

TEMPLATE N°1: IDENTIFICATION OF GOOD PRACTICES BY HOST ORGANISATION

NAME OF HOST

ORGANISATION/institution

IVAS

TITLE OF THE GOOD PRACTICE	Training to target group families (elderly people) and the Community
GENERAL OBJECTIVE OF THE GOOD PRACTICE	Generalize objectives and bio-psycho-social and functional center actions with families and community regarding dependent elderly person care, in order to improve its life quality and decrease the caregivers stress.
MOTIVATION FOR CHOOSING THIS GOOD PRACTICE	To detect by our center and community the needs of knowledge, information and actions of informal caregivers regarding the care of dependent elderly people; specifically those who suffer from neurogenerative disorders and deep geriatric symptoms.
SHORT DESCRIPTION OF THE GOOD PRACTICE (+/- 500 WORDS)	<p>The day center interdisciplinary team detects the training and information needs of families and community through the following means:</p> <ul style="list-style-type: none"> - Phone calls - Face-to-face interviews - Agendas - Clinical observation during the daily care - A demand from municipality social workers related to family or community needs of training or information. - Verbal communication from the elderly people social context to improve the general knowledge and information about the dependent early people issue. <p>These needs are collected and classified. Two types of actions addressed to elderly people families are being carried out depending on whether it is considered to train or inform at individual level due to the particular case idiosyncrasy; or it is preferable to do the same by groups, because a specific need is common to several families.</p> <ul style="list-style-type: none"> - Individual interview and intervention by the professional or professionals involved on it. - Community talks <p>The topic to develop focuses on:</p> <ul style="list-style-type: none"> - The neurodegenerative process and its training and information. <p>Action plan of the center. Guidelines to be implemented at home. Management of short/long term evolution. Management of needed procedures to obtain technical helps (support products) and orthopedic materials for the final user.</p> <ul style="list-style-type: none"> - Modification and adaptation of elderly people home surrounding. - Strategies to stress management - Geriatric syndromes: dysphagia, incontinence, dementia,

	<p>motionlessness, falls, plurypathology, malnutrition</p> <ul style="list-style-type: none"> - Fragility (age factor) - Heath enhancement: active ageing, health cares <p>Once the need or demand is settled, the multidisciplinary team determines the topic to address and the professional who are going to take part. One training day is proposed for all these cases and the center prepares the training.</p> <p>Families are called thorough agendas or ordinary mails. The community is called through the municipality or other means such as local newspapers.</p> <p>Once the planned training has been given, a follow-up is carried out to the trained families through phone calls, agendas and as many individual interviews as required. Follow-up is not carried out in the case of the community.</p> <p>In neither case evaluation is carried out. Just some annual indicators are set up by the center understood as proposal of improving the service quality and a report of developed actions.</p> <p>The action impact on the families is evaluated day by day and registered in al professional follow-up sheets.</p>
<p>DESCRIPTION OF TARGET GROUP</p>	<p>Caring families, who usually are the spouses or sons/daughters who have not received either any previous instruction, nor training about degenerative ageing process or/and dementia and problems associated to it.</p> <p>Also groups of non professionals people previously selected by the municipality, who usually are unemployed or people in risk of social exclusion</p>
<p>MEANS/METHODS OR TOOLS USED</p>	<p>The methodologies used for the treatment of this general objective and the situation control are:</p> <ul style="list-style-type: none"> - The illustrative-explanatory method (exhibition) - The reproductive method. - The deductive method (through key factors than enhance the "insight" of information conveyed. <p>Visual, verbal and practical means are used.</p>
<p>SKILLS INVOLVED FOR THE CAREGIVERS</p>	<ul style="list-style-type: none"> - Communication skills - Identification and solving problems - Guidelines application - Understanding of consequences and their prevention. - Theoretical knowledge - Teamwork
<p>ATTITUDES INVOLVED FOR THE CAREGIVERS</p>	<ul style="list-style-type: none"> - Patience - Situation acceptance - Optimism - Person-oriented service - Respect to people dignity and their privacy and rights - Discretion

- Empathy

RESOURCES NEEDED

- Professional time
- Physiotherapy, occupational therapy, nursery and psychology materials.
- Laptop and projector. Transparences.
- Written materials

NOTES