

**HCA 154: HEALING 2: CARING FOR INDIVIDUALS EXPERIENCING  
COGNITIVE OR MENTAL CHALLENGES**

**COURSE DESCRIPTION**

This course builds on content from other courses to assist students to explore concepts and caregiving approaches that will allow them to work effectively with individuals experiencing cognitive or mental challenges. Emphasis is on recognizing behaviours and identifying person-centred intervention strategies.

**COURSE HOURS: 60**

**LEARNING OUTCOMES**

1. Describe ways to organize, administer and evaluate person-centred care and assistance for clients/residents experiencing cognitive health challenges:
2. Describe ways to organize, administer and evaluate person-centred care and assistance for clients/residents experiencing mental health challenges:
3. Demonstrate an understanding of effective approaches to disruptive or abusive behaviours:

**COURSE CONTENT**

Cognitive Challenges in Older Adulthood  
Violence Prevention/Self Defence/Caregiver Abuse  
Abuse  
Family Caregiver Support  
Mental and/or Physical Disabilities  
Mental Health Challenges  
Role Plays/Application of DIPPS

**EVALUATION STRATEGIES**

**1. Quiz #1- Midterm (30%)**

This quiz will focus on content from Unit 1: Cognitive Challenges in Older Adulthood. Quiz questions will include a combination of multiple choice and short answer questions.

**2. Quiz #2 - Final (30%)**

This quiz will focus on content from Unit 2 Violence Prevention/Self Defence/ Caregiver Abuse, Unit 3 Abuse, Unit 4 Family Caregiver Support, Unit 5 Mental and Physical Disabilities and Unit 6 Mental Health Challenges. Quiz questions will include a combination of multiple choice and short answer questions.

**NOTE: ALL STUDENTS ARE REQUIRED TO ACHIEVE 70% OR MORE ON THE FINAL QUIZ IN ORDER TO PASS THIS COURSE.**

**3. Assignment #1 - Speaking To Residents with Dementia (9%)**

In this assignment, you will have the opportunity to apply principles and practices learned in this course to modify or adapt your communications with residents who are challenged with dementia. See the *Guide to Written Assignments* included as part of this Learning Guide for clear directions for this assignment.

**4. Assignment #2 - Behavioural Case Studies (8%)**

In this assignment, you will be presented with two case studies from which you will be invited to identify problem behaviours being exhibited. You will then be expected to explain the likely underlying reasons for the behaviours and, using Maslow's Hierarchy of needs, identify two basic needs that the resident/client is unable to meet. Based on this analysis you will describe four approaches that could be used to help meet these needs. See the *Guide to Written Assignments* included as part of this Learning Guide for clear directions for this assignment.

**5. Assignment #3 - Communicating with a Resident Experiencing Cognitive Challenges (10%)**

In this assignment, you will have the opportunity to reflect on actual interactions with residents who are challenged with cognitive impairment. You will analyze your communication choices, determine their effectiveness and suggest ways you might improve your interactions with residents/clients with cognitive impairment. See the *Guide to Written Assignments* included as part of this Learning Guide for clear directions for this assignment.

**6. Assignment #4 - Common Mental Health Challenge Assignment (10%)**

In this assignment, you will work in small groups to research a common mental health challenge and present it to the class. Each presentation should define the challenge, potential causes, the changes that the individual might face (considering the physical, social, emotional and cognitive spheres), treatment, resources and HCA role utilizing DIPPS.

**7. Assignment #5 - In-Class Assignment - Role Play Scenario (3%)**

In this assignment, you will be presented with several scenarios and invited to role play situations related to working with individuals experiencing cognitive challenges or a disability. Your instructor will provide further information about the structure, processes and marking criteria involved in this assignment.

**NOTE:** As with all courses in the Health Care Assistant program, you are required to achieve a minimum grade of 70% (B-) in HCA 154 Healing 2: Caring for Individuals Experiencing Cognitive or Mental Challenges in order to successfully pass the course.