

UNIVERSITY COLLEGE OF THE FRASER VALLEY

COURSE INFORMATION

DISCIPLINE/DEPARTMENT: Continuing Education

IMPLEMENTATION DATE: JUNE 22 96

Revised: _____

CSA03
SUBJECT/NUMBER OF COURSE

Personal Care
DESCRIPTIVE TITLE

N/C
UCFV CREDITS

CALENDAR DESCRIPTION: This practical course provides an introduction to the activities of daily living and basic persona care needs of persons who are mentally and/or physically challenged.

RATIONALE: The major rationale of this course centers on strategies for meeting personal care needs while respecting the privacy and dignity of the individual receiving support. It is important for the student to recognize that although they are required to assist individuals with their personal care needs, they should at the same time always encourage independence and look for opportunities for skill acquisition. This reflects their multifaceted role; they are not only "caregivers" or providers of physical care. They also play an educational role in the lives of those individuals with who they work.

COURSE PREREQUISITES: Acceptance into the C.S.A. Certificate Program

COURSE COREQUISITES:

HOURS PER TERM FOR EACH STUDENT	Lecture	10	hrs	Student Directed	
	Laboratory	5	hrs	Learning	15 hrs
	Seminar		hrs	Other - specify:	
	Field Experience		hrs	_____	hrs
				TOTAL	30 HRS

MAXIMUM ENROLMENT: 25

Is transfer credit requested? **9** Yes : No

AUTHORIZATION SIGNATURES:

Course Designer(s): _____ Chairperson: _____
Curriculum Committee

Department Head: _____ Dean: _____

PAC: Approval in Principle _____ PAC: Final Approval: 1996 _____

CSA03 - Personal Care

NAME & NUMBER OF COURSE

SYNONYMOUS COURSES:

(a) replaces N/A
 (course #)

(b) cannot take N/A for further credit
 (course #)

SUPPLIES/MATERIALS:

None

TEXTBOOKS, REFERENCES, MATERIALS (List reading resources elsewhere)

None

OBJECTIVES:

Upon successful completion of this course, students will be able to:

1. describe typical personal care needs of deinstitutionalised people with a mental handicap.
2. develop strategies to ensure that personal dignity is respected in supporting people's personal care needs.
3. describe guidelines for ensuring that individuals receive high quality personal care, while respecting their cultural differences, as well as, their unique personal care needs.

METHODS:

lecture, labs, case studies, demonstration, practice

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STUDENT EVALUATION PROCEDURE:

Student must attend and participate in all classes and complete assignments satisfactorily. Assignment will be graded credit, or no credit.

COURSE CONTENT

- Week # 1 Introduction/Overview
- Week #2 Daily Personal Care & Hygiene
- dressing & grooming
 - oral hygiene
 - bathing
 - assisting with elimination
- Week #3 Management of Daily Living Routines
- community access
 - development of social behaviour
 - teaching food and meal preparation
 - assisting with eating
 - vocational/educational opportunities
 - housekeeping, i.e. laundry, dusting, etc.
- Week #4 Lifting & Transferring
- principles of body mechanics
 - transferring residents
 - aids to mobility
 - positioning
- Week #5 Diseases/Disabilities associated with the Mentally Challenged.