaches, and their application in real working environments.



THE AIM OF THE COURSE IS TO:

Allow the professionals to **apply a critical person-centered treatment models**.

Promote dependent people's personal **autonomy, active and healthy lives**.

Raise awareness of the link between integral person-centered care and the quality of life of dependent people and its core dimensions: emotional well-being, interpersonal relationships, material welfare, personal development, physical well-being, self-determination, social inclusion and rights.

The course was designed for an **autonomous learning**, and the contents are divided in **learning units** that, based on an easy-to-use navigation format, will provide you with a review of the most basic elements of each thematic field. At the end of each unit, there is an **assessment activity** to check to what extent you understood the key concepts.



LEARNING OBJECTIVES

The course “IntegraCare Training: Person-centred care of dependent people” establishes a set of learning objectives, therefore at the end of the course you will be able to:



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- know how the multidisciplinary and person-centred approach is integrated in different contexts
- understand the differences between several models
- use and promote an integrated approach
- understand the link between this model and the improvement in the quality of life of dependent people
- better monitor and assess integrated approach in different services
- recognize objective verbal and written feedback and new forms of information, relating to an activity they are involved with
- work with people of different ages/cultures/genders/religions/disabilities without discrimination, whilst having the awareness of one's own and other people's personal boundaries
- support the creation of a friendly communication environment by using the right media or ICT tool



HOW IS THE COURSE ORGANIZED?

The course is organized in **4 thematic modules**, you can go through them in the suggested order, or you can focus on those areas that you find more interesting.

A final section offers **references, resources and tools** that you can directly apply in your professional work.



MODULE 1 - GENERAL INTRODUCTION TO PERSON-CENTERED CARE MODEL



- Video presentation of the module.
- Main concepts.
- Different contexts of application.
- Initial reflections.
- Module summary.
- Assessment activity.

MODULE 2 – THE PERSON-CENTERED CARE APPROACH

- Video presentation of the module.
- What is person-centered care?
- Different models of centered approach.
- Benefits of choosing the person-centered care model.
- Module summary.
- Assessment activity.

