Community Care for Work

NFQ Level	Level 5
QQI Codes	5N2770 & 5N2706
Duration	15 Weeks
Fees & Admissions	**€450 (payment plan available)**
	✓ Applicants Must hold or be working towards a current Manual Handling Certificate. ✓ Applicants must be 18 years+. ✓ Applicants should have completed the Junior or Leaving Certificate or a QQI (FETAC) Major Award at Level 4 and be proficient in English (B2 Certificate required) **Other applicants will be considered on a case-by-case basis in accordance with An Cosán's quality assurance policies and procedures.**
ECTS Credits	30
Awarding Body	QQI
Next Intake	January 2025
Format	**Programme Delivery** Classes will be delivered **face to face** 2 evenings per week for 15 weeks **When:** Tuesday & Thursday Evenings from 6:30pm to 9:30pm **Location:** An Cosán, Kiltalown Village Centre, Jobstown, Tallaght, D24 R3PN **Course features:** • 5N2706 - QQI Level 5 Care of the older person • 5N2770 - QQI Level 5 Care Skills

Please note: format given is accurate at the time of publication but subject to revision. Programmes will only run where viable.

Programme Overview

The aim of this programme is to provide quality training where you (the learner) will gain the knowledge, skills, and competence required to work in a care setting. In these modules, we aim to promote self-care alongside quality in care, and good practice, taking a rights-based person-centred approach.

Throughout the 15 weeks, Learners will develop self-awareness and self-care skills to use in practice, and will understand the importance of consent, dignity, sensitivity, and maintaining & promoting independence, along with an understanding and respect for the diversity in lifestyle, religion, and culture in care work.
At the core of person-centred care stands respect and dignity, along with maintaining & promoting patient/person independence.

Aim of Programme

This programme aims to ensure learners understand the importance of considering individual patient/person preferences, needs and values, and how they promote patient/person wellbeing.

Key elements of person-centred care:

- **Sensitivity & Empathy** - Look at the world from the person's point of view and appreciate how they may be feeling.
- **Autonomy & independence** – At all times the patient/person should be included in judgements and decision making around their care. Foster an atmosphere of freedom and not control.
- **Consent** - you are a guest in their home – always ask permission!
- **Empowerment** – Making the most of a person's strengths.
- **Open communication** – always include the patient/person and ask for consent.
- **Inclusion & Activity** - Supporting the person to be included and to carry on with activities they have enjoyed in the past.

Timetable at a Glance:

Module Title	Module Code	Day for Weekly Sessions	Start Date	End Date	Weeks
Level 5 Care Skills & Caring of the older Person	5N2770 & 5N2706	Tues/Thurs	07/01/2025	08/05/2025	15

Learner Time commitment

- ✓ **Face to Face** classes will take place on Tuesday & Thursday evenings
- ✓ **Classes:** 2 workshops per week from 6:30pm to 9:30pm over 15 weeks (in line with the primary school calendar).
- ✓ **Self-directed study:** It is recommended that participants allocate a minimum of 3 hours per week for self-directed study to cover suggested readings and videos.

Teaching, Learning and Assessment

An Cosán employs teaching and learning approaches that prioritise the needs and experiences of learners, placing them at the centre of the educational process. We recognize and build upon students' prior knowledge and experiences to enhance their learning journey. Our teaching methods encompass various interactive approaches such as classroom discussions, group activities, use of digital technologies; practical workshops, one-minute summaries; think, pair, share exercises; personalised one-on-one support, and self-directed learning opportunities.

Additionally, students have access to a range of student support services, including one to one learning support, mentoring and counselling, to address their individual needs and facilitate their academic and personal growth. Our goal is to foster a collaborative learning community where students feel empowered and supported throughout their educational endeavours.

Learner Supports

At An Cosán, we support our learners fully so that they can achieve their full potential. Technology moderators provide technical support and encouragement to learners in advance of and during online sessions.

- ✓ Qualified tutors with in-depth classroom experience and subject matter expertise are readily available to discuss programme content.
- ✓ Laptop Loan Scheme
- ✓ Learners are actively encouraged to support one another and build collaborative learning communities.

Click here to apply

For more information please contact:
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