IO5 – Curriculum

for Blended Training Program

Final version in English

Content

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Co-funded by the
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Digi-Ageing Curriculum - EN

1 Together against Loneliness in old age

"Loneliness in old age" is a well-known social phenomenon that still receives too little attention. However, the current pandemic clearly shows us that we need to pay more attention to the issue. Older people are increasingly isolated in this situation: Those in care facilities are secluded for their own protection, others have little contact with friends and family or live entirely on their own. People caring for older people are often overwhelmed by the many safety precautions and challenges in their own daily lives. This is also true for family caregivers.

Since October 2020, the international Digi-Ageing consortium has been working on a comprehensive concept that addresses these challenges and develops appropriate measures to counteract the phenomenon of "loneliness in old age". Our main aims are to increase competences in the use of digital tools in the elderly care sector, to create a strong network that develops joint solutions, and to familiarise people with the Digi-Ageing method & tools through pilot trainings.

What we developed

- Research Reports on the topic of loneliness in old age
- Creation of a Network that specifically counteracts this phenomenon
- Digital Screening Tool to be able to recognise "loneliness in old age" in good time (prevention)
- Digital Reminiscence Tool for education providers in the field of elderly care, for caregivers, for caring family members and for interested older people themselves (intervention)
- Curriculum for the Digi-Ageing Blended Training Program for the Care Sector

The Digi-Ageing website gives you access to the tools, the online training & videos and to additional resources.

Website: http://digi-ageing.eu/

Training online: http://digi-ageing.eu/welcome-to-course/

YouTube: https://www.youtube.com/@digiageing

Find out more on the project and let's stay in touch!

Facebook: https://www.facebook.com/digiageing

LinkedIn: https://www.linkedin.com/company/digi-ageing

EPRP link: https://ec.europa.eu/programmes/erasmus-plus/projects/eplus-project-details/#project/2020-1-AT01-KA202-078084

2 Learning Outcomes

The intended learning outcomes of the curriculum address both the affective and the cognitive domain. The overall aim of the training program is to sensitize people to the issue of loneliness in old age (affective), to create a greater awareness of it (affective), to understand the background of the problem in all its facets (cognitive) and to be able to use the tools developed in the project to identify loneliness risks, to estimate the present extent of loneliness and to prevent and cope with loneliness in their own organization (cognitive).

2.1 Affective Learning Outcomes

The affective learning domain includes objectives relating to interest, attitude, and values. The taxonomy of learning outcomes for the affective domain was developed following the taxonomy of learning outcomes in the cognitive domain by Krathwohl, Bloom & Masia (1975). This domain is also characterized by a hierarchical structure based on the process of internalization.
Learning goals that emphasize a feeling, an emotion, or a certain level of liking or disliking. Affective learning outcomes range from simple attention to certain phenomena to complex but internally consistent qualities of character and consciousness. In the literature, such learning goals are presented as interests, attitudes, appreciations, values, or emotional attitudes.

The participants are …

- aware of the actual situation and issue of loneliness among older people,
- interested in the topic of loneliness in old age and are motivated to work on solutions in the Digi-Ageing consortium,
- aware of the potential of digital solutions to identify, prevent, and overcome loneliness.

2.2 Cognitive Learning Outcomes

The cognitive learning domain involves intellect – the understanding of information and how that develops through application on a scale that increases from basic recall to complex evaluation and creation. The cognitive domain includes those aims that have to do with thinking, knowledge and problem solving. The organizing principle of the cognitive domain is the transition from simple and concrete to more complex and abstract forms of behavior. Both learning goals that emphasize remembering or reproducing material that has been presumably learned and learning goals that involve solving an intellectual task in which the individual must determine the main problem and rearrange or combine given material through previously learned ideas, methods, or procedures. Cognitive learning goals range from simply reciting a learned material to highly original and creative ways of combining and assembling new ideas and materials.

