

# Promoting Mobility in Aged Care



## Self Learning Package

*Presented by*

**Robin Townsend**

**Available on VHS  
and DVD**

N & C Baron & Associates

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ABN 35 041 713 303

*Professional Competence with a Caring Attitude*

An easy to follow self-learning package that will result in all your staff having the **ability to demonstrate** a basic understanding of the important area of Mobility in the aged.

Mobility, the ability to move about, is a physical function that is so taken for granted that little do we appreciate its significance until it is threatened, diminished or lost.

Mobility for the aged person directly affects many other aspects of their physical status including their skin, pain, nutritional and continence status. In a flow-on effect, their emotional well-being and quality of life is diminished with loss of independence, control and dignity.

Increasing dependence means more work for nursing and care staff trying to compensate for the resident's lost independence and increasing the physical workload and occupational strain of their work duties.

This self-learning package assists staff to help residents optimise their mobility in an appropriate manner that benefits both residents and staff.

This exciting package covers the following topics:

- **Joint Range of Movement**
- **Bed Mobility**
- **Sit-to-Stand Techniques**
- **Assistance with Transfers**
- **Choice and use of Walking Frames**
- **Assistance with Eating and Drinking**

**Robin Townsend AUA (Physio), Grad Dip (Gerontology),  
Cert IV (Workplace Trainer)**

Robin graduated with a Diploma of Physiotherapy from the University of Adelaide in 1972 and a Graduate Diploma in Gerontology in 2003.

Robin is currently working in both residential and community aged care. She has a special interest in the areas of falls prevention, maintenance of mobility and exercise for older people. She is committed to the reduction of manual handling injuries in her work as both a clinician and a manual handling trainer.

This Self Learning Package contains:

- A 16 minute video/DVD
- A printed companion manual containing a series of questions that staff are able to answer
- An electronic copy of the manual

All for **only** \$87.95VHS or \$88.95 DVD including GST, delivered right to your door. You will not find a more economical way of providing all of your staff with this vital training. If you have previously purchased this package in the VHS format and would like to move to DVD you can do so for the special **upgrade** price of **\$31.95**. The upgrade includes a DVD of the video which also contains an electronic copy of the manual.

This self learning package covers areas that could be linked to the following Expected Outcomes as defined in the *Aged Care Principles of the Aged Care Act 1997*

## **2.14 Mobility, Dexterity and Rehabilitation**

### **Expected Outcome**

Optimum levels of mobility and dexterity are achieved for all residents.

#### *1.7 Inventory and Equipment*

##### **Expected Outcome**

Stocks of appropriate goods and equipment for quality service are available.

#### *2.1 Continuous Improvement*

##### **Expected Outcome**

The organisation actively pursues continuous improvement.

#### *2.2 Regulatory Compliance*

##### **Expected Outcome**

The organisation's management has systems in place to identify and ensure compliance with all relevant legislation, regulatory requirements, professional standards and guidelines, about physical environment and safety of systems.

#### *2.3 Education and Staff Development*

##### **Expected Outcome**

Management and staff have appropriate knowledge and skills to perform their roles effectively.

#### *2.5 Specialised Nursing Care Needs*

##### **Expected Outcome**

Residents' specialised nursing care needs are identified and met by appropriately qualified nursing staff.

#### *2.6 Other Health and related services*

##### **Expected Outcome**

Residents are referred to appropriate health specialists in accordance with the resident's needs and preferences.

#### *2.7 Medication Management*

##### **Expected Outcome**

Residents' medication is managed safely and correctly.

#### *2.8 Pain Management*

##### **Expected Outcome**

All residents are as free as possible from pain.

#### *2.10 Nutrition and Hydration*

##### **Expected Outcome**

Residents receive adequate nourishment and hydration.

#### *3.9 Choice and Decision Making*

##### **Expected Outcome**

Each resident (or his or her representative) participates in decisions about the services the resident receives and is enabled to exercise choice and control over his or her lifestyle while not infringing on the rights of other people.

#### *4.4 Living Environment*

##### **Expected Outcome**

Management of the residential care service is actively working to provide a safe and comfortable environment consistent with resident care needs.

#### *4.5 Occupational Health and Safety*

##### **Expected Outcome**

Management is actively working to provide a safe working environment that meets regulatory requirements

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# TAX INVOICE

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