



## Personal Care

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Our Personal Care training course focuses on the essence of personal care and how it can be applied through person-centred values. Our experienced trainers will guide participants through the skills and knowledge required to deliver care with compassion, respect, and a focus on individual preferences and needs.

This personal care training course also gives Carers insight into identifying situations where personal care delivery may induce discomfort or distress and how to provide empathetic and responsive assistance. Learners will leave the course with the confidence to provide dignified and compassionate care.

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## Learning Outcomes

- Describe what is meant by personal care
- Understand how to deliver personal care using person centred values
- Recognise when the delivery of personal care may cause pain or distress

## Course Content

### **Module 1: Understanding Personal Care:**

- Define the concept of personal care and its significance in caregiving.

### **Module 2: Person-Centred Care Delivery:**

- Learn practical approaches to delivering personal care with a focus on individual values and preferences.

### **Module 3: Identifying Pain and Distress Indicators:**

- Recognise signs indicating discomfort or distress during the delivery of personal care, facilitating responsive and empathetic assistance.