

PERSONAL SUPPORT WORKER

Specialization In Dementia

TRAINING PROGRAM



With the growing aging population and the Quebec Government's inclusion of Dementia in the "Autonomy Insurance" project, the need for qualified personal support workers is expected to increase. The Personal Support Worker Training Program offered at Vanier College teaches individuals how to provide older adults who have cognitive disabilities, and their families, with the support, care and assistance needed to live fulfilling lives in the community and in long-term care facilities. The program consists of four inter-related levels of training: fundamental, intermediate, advanced / certification and internship/employment. Each level includes modules designed to help learners acquire and build on the essential knowledge and skills to be effective support workers.

4 STEPS TOWARDS YOUR NEW CAREER

Level 1: Fundamental Knowledge and Skills: Working with Older Adults (81 hours)

The first modules highlight the importance of "person-centeredness" & "dignity" in the everyday care and develop a comprehensive understanding of how this type of aging process and common diseases impact the older individual and the family. The next modules provide techniques for infection control, medication use safety programs and optimizing physical functional skills for ADL (activities of daily living). Also, the learners will familiarize themselves with specific chronic illnesses, strategies to ensure adequate nutritional intake, and mental health issues facing older adults; all in order to play a major role in helping the older person understand what is happening and how to best adapt and cope. A series of tips to ensure optimal interaction and face-to-face communication with older adults

needing personal support; communication skills with family members; and being part of a care team for the older adult will also be reviewed. **Price: \$575.00 (taxes incl.)**

Level 2: Intermediate Knowledge and Skills: Working with Older Adults (49 hours)

An abuse-free environment is created by developing an entire living environment that is supportive of the rights of older adult, promotes quality of care, and addresses the older adult's needs. The subsequent modules on implementing stimulating activities for older adults and stress management for the personal support worker are positive interventions that provide a supportive living environment. **Price: \$355.00 (taxes incl.)**

Level 3: Advanced / Certification of Knowledge & Skills: Working with Older Adults (52 hours)

This advanced level is composed of the Alzheimer Society of Montreal Certificate: a core training program of 5 workshops, the official PDSB certification "Principes de Déplacement Sécuritaire des Bénéficiaires", and the CPR/First Aid Certification. **Price: \$355.00 (taxes incl.)**

Level 4: Internship and Employment Skills: Working with Older Adults (120 hours including an 84-hour internship)

These modules provide the student with practical hands-on experience working with older adults needing personal support, as well as valuable knowledge regarding professional affiliations and employment opportunities. **Price: \$475.00 (taxes incl.)**

**REGISTER FOR THE 4 LEVELS AND PAY LESS !
\$1595.00 (\$185.00 DISCOUNT).**



TRAINING PROGRAM

VANIER

C É G E P / C O L L E G E

PERSONAL SUPPORT WORKER

SPECIALIZATION IN DEMENTIA

Célébrons !
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agence
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LEVEL 1 - FUNDAMENTAL KNOWLEDGE

Module 1.1 The Role of the Personal Support Worker in Community Care and in Long-term Care Settings:

Each personal support worker plays an essential role in providing care and accompanying older adults in one of the more important times of their life. The attitude and the manner in which assistance is provided will be a determining factor on their quality of life in their “living environment”. This module highlights the importance of “person-centeredness” & “dignity” in the everyday care.

Module 1.2 The Impact of Aging on the Person, Family and Society

The current demographics of older adults aging with chronic illnesses and cognitive disabilities necessitate a comprehensive understanding of how this type of aging process impacts the older individual, the family and society. This module develops a broad understanding of healthy aging and common illnesses and addresses many current issues including aging and living in different settings and the implications of Quebec’s autonomy insurance project. The effects of Montreal’s cultural diversity are considered here and throughout the program.

Module 1.3 Diseases of Aging and Disability Impact

Older adults are more likely to have several chronic diseases with multiple disabilities. As older adults age, their disabilities become more severe. This module describes the bio-psycho-social impact of common diseases on older adults. It provides techniques for infection control and safe medication use.

