

# **DIPLOMA IN CARE**

## CURRICULUM BASED ON CREDIT SYSTEM



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<b>PROGRAMME GUIDELINES</b>	
<b>PROGRAMME TITLE</b>	<b>DIPLOMA IN CARE</b>
<b>TOTAL CREDITS</b>	<b>15 Credits</b>
<b>TOTAL LEARNING HOURS</b>	<b>150 Hours</b>
<b>GUIDED LEARNING HOURS</b>	<b>45 Hours</b>

Total Learning Hour - 150 Hours

Guided Learning Hour – 45 Hours

*1 Credit = 10 hours of effort (10 hours of learning time which includes everything a learner has to do to achieve the outcomes in a qualification including the teaching learning process, assessment procedures and practical's).*

## LIST OF UNITS

S. No.	Unit Title	Unit Specification	Credits
1	Introduction to Human Care and Support	Essential Unit	3
2	Basic Health and Safety for Caregivers	Essential Unit	3
3	Introduction to the Human Body	Essential Unit	3
4	Personal Care Skills	Essential Unit	3
5	Mental and Emotional Well-being in Caregiving	Essential Unit	3
<b>TOTAL CREDITS</b>			<b>15</b>

<b>UNIT TITLE</b>	Introduction to Human Care and Support
<b>CREDIT</b>	3
<b>SPECIFICATION</b>	Essential Unit

### UNIT DESCRIPTION

To introduce students to the fundamental concepts of human care, emphasizing empathy, communication, and the role of a caregiver.

### UNIT LEARNING OUTCOMES

**1) Understand basic principles of human care.**

**Indicative Content:** Introduction to empathy, kindness, and respect in caregiving; understanding basic caregiver responsibilities.

**2) Recognize the importance of communication in caregiving.**

**Indicative Content:** Listening and speaking kindly; respecting privacy; building trust through friendly interaction.

**3) Identify essential skills needed for supporting others.**

**Indicative Content:** Basic hygiene practices; helping with mobility; assisting with simple daily tasks.

### Indicative Study Reference Text Books

1. Kagan, C. (2015). *The Psychology of Caregiving*. New York: Routledge.
2. Mayeroff, M. (1990). *On Caring*. New York: Harper Perennial.
3. Watson, J. (2008). *Nursing: The Philosophy and Science of Caring*. Boulder: University Press of Colorado.
4. Anspach, M. (2017). *The Heart of Caregiving*. Seattle: Care Publishing.
5. Davidson, P. (2014). *Basics of Effective Caregiving*. Boston: Care Books.

<b>UNIT TITLE</b>	Basic Health and Safety for Caregivers
<b>CREDIT</b>	3
<b>SPECIFICATION</b>	Essential Unit

### UNIT DESCRIPTION

To introduce fundamental health and safety practices for safe caregiving, focusing on protecting both caregivers and patients.

### UNIT LEARNING OUTCOMES

**1. Learn simple infection prevention methods.**

**Indicative Content:** Handwashing; using basic protective equipment; cleaning up safely.

**2. Understand basic safety in caregiving.**

**Indicative Content:** Safe lifting techniques; ensuring a clean, clutter-free environment; fall prevention.

**3. Know what to do in simple emergencies.**

**Indicative Content:** Staying calm in emergencies; calling for help; basic first-aid awareness.

### Indicative Study Reference Text Books

1. Linton, J. (2018). Essentials of Health and Safety in Caregiving. London: Health Press.
2. Potter, P., & Perry, A. (2016). Essentials of Nursing Practice. St. Louis: Mosby.
3. Gartee, R. (2016). Health Safety Basics. Boston: Pearson.
4. Anspach, M. (2017). Safe Practices in Caregiving. Seattle: Care Publishing.
5. Craven, R. F. (2016). Basics of Health and Safety in Caregiving. Philadelphia: Wolters Kluwer.

<b>UNIT TITLE</b>	Introduction to the Human Body
<b>CREDIT</b>	3
<b>SPECIFICATION</b>	Essential Unit

### UNIT DESCRIPTION

To provide a basic understanding of the human body's structure and functions relevant to caregiving tasks.

### UNIT LEARNING OUTCOMES

**1) Identify major parts of the body.**

**Indicative Content:** Basic overview of body systems (heart, lungs, stomach); names of key body parts and functions.

**2) Understand the basics of body functioning.**

**Indicative Content:** Simple concepts like breathing, blood flow, and digestion; how food helps energy.

**3) Learn common health terms caregivers may encounter.**

**Indicative Content:** Terms like “fever,” “heart rate,” and “blood pressure”; understanding “resting” and “active.”

### Indicative Study Reference Text Books

1. Tortora, G. J. (2017). Anatomy Essentials for Beginners. Hoboken, NJ: Wiley.
2. Marieb, E. N. (2018). Basics of Anatomy & Physiology. New York: Pearson.
3. Anspach, M. (2017). The Body in Caregiving. Seattle: Care Publishing.
4. Saladin, K. S. (2020). Human Body Basics. New York: McGraw-Hill.
5. Wingerd, B. (2016). Medical Terminology Essentials. London: Pearson.

<b>UNIT TITLE</b>	Personal Care Skills
<b>CREDIT</b>	3
<b>SPECIFICATION</b>	Essential Unit

### UNIT DESCRIPTION

To teach basic personal care skills for caregivers, ensuring respectful and effective assistance with daily needs.

### UNIT LEARNING OUTCOMES

**1. Learn essential hygiene and grooming tasks.**

**Indicative Content:** Bathing assistance, brushing hair and teeth, helping with dressing.

**2. Understand dietary basics to support wellness.**

**Indicative Content:** Helping with meals; encouraging water intake; basic nutrition.

**3. Assist with simple daily routines.**

**Indicative Content:** Helping with mobility, basic exercises, and creating a comfortable living space.

### Indicative Study Reference Text Books

1. Perry, A. G., & Potter, P. A. (2016). Fundamentals of Personal Care. St. Louis: Mosby.
2. Anspach, M. (2017). Everyday Care Skills. Seattle: Care Publishing.
3. Linton, J. (2018). Essentials of Personal Care and Hygiene. London: Health Press.
4. Craven, R. F. (2016). Personal Health and Hygiene Basics. Philadelphia: Wolters Kluwer.
5. Wingerd, B. (2016). Basic Personal Care Skills. London: Pearson.

<b>UNIT TITLE</b>	Mental and Emotional Well-being in Caregiving
<b>CREDIT</b>	3
<b>SPECIFICATION</b>	Essential Unit

**UNIT DESCRIPTION**

To introduce the importance of mental and emotional well-being for both caregivers and those receiving care.

**UNIT LEARNING OUTCOMES**

**1. Understand basic emotional needs of those receiving care.**

**Indicative Content:** Importance of companionship; being kind and patient; talking and listening.

**2. Learn simple methods for managing stress in caregiving.**

**Indicative Content:** Taking breaks; sharing feelings; finding support when needed.

**3. Recognize when additional emotional support may be needed.**

**Indicative Content:** Identifying loneliness or sadness; knowing when to seek help for others.

**Indicative Study Reference Text Books**

- Davidson, P. (2014). Emotional Basics in Caregiving. Boston: Care Books.
- Brody, E. M. (2006). The Essentials of Family Care. New York: Random House.
- Levetown, M. (2008). Kindness and Communication in Caregiving. Philadelphia: Lippincott.
- Zarit, S. H. (2015). Basics of Supporting Mental Health in Care. New York: Cambridge University Press.
- Dunn, D. S. (2014). Simple Approaches to Mental Well-being in Caregiving. New York: Springer Publishing.