

Care4You4Others

Curriculum for the online resilience course for caregivers

care
4YOU
4OTHERS

Resilience training
for the new generation
of caregivers

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Titel

Care4You4Others – Resilience training for the new generation of caregivers

Course type

Online course with 10 modules and accompanying One-Minute-Wonder Setcards

Target group

- Caregivers who have a professional qualification in the care or social care sector
- Informal carers, e.g. family carers who have no training in the care or social care sector, but who (have to) carry out care activities

Executing organisations

bit BildungsWelten GmbH

ACUFADE - Asociación de Cuidadoras/es, Familiares y Amigos/as de Personas con Dependencia, Alzheimer y otras Demencias

Eclectica+ Ricerca e Formazione Impresa Sociale srl

Scope of the course

Each module comprises approx. 8-15 pages in the print version.

Approximately 60 minutes of learning time (text + exercises + reflection) can be expected per module. The practice time for reflections and exercises is individual and differs from participant to participant depending on the intensity.

Admission requirements

None.

Interested persons can register at any time on the online learning platform and start the course. Access to the learning portal remains open until the participant deletes the account themselves or until the course is no longer available. Participants can join and learn at any time, the learning portal is available 24 hours a day, 7 days a week.

The online course will be available free of charge until the end of 2027, the print version is available for download on the website.

Teaching language(s)

All learning materials will be available in English, German, Spanish and Italian.

In addition, the English version of the learning materials will also be available as an open Word document so that the materials can be translated into other languages if required.

Teaching and learning methods

The course uses structured learning materials in text form that convey basic knowledge on the subject of resilience and self-care. In addition, review questions in the form of quizzes for each module help participants to consolidate what they have learnt and for self-monitoring.

The One-Minute-Wonder Setcards, which can be seen as a supplement to the course, create an additional optional exercise option for participants.

Reflection tasks also promote critical thinking and self-reflection by allowing participants to think about, analyse and reflect on their own challenging situations, both in their personal and professional lives.

A final assessment enables a comprehensive evaluation of the level of knowledge.

This combination of theoretical input, practical application and metacognitive reflection creates a holistic and sustainable learning experience for the participants.

Module overview

Module	Module name
1	Introduction to the Care4You4Others course
2	Resilience in care
3	Risks and protective factors for dealing with stress
4	The 7 pillars of resilience
5	The 7 pillars of resilience in practice
6	Perspective on fragility in the context of resilience in care
7	The importance of resilience in care teams
8	Exercises to strengthen resilience and self-care
9	21 Day challenge for Resilience
10	Importance of self-care especially for informal carers
11	Importance of self-care especially for formal carers

Additional information

The course has a modular structure. Participants can choose and learn the content that interests them most. Individual modules can also be completed several times.

Detailed module information

Module 1
Module title Introduction to the Care4You4Others course
Learning objectives The following learning objectives are achieved: <ul style="list-style-type: none">• You know what to expect of the course.• You know what you will learn and practice within the scope of the whole project.

Module 2
Module title Resilience in care
Learning objectives The following learning objectives are achieved: <ul style="list-style-type: none">• You know the term resilience.• You know the forms of resilience (emotional, social, physical) and can describe them.• You can explain the term self-care.• You know the differences between resilience and self-care.• You understand and be able to explain the importance of resilience in care.• You are able to identify and describe the specific challenges and stresses in care work.• You can develop the ability to recognize stressful situations in care work and respond appropriately.• You can recognize and explain the relevance of resilience for the health and well-being of formal and informal caregivers.• You can develop and apply strategies for coping with emotional stress and difficult decisions in care work.• You can explain why the health and well-being of carers also influence the persons they care for.• You understand and be able to explain the importance of communication and support in formal and informal care work.• You understand the importance of self-care in care work and be able to identify practical self-care strategies.• You understand and are able to describe the basics of the application of the 7 pillars of resilience (self-efficacy, self-regulation, self-awareness, self-acceptance, optimism, empathy, social competence).• You are able to develop measures to strengthen resilience specifically in the care context and put them into practice.• You know the concept of the BANI world and the Age of Malaise.• You can explain the demands of today's fast-paced world (professional and private challenges).• You are able to develop ways to integrate resilience into long-term professional practice as a formal or informal caregiver• You understand and utilize the role of training and support resources in care to promote resilience.

Module 3**Module title**

Risks and protective factors for dealing with stress

Learning objectives

The following learning objectives are achieved:

- You know risk factors for care givers, that have an influence on their mental health.
- You know the importance of the empowering of the life skills as protective factors and can name the single concepts behind it.
- You can explain the concept of self-awareness.
- You know why self-awareness is important in relation to resilience.
- You can explain the concept of needs awareness.
- You know why needs awareness is important in relation to resilience.
- You can explain the concept of problem solving.
- You know why problem solving is important in relation to resilience.
- You can explain the concept of locus of control.
- You know why locus of control is important in relation to resilience.
- You can explain the concept of Critical and creative thinking.
- You know why Critical and creative thinking is important in relation to resilience.
- You can explain the concept of Decision making.
- You know why Decision making is important in relation to resilience.
- You can explain the concept of Positive Energies management.
- You know why Positive Energies management is important in relation to resilience.
- You can explain the concept of Emotional awareness and language.
- You know why Emotional awareness and language is important in relation to resilience.
- You can explain the concept of Emotional intelligence.
- You know why Emotional intelligence is important in relation to resilience.
- You understand the importance of a functional network as protective factor.
- You know how communication, empathy and conflict management influence relationships and understand their importance for resilience.
- You know the importance of nourishing the physical body as an opportunity to strength the resilience.
- You know strategies for strengthening protective factors.
- You can name methods for strengthening protective factors.
- You can apply methods to strengthen protective factors.