Module 1.4 Maintaining and Optimizing Physical Function

Older adults typically wish to retain and improve their independence and autonomy. This means keeping or improving physical function to fulfil the tasks of independent living, and making decisions about their care. This module presents the assistive devices needed for optimizing physical functional skills for ADL (activities of daily living) and IADL (instrumental activities of daily living).

Module 1.5 Nutrition and Nutritional Interventions

Older adults are at risk for under-nutrition due to dietary, economic, psychosocial, and physiological factors. This module addresses the common eating difficulties experienced by older adults living with chronic illnesses and the eating assistance strategies required to ensure adequate nutritional intake.

Module 1.6 Mental Health Issues in Aging

Increasing numbers of older adults may be at risk of being socially isolated or lonely. Support workers play a major role in helping the older person understand what is happening and how to best adapt and cope. This module highlights specific mental health issues facing older adults.

Module 1.7 Communication Skills with the Older Adult, Family and Care Team

Communicating with older people often requires extra time and patience because of physical, psychological, and social changes of normal aging. Even more effort is needed when older adults may actually have communication disabilities. This module provides a set of effective communications skills to use with older adults and those who support them.

LEVEL 2 - INTERMEDIATE KNOWLEDGE AND SKILLS

This Level includes four classroom modules and four practical modules.

Module 2.1 Preventing Neglect and Elder Abuse

This workshop details the most common factors that may promote neglect and abuse but also identifies strategies to prevent it.

Module 2.2 Recreational and Daily Activities for Older Adults

This workshop provides an array of different types of cognitive, physical and social activities useful in everyday care-giving process.

Module 2.7 End of Life Care

This module addresses the following topics: how culture, religion, and age influence attitudes toward death; the stages, phases, or tasks residents, families, and staff may encounter dealing with grief; how to help meet the needs of a dying older person; the needs of the family; description of comfort care and palliative care; the importance of an advance directive; the signs of approaching death and the signs of death.

Module 2.8 Compassion Fatigue and Stress Management for the Personal Support Worker

When personal support workers are overburdened by emotions, they want to escape from work, end up feeling isolated from coworkers and unable to participate in the daily give-and-take of the job. If workers don't balance taking care of themselves with taking caring of others, it can lead to stress, burnout and compassion fatigue. Helpful tips and resources are presented.

Practical Modules : 2.3, 2.4, 2.5 and 2.6

The practical modules provide training and expertise in the use of various specialized therapies such as music and art with older adults.

LEVEL 3 - ADVANCED KNOWLEDGE AND CERTIFICATION OF SKILLS

Module 3.1 Alzheimer Society of Montreal Certificate

A Core Training Program of 5 workshops that covers understanding Alzheimer’s disease and related disorders, Memory’s Footprints, Communication in action, Daily living with Alzheimer’s disease routines and activities, and Intimacy, sexuality and dementia.

Module 3.2 PDSB Certification

“Principes de Déplacement Sécuritaire des Bénéficiaires” or Principles of Safe Client Handling is an official Quebec government certification.

Module 3.3 CPR and First Aid Certification

Module 3.4 PAB Course (optional)

Students are encouraged to obtain this certification on their own, independent of this program.

Assistance in Health Care Facilities: The Assistance in Health Care Facilities, better known as, PAB “préposé aux bénéficiaires” prepares students to practice the occupation of nursing attendant or home care attendant and to carry out a variety of occupational activities depending on how the work is organized.

LEVEL 4 - INTERNSHIP AND EMPLOYMENT SKILLS

Module 4.1 Preparation for Internship

This module provides a background information for the internship. Among the topics covered are: Community resources for clients/families and Techniques of observing, recording and reporting. Field visits will help to orient candidates to the work environment and aid in selecting placements.

Module 4.2 Internship/ PSW Practicum:

This internship involves a time-limited intensive opportunity to experience work responsibilities and develop work-readiness skills in a closely supervised community or long-term care setting.

Module 4.3 Internship Seminar

This module provides an opportunity for peer group learning.

Module 4.4 Preparation for Employment

Covers job search skills (in partnership with the Ometz Agency).

Module 4.5 Starting Your Own Business

Tips to become and remain successfully self-employed.