

Aged Care Education & Training (ACET)



FREE, ON-LINE and in ONE PLACE

Learn how to deliver exceptional evidence-based care in residential settings

Enhance your skills and confidence with this online, modular Aged Care Education and Training (ACET) course. Tailored for nursing, allied health and personal care workers, the course covers essential topics such as dementia care, palliative care, oral health, communication, incontinence management, diabetes care, medication safety, reablement, restrictive practices, sexuality and intimacy, and pre-placement preparation (health professionals).

Choose which modules you need to enhance your skills, and access them anytime, anywhere, learning at your own pace. Each module features engaging content, activities, case studies, and quizzes to enrich your learning experience.

This course addresses critical knowledge and skill gaps, equipping you to provide high-quality, evidence-based care and make a meaningful difference in the lives of older people.

Why this course?

If you are working in the aged care sector, this course has been designed to help you hone your existing skills and develop new knowledge that will help you improve the lives of older people by building your confidence and ability to deliver evidence-based care.

This course includes a module, Introduction to Aged Care (pre-placement), specifically designed for undergraduate health students (nursing, allied health) who are going to do a clinical placement in residential aged care. It dispels any myths and gives context prior to placement.

 **YOU WILL EARN
CPD HOURS**



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What will participants learn?

- To develop effective communication skills and adapt your style to meet the older person and carer needs.
- About the importance of open, honest, and frequent communication with carers and families.
- A foundational understanding of dementia, palliative care, oral health, diabetes, incontinence care, medication safety, reablement, restrictive practices, and sexuality in aged care.
- Strategies to manage dementia-related pain, depression, behaviours, and sleep.
- To understand the principles of reablement and how they contribute to improving quality of life for older people.

Course content

Dementia care

Palliative response to care

Oral health and wellbeing

Stand-alone modules

- Communication in practice
- Incontinence management
- Introduction to residential aged care
- Medication safety
- Reablement
- Restrictive practices
- Introduction to diabetes
- Hypoglycaemia | The Facts
- Sexuality and intimacy

How to enrol?

To enrol in the education and training you will need to visit:

<https://shortcourses.latrobe.edu.au/aged-care-education-and-training-acet>

You can access ACET securely from any of your devices and your information is kept securely within the platform.

“Well done - and it's free”.

“It's a very good learning tool with lots of extra links if the attendee wants a greater learning experience. They can also stop and start within each module at different times”.

“Love your great on-line courses”.

REGISTERED USERS

Your study experience

This course is fully online and self-paced. You can choose which modules to undertake and when. They are dynamic and interactive, with a blend of text information, activities, case studies, stop and think moments, and knowledge quizzes. You will have access to the course for 12 months from the registration date.

Each module will take approximately 30 minutes to complete - and expected time commitment for the whole course is 15 hours.

You will be able to download a certificate of participation for completed modules.

Who developed the package?

The Australian Centre for Evidence Based Aged Care (ACEBAC) at La Trobe University, Melbourne, is an internationally recognised leader in evidence-based aged care. ACEBAC has a wealth of experience developing, identifying and promoting the dissemination and integration of evidence into aged care practice. The package was originally funded by the Victorian State Government in response to the Royal Commission in to Aged Care Quality and Safety (2020), and is now proudly supported by ACEBAC, La Trobe University.

Who can I contact for more information?

Australian Centre for Evidence Based Aged Care (ACEBAC), La Trobe University

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