

Exploring the Myths of Sleep in Aged Care



Self Learning Package

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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 critically important area of Sleep

This exciting package covers the following topics:

- The nature of sleep
- Sleep in the aged
- The assessment of sleep
- The management of sleep

Get answers to the following questions:

- Do older people need less sleep?
- Do people go to bed earlier as they get older?
- Are sleeping pills bad for people?
- How long does it take older people to fall asleep?
- Is napping ok?
- Is snoring normal?

Expected Outcome 2.17 **Sleep** is often misunderstood and many staff are unsure about how to assist residents to 'achieve natural sleep'.

Sleeping difficulties are common amongst elderly people and frequently living in an aged care facility exacerbates such problems. Inadequate sleep impacts on the health and well being of residents adversely affecting their health, behaviour and quality of life.

Inadequate sleep can increase behaviour problems, short-term memory-loss, falls risk, lack of motivation and decreased socialisation. Sleep deprivation can affect a resident's ability to make decisions, reason clearly, cope with their daily routine and changes to that routine.

This self learning package explores many of the myths about sleep and gives practical information and suggestions about assessing residents' sleep and assisting them to better sleep and rest.

This Self Learning Package contains:

- An 18 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 \$87.95**VHS 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.

A little about the presenter:

Dr Kurt Lushington Phd, MPsych (clin)

Kurt is a clinical psychologist specialising in the treatment of sleep disorders. Prior to a mid-life career change and commencing studies in psychology, he worked for twelve years as a Registered Nurse. As a lecturer at the University of South Australia in the School of Psychology, he teaches undergraduate and postgraduate psychology and counselling students. His thesis examined the role of the pineal hormone, melatonin, in the sleep of the aged. Kurt is interested in all works to do with sleep, both applied and theoretical, and is currently working on several projects examining sleep in children and adults. He is a registered psychologist and specialises in the treatment of sleep disorders. Further, he is an active researcher with several publications in the field of sleep and shiftwork, and has presented findings to both national and international audiences.

2.17 Sleep
Expected Outcome
Residents are able to achieve natural sleep patterns.

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*

1.7 Inventory and Equipment

Expected Outcome

Stocks of appropriate goods and equipment for quality service delivery 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 health and personal care.

2.3 Education and Staff Development

Expected Outcome

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

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.

3.4 Emotional Support

Expected Outcome

Each resident receives support in adjusting to life in the new environment and on an ongoing basis.

3.6 Privacy and Dignity

Expected Outcome

Each resident's right to privacy, dignity and confidentiality is recognised and respected.

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.

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