

Aged Care Basic

The Aged Care Basic course emphasises assisting and encouraging the aged person to retain, or regain, their physical independence following a decrease of function. The Aged Care Basic course focuses on developing safe postures and actions for use with the predominantly ambulant older person.

Who should attend this course?

This course is for support workers, carers, therapists, manual tasks trainers and anyone who works in aged care and aims to develop knowledge and skills to work with the older person who has reduced mobility and may require no, minimal or moderate assistance with transfers.

What type of transfers will I learn?

In the Aged Care Basic you will learn transfers for the person who is predominantly ambulatory. The single carer transfers covered include: sitting to standing and return, walking, repositioning backwards in a chair, moving up from the floor and moving around in bed.

How long is the course?

This course is four full days. Attendance at all four days is required.

Course Pre-Requisite:

Successful completion of Health Care 2

Course Assessments:

- Demonstrate a learned Manutention technique from the ACB course.
- Critically review the presentation of a peer within the course.
- Complete and pass a fundamental postures and actions theory test, achieving at least 60% mark.
- Achieve competency in the 2 physical tests.
- Complete worksheet on aged care theory.
- Evaluate an aged care task to identify risk factors.
- Develop objectives for a workplace based manutention training session.