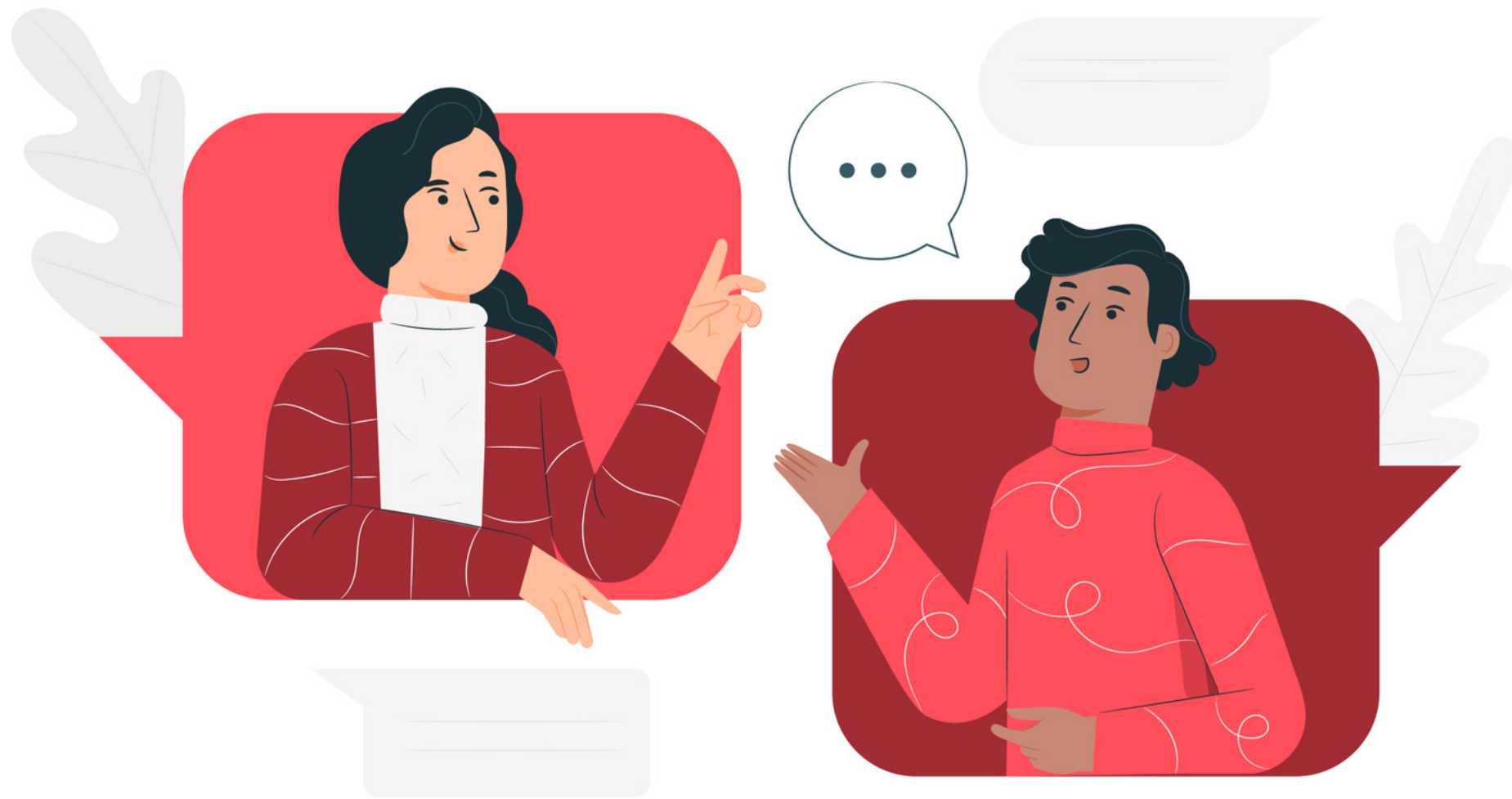


MODULE 3 – MULTIDISCIPLINARY INTEGRATED APPROACH

- Video presentation of the module.
- Main concepts.
- A multidisciplinary team.
- Key components of effective multidisciplinary care.
- Monitoring and evaluating a multidisciplinary integrated approach.
- Successful examples.
- Module summary.
- Assessment activity.



MODULE 4 – EFFECTIVE COMMUNICATION IN CARE RELATIONS



- Video presentation of the module.
- Communication phases.
- Disabilities.
- Facing and managing conflicts.
- Alternative communication.
- Empowerment.
- Module summary.
- Assessment activity.

REFERENCES, RESOURCES AND TOOLS

This section collects and classifies different resources and tools that professionals can use in their day to day, both with users and with professional colleagues from other disciplines, and even with the users' relatives or informal carers.

The goal is for professionals to have a set of easily accessible elements, to use directly or to adapt according to their needs.

Each resource is accompanied by an explanation that allows it to be identified and facilitates its application.



BEFORE YOU BEGIN

Take your time to become familiar with the campus. To enter the campus you just need to type in your browser the following address:

<https://campus.integracare.eu/>



Don't forget to shift language to your preferred option. This will make your navigation and whole experience easier!

