

CARING FOR AN ELDERLY PERSON AT HOME

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| Age group: | Year 7-13, tailored to meet your curriculum needs |
| Duration: | 3 hours (1/2 day) or 6 hours (full day) |
| Good for: | Experience of work, English, technology, PSE |
| Price: | Maximum 12 learners per session - 3 hours £175 per session, 6 hours £300 per session |

Are you feeling old?

3 hours

This intense session explores what it's like to be old. Learners start by looking at media stereotypes of aging and discussing what it might feel like to be old. By wearing special aging or dementia simulation equipment, learners can then really experience what it feels like to have restricted movement that simulates arthritis and dementia. By wearing simulation glasses that impair vision, learners will attempt every day activities, such as dressing, getting ready for bed, eating, washing and getting out of the bath. Learners will then re-examine their initial thoughts if they have altered.

6 hours

To extend this activity, learners will explore the roles of health and social care professionals and the skills and attributes needed to care for elderly people. Through the use of daily living aids, learners will personally experience how to help someone feed themselves, brush their teeth, wash, dress and move around their own home. Students will also explore equipment that help people to become more mobile and maintain their independence.

Stretch, challenge and differentiation

To help develop English skills further, learners can take part in the making of memory boxes and documenting personal life stories. In addition, learners can complete real-life admission document that record an individual's health history.

For higher level students and those interested in caring for elderly people we can introduce care professionals to deliver sessions on working in care.

Please do not hesitate to discuss specific needs of your curriculum, as our fully equipped hospital environment can be tailored to add real-life experiences to enhance the student experience.

