



PERSONAL CARE TRAINING

Course Number
SC0215

Validity
3 Years

Duration
Half day

Assessment
Continuous

Personal Care Training is a specialised program designed for caregivers and healthcare professionals to develop the essential skills and knowledge required to provide personalised and compassionate care to individuals who need assistance with daily living activities. This comprehensive course aims to equip participants with the expertise to deliver dignified and person-centered care, fostering independence and promoting the overall well-being of those they support.

Successful completion of the Personal Care Training will enable caregivers and healthcare professionals to deliver personalised and compassionate care, respecting the dignity and preferences of the individuals they support. By developing a person-centered approach to personal care, participants will contribute to the well-being and enhanced quality of life for those in their care.

Suitable for:

Care, Education
and Commercial



Course Programme

- Introduction to Personal Care
- Understanding the significance of personal care in maintaining quality of life
- Identifying the diverse needs and challenges of care recipients
- Providing Dignified Care
- Hygiene and Bathing Assistance
- Dressing and Grooming Support
- Toileting and Continence Care
- Assisting with Mobility and Transfers
- Nutrition and Meal Assistance
- Providing support during meal times and ensuring proper nutrition
- Catering to dietary preferences and managing feeding difficulties
- Medication Assistance and Safety
- Cognitive and Emotional Support
- Personal Care Planning and Assessment
- Formative and Summative Assessment
- Practical skills evaluation and assessment
- Formative feedback to reinforce key concepts and techniques
- Course Review and Conclusion