

Caregiving Knowledge and Skill Questions Standard

1. Basics of caregiving

Category		
Main	Medium	Sub (example)
1. Dignity and independence of care-receivers in caregiving	1) Caregiving that maintains dignity	<ul style="list-style-type: none"> - Respect for human rights - Care-receiver oriented - Quality of life (QOL) - Normalization
	2) Supporting independence	<ul style="list-style-type: none"> - Self-determination, self-selection - Concept of independence
	3) Understanding of lifestyle	<ul style="list-style-type: none"> - What is lifestyle? - Spare time support
2. Role of caregiving work Professional ethics	1) Professional ethics of caregiving work	<ul style="list-style-type: none"> - Respect for privacy - Confidentiality obligation - Prohibition of physical restraints, prevention of abuse
	2) Multi-disciplinary cooperation	<ul style="list-style-type: none"> - Team approach - Role and function of other disciplines - Significance and aim of multi-disciplinary cooperation
3. Care services	1) Overview of care services	<ul style="list-style-type: none"> - Types of care services - Care plan, care process
4. Safety maintenance and risk management in caregiving	1) Maintaining safety in caregiving	<ul style="list-style-type: none"> - Importance of observation - Health management of the caregiver him/herself (prevention of backache, infections) - Body mechanics
	2) Accident prevention, safety measures	<ul style="list-style-type: none"> - Fall prevention, fracture prevention - Disaster prevention - Maintenance management of welfare equipment - Accident response, risk management
	3) Infection countermeasures	<ul style="list-style-type: none"> - Basic knowledge of infection prevention - Infection management - Hygiene management
	4) Response during emergencies and discovery of accidents	

2. Mechanisms of mind and body

Category		
Main	Medium	Sub (example)
1. Understanding the mechanism of body	1) Understanding the mechanism of mind	- Basic understanding of human needs - Self-realization and motivation
	2) Understanding the mechanism of body	- Mechanism for maintaining and stabilizing life (body temperature, breathing, pulse, blood pressure, etc.) - Names and functions of body parts - Body mechanism related to rest and sleep
2. Understanding persons who need care	1) Basic understanding of aging	- Changes to body and mind due to aging - Diseases and symptoms commonly found in elderly
	2) Basic understanding of disability	- Basic understanding of disability - Types of disabilities, causes and characteristics (physically handicapped, visually impaired, hearing and speech impediment, internal disability, mental disability, mental disorder)
	3) Basic understanding of dementia	- Disability due to dementia - Core symptoms, peripheral symptoms - Characteristic psychology and actions of people with dementia - Interacting with those with dementia

3. Communication skills

Category		
Main	Medium	Sub (examples)
1. Basics of communication	1) Aim and method of communication	- Significance, aim of communication - Linguistic communication - Non-linguistic communication - Acceptance, sympathy, listening
2. Communication with care receiver	1) Communication with care receiver	- Listening technique - Explanation and consent
	2) Communication according to the condition of the care receiver	- Communication with a visually impaired person - Communication with a hearing and speech impaired person

		- Communication with a person with dementia
3. Team communication	1) Basic understanding of sharing of information through recording	- Aim of information sharing - Significance and aim of recording in caregiving
	2) Reporting	- Significance and aim of reporting - Reporting, communication, consultation methods

4. Skills for lifestyle support

Category		
Main	Medium	Sub (example)
1. Assistance with movement	1) Significance and aim of movement	
	2) Mechanisms of mind and body for moving	- Physiological significance of movement - Moving the center of gravity, balance - Mechanism to maintain posture, position - Mechanism to maintain standing and sitting position - Impact on movement due to deterioration, damage to functions (disuse syndrome, bedsores)
	3) Practice of transfer, movement caregiving	- Changing position, assistance in daily life - Comfortable position - Assistance in walking - Assistance for wheelchair - Welfare equipment used for movement - Points to note for movement assistance
2. Assistance with eating	1) Significance and aim of eating	
	2) Mechanisms of mind and body for eating	- Physiological significance of eating - Mechanism of eating (chewing, swallowing) - Impact on eating due to deterioration and damage of

		functions (swallowing difficulty, aspiration)
	3) Practice of eating assistance	<ul style="list-style-type: none"> - Eating posture - Flow of eating assistance - Eating assistance according to the condition of the body - Welfare equipment used for eating - Points to note in eating assistance
3. Assistance with elimination	1) Significance and aim of elimination	
	2) Mechanisms of mind and body for elimination	<ul style="list-style-type: none"> - Physiological significance of elimination - Mechanism of elimination - Nature and volume of stool and urine - Impact on elimination due to deterioration and damage of functions (constipation, diarrhea, incontinence)
	3) Practice of elimination assistance	<ul style="list-style-type: none"> - Flow of elimination assistance - Elimination assistance according to the condition of the body (portable toilet, diaper, urine bottle) - Welfare equipment used for elimination - Points to note regarding elimination assistance
Main	Medium	Sub (examples)
4. Assistance with grooming	1) Significance and aim of grooming	
	2) Mechanisms of mind and body for grooming	<ul style="list-style-type: none"> - Physiological significance of the act of grooming - Mechanisms of mind and body for changing clothes - Mechanisms of mind and body for grooming - Impact on grooming from deterioration and damage of functions
	3) Practice of grooming assistance	<ul style="list-style-type: none"> - Flow of assistance in changing clothes - Assistance in changing clothes

		<p>according to the condition of the body</p> <ul style="list-style-type: none"> - Grooming (face washing, haircut, oral healthcare) - Points to note regarding grooming assistance
5. Assistance with bathing and basic hygiene	1) Significance and aim of bathing and basic hygiene	
	2) Mechanisms of mind and body for bathing and basic hygiene	<ul style="list-style-type: none"> - Physiological significance of maintaining basic hygiene - Mechanisms of mind and body for bathing - Impact on basic hygiene from deterioration and damage of functions
	3) Practice of bathing and basic hygiene assistance	<ul style="list-style-type: none"> - Flow of partial bath assistance (hand and leg wash) - Wiping of body - Bathing assistance - Bathing assistance according to the condition of the body - Welfare equipment used in bathing - Points to note regarding bathing assistance
6. Assistance with housework	1) Assistance with housework	<ul style="list-style-type: none"> - Assistance in cooking, cleaning and washing
	2) Arrangement of living environment	<ul style="list-style-type: none"> - Ways to create safe living space (comfortable indoor environment, consideration for safety)