

Community Care for Work

NFQ Level	Level 5
QQI Codes	5N2705, 5N1786, 5N2770 & 5N2706
Duration	September 2025 – May 2026
Fees & Admissions	<p>Funded by DDLETB</p> <ul style="list-style-type: none"> ✓ 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) <p>Other applicants will be considered on a case-by-case basis in accordance with An Cosán’s quality assurance policies and procedures.</p>
ECTS Credits	60
Awarding Body	QQI
Next Intake	January 2025
Format	<p><u>Programme Delivery</u></p> <p>Classes will be delivered face to face 2 evenings per week</p> <p>When: Tuesday & Thursday Evenings from 6:30pm to 9:30pm</p> <p>Location: An Cosán, Kiltalown Village Centre, Jobstown, Tallaght, D24 R3PN</p>

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 course, 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.

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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:

Care Provision & Practice	5N2705	Tues/Thurs Evenings	6:30pm - 9:30pm	09/09/2025	21/10/2025
Special Needs Assisting	5N1786	Tues/Thurs Evenings	6:30pm - 9:30pm	04/11/2025	16/12/2025
Care Skills & Care of the Older Person	5N2770 & 5N2706	Tues/Thurs Evenings	6:30pm - 9:30pm	13/01/2026	15/05/2026

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 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

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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.

Fees & Admissions

Applications for this programme are now open. Places are limited and will be allocated on a first come basis. Learners may be contacted in relation to their application. The eligibility criteria for acceptance on this programme include:

- ✓ Those experiencing socio-economic disadvantage; in particular, those aged 18 – 30 solo-parenting
- ✓ Those in receipt of a means tested social protection claim
- ✓ Medical card holders
- ✓ Those who are unwaged and who took time out of the workforce to take up a caring role
- ✓ Those in part-time employment/low-income earners

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 fluent in English. Other applicants will be considered on a case-by-case basis in accordance with An Cosán's quality assurance policies and procedures.

[Click here to apply](#)

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