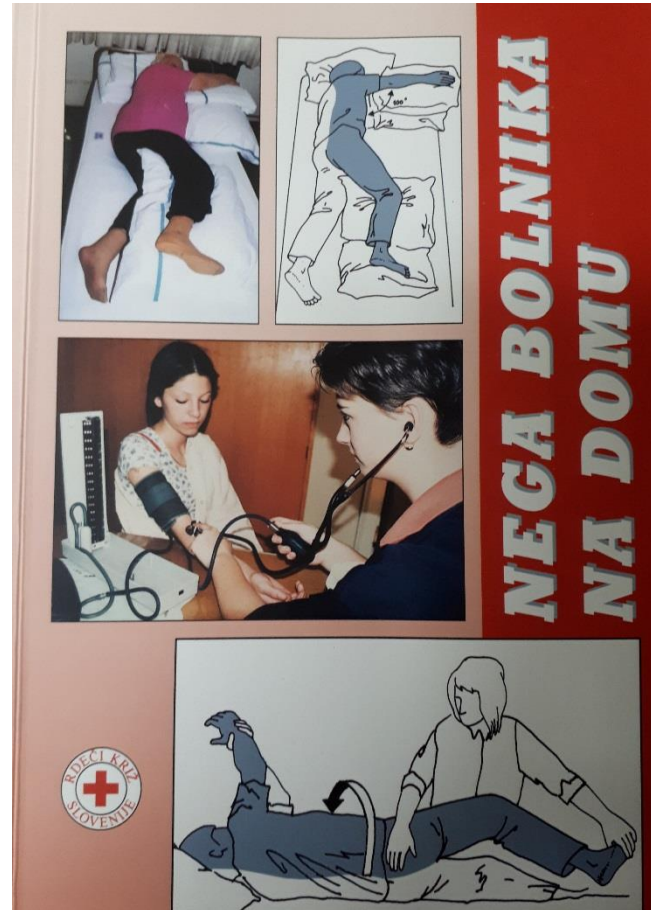


COURSES OF LAY CARE AT HOME

Slovenian Red Cross

Ciril Klajnscek



Meeting of Health & Aging Advisory Group, London, September 9th 2019

Participants

- Courses are visited by adults caring for the elderly in their family or by volunteers helping their relatives, friends, neighbors or local community residents.
- During the course „students“ acquire the necessary knowledge and practical skills to provide lay care for the elderly at home.

What the participants learn

During the course participants learn about:

- the psychosocial characteristics of the elderly
- the basics of healthy diet
- the basic features of the diet of the elderly
- physical activities in old age
- the lay care of the mobile elderly / ill
- the lay care of the immobile elderly / ill
- receive manual Lay Care for the Elderly and Sick, Booklet and Brochure with Tips on Proper Nutrition and Recipes

Method

- Lectures,
- Demonstrations,
- Practical work and
- Examination

Materials Developed

- Handbook of Lay Care of Elderly and ill
- Curriculum of 18 hours
- Advanced Training Course

Results

More than **700 adults** have attended lay care courses so far.

The results of the examination of the acquired information, knowledge and skills at the end of each course:

- increase of knowledge and skills in the field of lay care for the elderly / sick persons,
- the trainees are involved in the care of the elderly in their environment
- home nurses find it easier to do their professional work where the trainees are involved

If there is an interest

we are ready for a more detailed presentation
and
for sharing of our knowledge and experiences