session plan

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| **Unit Code and Title:** | **CHCCCS031** Provide individualised support |
| **Session number:** | 1 |
| **Trainer’s name:** | Aisha El-Sayed |
| **Date:** | November 5, 2024 |
| **Duration:** | 4 hours |
| **Location:** | Community Services Training Facility |

# Learning Objective/s:

By the end of this session, learners will be able to:

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| Understand the principles of person-centred care in an ageing context.  Apply communication strategies for working with elderly individuals, including those with cognitive impairments.  Demonstrate safe manual handling techniques when assisting clients with mobility. |

# Facilitation Method:

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| Role-playing scenarios to practice communication with elderly clients.  Demonstration of safe manual handling techniques by the trainer.  Group discussions on the challenges and strategies for delivering person-centred care to the elderly. |

# Resources needed:

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| Training mannequins for manual handling exercises.  Personal protective equipment (PPE) for demonstrations.  Video resources on person-centred care and communication strategies.  Worksheets for scenario-based activities. |

# Learning Support

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| Provide learners with visual aids and handouts on communication techniques and manual handling.  Offer additional assistance to learners during role-play and practical exercises.  Adjust activities for learners with special needs or language barriers. |

# Learning Environment

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| A simulated aged care facility environment equipped with beds, hoists, and other care equipment.  Ensure the availability of wheelchairs and mobility aids for practical demonstrations. |

# Session Structure and Timings

Provide a breakdown of each topic you will cover in the session. Please add or delete rows as necessary

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| Time | Topic / Activity | Content / trainer instructions | Learning Activities / Formative Assessments | Resources |
| 0:00-0:15 | Introduction to Person-Centred Care | Trainer explains the principles of person-centred care and its importance in aged care settings. | Group discussion to explore what person-centred care means to learners. | PowerPoint presentation, video resource on person-centred care. |
| 0:15-0:45 | Communication with Elderly Clients | Trainer demonstrates effective communication techniques, including working with clients with dementia or cognitive impairments. | Role-playing scenarios with feedback from the trainer. | Worksheets with communication scenarios. |
| 0:45-1:30 | Learner Practice - Communication | Learners practice communication techniques with each other, simulating various client conditions. | Formative assessment: Trainer observes and provides feedback. | Role-play scenarios, feedback forms. |
| 1:30-1:45 | Break |  |  |  |
| 1:45-2:15 | Introduction to Safe Manual Handling | Trainer demonstrates safe manual handling techniques, including transferring clients using hoists or mobility aids. | Group discussion on manual handling risks and techniques. | Training mannequins, wheelchairs, hoists. |
| 2:15-3:15 | Learner Practice - Manual Handling | Learners practice manual handling techniques under trainer supervision, focusing on safety and comfort for the client. | Formative assessment: Trainer evaluates learners’ handling techniques. | Training mannequins, hoists, mobility aids, PPE. |
| 3:15-4:00 | Reflective Discussion | Trainer leads a reflective discussion on challenges faced during the session and how learners can apply these skills in their future work. | Group discussion and individual reflection on learning outcomes. | Feedback forms, discussion notes |