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The participants …

- understand the differences between the concepts of loneliness and social isolation,
- know the current situation of loneliness among older people in Europe (prevalence),
- know risk factors for loneliness in old age,
- know about negative effects of loneliness on general health status,
- are familiar with possibilities to identify and assess loneliness,
- know strategies and measures to prevent loneliness among older people,
- know strategies and measures to cope with loneliness among older people,
- are familiar with the Digi-Ageing tools,
- understand the aims, objectives, and target groups of the Digi-Ageing tools,
- use the Digi-Ageing tools correctly,
- reflect the Digi-Ageing tools,
- implement the Digi-Ageing tools in practice.

3 Qualification profile

Graduates of the blended learning program (VET-Educators) can train various target groups (e.g. healthcare professionals and trainees) in identifying, preventing and coping with loneliness („train-the-trainer" principle).

The qualification for training target groups includes the professional, pedagogical, and organizational management. This includes in particular:

- Planning, organization, coordination, implementation, and evaluation of the training program
- Ensuring the content-related and pedagogical quality of teaching in the individual subject areas
- Selection of the institutions where the training will be carried out

In addition to these subject-specific qualifications, graduates acquire the ability to think and act in an analytical, structured, and solution-oriented manner.

4 Target groups for training

Target groups and final beneficiaries: Target groups of the project are initial and continuous VET provider in the field of elderly care, elderly care centres, vocational educators in these centres, caregivers (nurses, social workers, etc.) and elderly people themselves.

Needs of target groups: VET providers and elderly care centres have not been educated in the effective use of digital tools and blended learning approaches. There is also a shortage on available online training material in the care sector, the topic of loneliness intervention strategies is rarely addressed in regular training programmes and the usage of digital tools is highly innovative.

In addition to this primary target group, the training programme also addresses people who provide informal care for older people (like family caregivers), people who are directly affected by loneliness, older people who are socially isolated and wish to prevent loneliness, and all those who are interested in the topic of loneliness in old age and want to engage in it.

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5 Digi-Ageing Curriculum

The main learning fields of the blended learning training program are the following:

5.1 LESSON 1: Loneliness in old age [Face-to-Face]

Loneliness in old age is the underlying phenomenon and issue in this project and thus the focus of the training programme. The aim is for training participants to learn about and understand the theoretical-conceptual background and to develop an awareness of it and become sensitised to it.

Learning Content:

- Loneliness of older people as a social phenomenon
- Definition and models of loneliness
- Loneliness and social isolation
- Loneliness as a determinant of health

Learning Outcomes:

The participants…

- *know* the theoretical background to loneliness in old age,
- *understand* the differences between loneliness and social isolation,
- *know* the situation of loneliness among older people in Europe,
- *know* about negative health effects of loneliness.

Training Material:

- A#1_short film on the topic of loneliness in old age
- A#2_phenomen of loneliness

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5.2 LESSON 2: Identification of loneliness [Face-to-Face & Online]

Identifying loneliness is an important aspect of the training. Findings from the Digi-Ageing field research have shown that professional carers do not have standardised methods to detect loneliness. Instead, the approach is generally more subjective. At the same time, carers are aware of loneliness in old age as a major social and health problem and would like to have standardised procedures such as assessment tools to be able to quickly and easily as well as validly assess loneliness or the risk of loneliness.

Learning Content:

- Risk factors for loneliness in old age
- Digi-Ageing approach for identification of loneliness

Learning Outcomes:

The participants …

- *know the* risk factors for loneliness in old age,
- *are familiar with* possibilities to identify and assess loneliness,
- *understand* the aims, objectives, and target groups of the Digi-Ageing approach,
- *get to know* the Digi-Ageing screening tool.

Training Material:

- A#3_risk dimension cards
- A#4_identification of loneliness
- 01_Introduction video_EN
- A#6_task scenarios for carer

5.3 LESSON 3: Preventing & Overcoming [Face-to-Face & Online]

Preventing and overcoming loneliness in old age is the purpose of this project and training. The reminiscence approach is a central strategy in the Digi-Ageing solution. Based on biography work, the recall of positive memories and an improved communication between caregivers and clients, loneliness is to be prevented and decreased.

