

**DRAFT Defined Award Standards for
Holistic Care and Wellbeing of Older Adults
(Minor Award, NFQ Level 5)**

Award Title	Holistic Care and Wellbeing of Older Adults
Teideal as Gaeilge	[To be translated]
Award Class	Minor Award
Level	NFQ Level 5 EQF Level 4
Credit Value	15 FET Credits
Mandatory/Elective	Elective

Purpose

This award is intended to equip the learner with the knowledge, skill, and competence required to support the health, development, and care of older adults across a range of healthcare settings. It is designed to provide a foundational understanding of Care of Older Adults within a pre-nursing context, integrating holistic care practices, and professional responsibilities in a variety of healthcare settings.

Learning Outcomes

Upon successful completion, learners will be able to:

1. Explore age-related issues such as healthy ageing, demographic trends, physiological and psychological processes of ageing, the social impact on older people, and attitudes towards ageing.
2. Analyse the role of nurses and statutory and voluntary agencies in enhancing the well-being of older people and promoting positive attitudes towards ageing.
3. Identify and adapt care practices to meet the diverse needs of older people, promoting empowerment and supporting independence as the primary goal.
4. Discuss challenges faced by older people living with chronic illness, mental illness, or dementia, and explore therapeutic approaches to improve their quality of life.
5. Recognise the individual needs of dying older persons and their families and exercise respectful care practices after death.

6. Evaluate the services available to older people, including education, retirement/workplace support, leisure activities, and lifelong learning opportunities.
7. Employ effective communication strategies with older persons, their families, and multi-disciplinary teams while advocating for empowerment, dignity, independence, and individualised person-centred, holistic care.
8. Explore a range of quality assurance standards and approaches to improve the provision of services for older adults and their families in a variety of healthcare settings.

Access

To access programmes leading to the above awards, learners should have achieved the knowledge, skills, and competence associated with NFQ Level 4 in the areas of literacy, numeracy, digital skills, communication, and personal effectiveness.

Learners must be able to communicate effectively with colleagues in the workplace through speaking, listening, reading, and writing. This may be through a formal qualification or relevant life and work experience demonstrating equivalent learning.

Transfer

Achievement of this award will enable the learner to transfer to other appropriate programmes leading to awards at the same level of the National Framework of Qualifications.

Progression

Achievement of this award will enable the learner to progress to other appropriate programmes leading to awards at the next or higher levels of the National Framework of Qualifications.

Recognition of Prior Learning (RPL)

Learners may be assessed based on their prior knowledge and experience. This must be conducted in accordance with the relevant policies and procedures of the provider.

Specific Validation Requirements:

- Garda Vetting.
- Access to clinical learning environment (work base learning) with up-to-date equipment, fixtures and fittings, cleaning agents and materials, disinfectants, antiseptics, sterilisers, waste disposal and personal protective equipment.
- Access to an environment and equipment replicating the clinical setting (classroom).
- Work-based learning hours to be set in the application for validation.

Sector Specific Requirements:

- CPR and use an automated external defibrillator (AED).
- Assisted Mobility Training (Safe People Moving and Positioning Training) in accordance with current legislation and workplace health and safety policies.