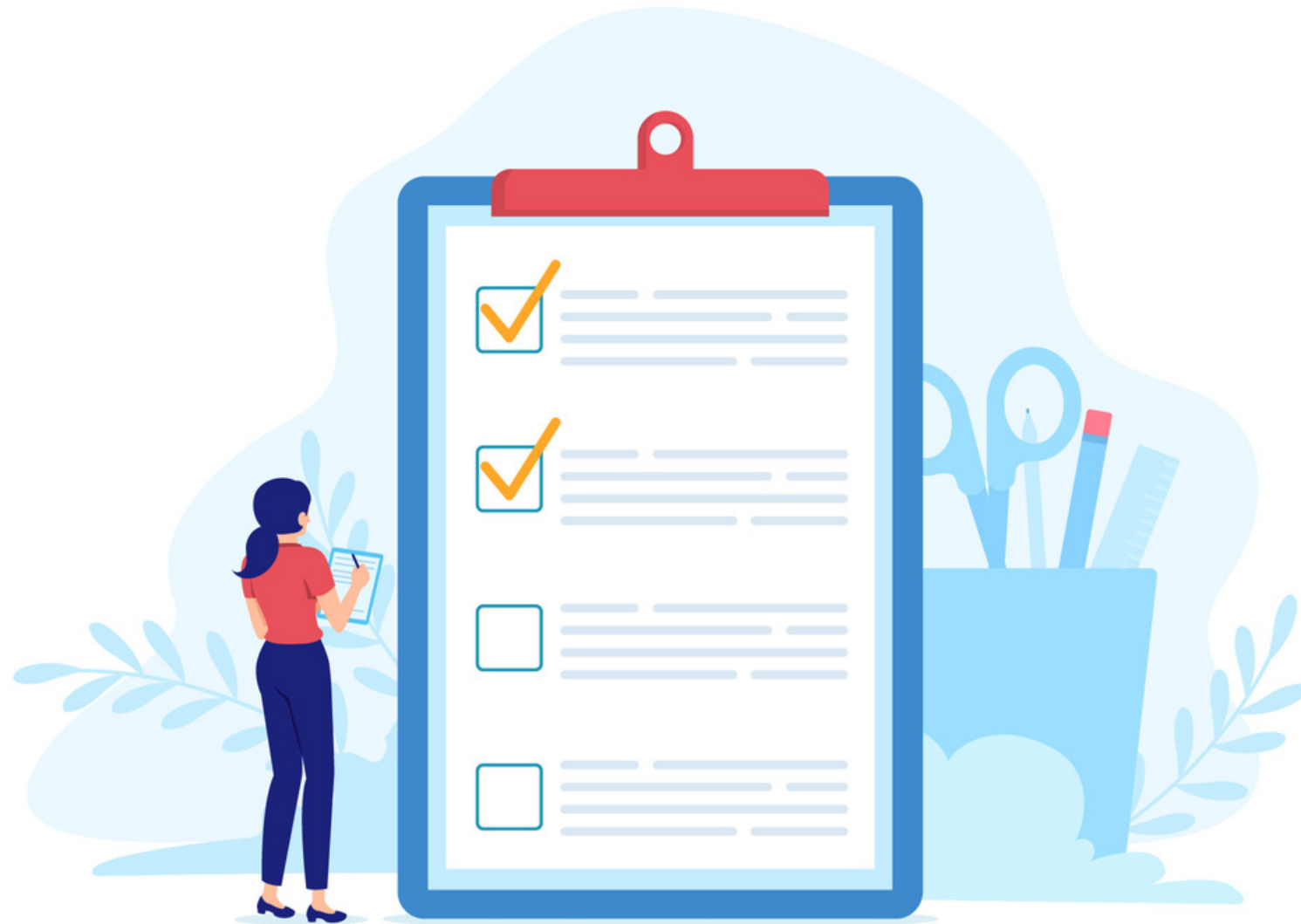
ACCESS TO THE TRAINING COURSE

On the main page you will see a list of available courses. Select the one that interests you and click on it.

Access is open and you can enter the content directly. The IntegraCare Training Program is **fully available without access restrictions** for any interested person.



PROGRESS ASSESSMENT



Each module includes an assessment exercise, where you can check your knowledge.

Passing them is not compulsory to access the following sections. However, we recommend you to go through them to evaluate your progress.

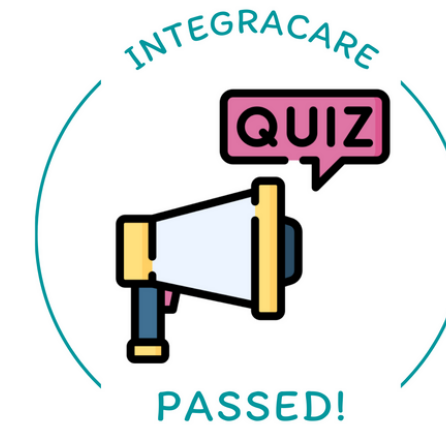
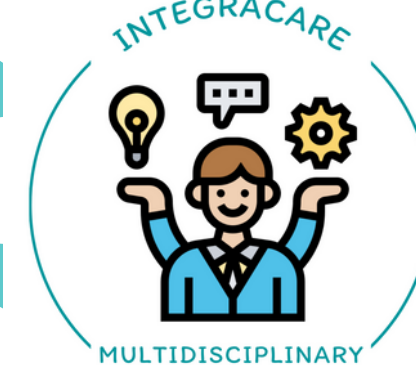
IMPROVE YOUR EXPERIENCE!

As you may like challenges, we created a set of badges that will reward your progress and achievements in the course performance.

To use this functionality you need to register into the platform, by facilitating your name, email and a password.

The contents are exactly the same (as the course is an open educational resource) but the system will be able to track your progress and you will gain rewards along the way.

Make a try and get all the **BADGES!**



ENJOY INTEGRACARE TRAINING COURSE

Contact us if you need support



PREDIF-IB (project leader)
Web - <https://www.predif-ib.org/>
Email - info@predif-ib.org

MEDIA CREATIVA
Web - <https://mediacreativa.eu/>
Email - info@mediacreativa.eu



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