Learning Content:

- Strategies for the prevention and overcoming of loneliness in old age
- Reminiscence approach against loneliness among older people

Learning Outcomes:

The participants …

- *know* strategies and measures to prevent loneliness among older people,
- *know* strategies and measures to cope with loneliness among older people,
- *get to know* the Digi-Ageing reminiscence tool.

Training Material:

- A#7_reminiscence
- A#8_task scenarios for carer
- A#9_task scenarios for patient
- 06_Appointment Reminiscence video_EN
- 07_Reminiscence Tool video_EN

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5.4 LESSON 4: Digi-Ageing platform [Face-to-Face & Online]

The correct use of the Digi-Ageing tools is an important cognitive learning outcome of the training. The participants should become as familiar as possible with all the functions in the short time available in order to be able to use the tools independently and without problems after the training. It is important to repeatedly demonstrate and independently perform all functions of the Digi-Ageing toolkit.

Learning Content:

- Digi-Ageing website and platform

- User account and registering clients

- Presentation and introduction to the functions of the Digi-Ageing toolkit

Learning Outcomes:

The participants …

- *register* to the Digi-Ageing platform,
- *can* register new clients,
- *get to know* the functions on the Digi-Ageing platform.

Training Material:

- A#10_learning diary for participants_EN

- 02_Client registration video_EN

- 04_Screening Tool video_EN

- 05 Ecomap video_EN

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5.5 LESSON 5: Digi-Ageing toolkit [Face-to-Face & Online]

This unit builds on the previous unit (6.4 Digi-Ageing platform & toolkit) and aims to deepen and consolidate the use of Digi-Ageing tools. The participants should get used to the functions of the platform and become increasingly familiar with it. It is important that all participants take an active role and are supported by the trainer if necessary.

Learning Content:

- Application of the Digi-Ageing screening and reminiscence tool

Learning Outcomes:

The participants …

- *are familiar with* the functions of Digi-Ageing tools and use them properly.

Training Material:

- Digi-Ageing – User Manual
- Digital device with internet connection
- 03_Choose Organisation video_EN

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5.6 LESSON 6: Communication & Assessment [Face-to-Face & Online]

In a final consolidation step, the application of the toolkit will be consolidated in this learning unit by acting out fictitious situations in pairs in the form of role plays. The participants put themselves in an assessment situation using concrete role models and also get to know the role of the client and the caregiver. The focus here is on the communicative aspects. After the functions of the platform have been internalized, caregivers can better focus on interpersonal communication during an assessment with the tools.

Learning Content:

- Application of the Digi-Ageing tools with focus on communicating during the performance of an assessment

Learning Outcomes:

The participants …

- *are familiar with* the usage of the Digi-Ageing tools,

- *can maintain* a conversation with a client during the assessment

Training Material:

- Digi-Ageing – User Manual
- Digital device with internet connection
- A#11_use case description
- A#12_use case fictitious character
- A#13_use case carers template

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5.7 Implementation in practice [Online]

After completion of the two-day blended learning training, the acquired knowledge and competences will be implemented in practice. Participants are expected to carry out at least one complete Digi-Ageing assessment using the toolkit (screening and reminiscence tools) with one or more real clients in practice. Afterwards, a short case report with a personal reflection (max. 2 pages) should be written and submitted to the trainer. In addition to participation in the training, this final task is a prerequisite for receiving the Digi-Ageing trainer certificate.

Learning Content:

- Application of the Digi-Ageing tools in practice
- Case report certificate

Learning Outcomes:

The participants …

- *implement* the Digi-Ageing tools in practice,
- *reflect* on the Digi-Ageing tools and their application to real clients

Templates:

- A#14_Case report template_EN
- A#15_Evaluation Questionnaire

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6 Curriculum available online

http://digi-ageing.eu/welcome-to-course/

The structure of the online course guides you through the entire curriculum.

All the training materials are available on the website.

We wish you every success with the

Digi-Ageing Training!

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