Module 4**Module title**

The 7 pillars of resilience

Learning objectives

The following learning objectives are achieved:

- You can name the 7 pillars of resilience.
- You know the importance of this concept for the theory of resilience.
- You can describe the pillar of optimism.
- You can describe the pillar of acceptance.
- You can describe the pillar of solution-orientation.
- You can describe the pillar of leaving the role of victim.
- You can describe the pillar of taking responsibility.

- You can describe the networks pillar.
- You can describe the future orientation pillar.

Module 5

Module title

The 7 pillars of resilience in practice

Learning objectives

The following learning objectives are achieved:

- You can reflect on the 7 pillars in relation to personal resilience.
- You can explain the importance of the 7 pillars for your own resilience.
- You can give examples of how the 7 pillars can be strengthened and promoted in practice in your private life.
- You can give examples of how the 7 pillars can be strengthened and promoted in practice in your everyday care routine.
- You can relate the 7 pillars of resilience to personal challenges and suggest solution strategies.

Module 6

Module title

Perspective on fragility in the context of resilience in care

Learning objectives

The following learning objectives are achieved:

- You understand and be able to explain the meaning of fragility in the context of care.
- You can identify and describe the specific challenges and stresses that can make caregivers vulnerable to fragility
- You can recognize and explain the impact of fragility on the physical, mental and emotional health of caregivers
- You can understand and are able to apply strategies to strengthen resilience in care work.
- You can recognize and explain the importance of self-care, social support and mindfulness in promoting resilience in the care context
- You are able to develop measures to prevent fragility by building resilience and integrate them into care practice
- You can understand and are able to explain the importance of physical health and prevention of fragility for caregivers.
- You know exercises and activities to strengthen physical health and prevent physical fragility and be able to incorporate them into everyday caregiving.
- You can understand and are able to communicate the long-term effects of a healthy lifestyle on caregivers' ability to care and well-being
- You can understand and are able to communicate the impact of a positive attitude and resilience on the ability to avoid fragility in caregivers.

Module 7

Module title

The importance of resilience in care teams

Learning objectives

The following learning objectives are achieved:

- You know the importance of resilience in care and multidisciplinary teams.
- You know the concepts of role and goal clarity.
- You know different communication strategies and are able to apply them.

- You are aware of the importance of communication in multidisciplinary teams.

Module 8

Module title

Exercises to strengthen resilience and self-care

Learning objectives

The following learning objectives are achieved:

- You can explain the optimism diary.
- You know how the optimism diary can be used in practice.
- You can explain the importance of daily goals.
- You know how the strategy of daily goals can be applied in practice.
- You can explain the concept of learning acceptance.
- You know how the strategy of learning acceptance can be applied in practice.
- You can explain mindfulness meditation.
- You know how mindfulness meditation can be applied in practice.
- You can explain the concept of acting instead of waiting.
- You know how to practically apply the concept of acting instead of waiting.
- You can explain the concept of turning back bad habits.
- You know how to practically apply the concept of turning back bad habits.

Module 9

Module title

21 Day challenge for Resilience

Learning objectives

The following learning objectives are achieved:

- You can name the key traits necessary to improve resilience and wellbeing according to the 21 day challenge.
- You can give an overview about the 21 day challenge.
- You know how to implement the 21 day challenge in your life.

Module 10

Importance of self-care especially for informal carers

Learning objectives

The following learning objectives are achieved:

- To be able to identify and explain the specific challenges and stresses faced by informal caregivers.
- Understand and be able to describe the emotional and physical impact of caregiving on the health of informal caregivers.
- Recognize and explain the importance of self-care as a key component of informal caregivers well-being.
- To learn about self-care strategies for informal caregivers and be able to apply them in practice.
- Understand and be able to explain the role of social support and building a support network for informal caregivers.
- Develop and implement measures to promote the physical, emotional and mental health of informal caregivers.

Module 11**Module title**

Importance of self-care especially for formal carers

Learning objectives

The following learning objectives are achieved:

- To be able to identify and explain the specific challenges and stresses faced by formal caregivers.
- Understand and be able to describe the emotional and physical impact of caregiving on the health of formal caregivers.
- Recognize and explain the importance of self-care as a key component of formal caregivers well-being.
- To learn about self-care strategies for formal caregivers and be able to apply them in practice.
- Understand and be able to explain the role of social support and building a support network for formal caregivers.
- Develop and implement measures to promote the physical, emotional and mental health of formal caregivers.



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