

# NEW ZEALAND CERTIFICATE IN HEALTH AND WELLBEING (LEVEL 3) HEALTH ASSISTANCE



**Programme Name:** Certificate in Health Assistance (Aged Care)

**Total credits:** 71

**Total learning hours:** 710

**Delivery:** 31 weeks online study (including 2 holiday weeks)

## PROGRAMME OVERVIEW

This programme is delivered online so there is no need to reorganise rosters and students can study without any time off work.

## PROGRAMME PURPOSE

The number of people in New Zealand aged 65 plus doubled between 1988 and 2016 to reach over 700,000, and that number is projected to double again by 2046 to between 1.32 and 1.42 million. At the same time the number of people aged over 80 is projected to climb from 169,000 in 2016 to 392,800 by 2036 (an increase of 132%) causing growing concern about a deficit in the number of Health Care Workers suitably trained and able to provide the care required.

Health Care Assistants work at the forefront of caring, attending to the physical, emotional, social, and cultural needs of a client and their family. The Kalandra Certificate in Health Assistance (Aged Care) (Level 3) is an entry-level programme which trains Health Care Assistants in general aged health care issues, professional practices, skills, knowledge and procedures enabling graduates to deliver the highest standard of care and support in a health and wellbeing organisation, home care or other aged-care environment.

### MODULE 1 – Protection of the Vulnerable

- Recognise vulnerability and abuse.
- Understand and describe the appropriate steps and care needed.
- Provide the support and care required by the vulnerable person.

### MODULE 2 – Professional Expectations

- Demonstrate and apply knowledge of professional and ethical behaviour.
- Demonstrate knowledge of advocacy and self-advocacy.
- Communicate to support people's health and wellbeing.

### MODULE 3 – Risk Minimisation

- Move a person using equipment and be able to care for that equipment.
- Describe risks, impacts and actions for falls, and minimise risk of falls.
- Demonstrate knowledge of procedures for infection control.

### MODULE 4 – Person-Centred Care Practices

- Describe a person's holistic needs and the impact on their health and wellbeing.
- Support a person to meet personal care needs.
- Describe and apply a person-centred approach.
- Observe and respond to changes in a person.

### MODULE 5 – Safe Practices

- Describe incontinence and interventions to assist.
- Demonstrate knowledge of pressure injuries and pressure care.
- Apply safe swallowing strategies.

### MODULE 6 – Palliative Care Practices

- Provide comfort cares, and report changes in the condition of a person with life-limiting condition/s.
- Describe the key principles of palliative care, and a support worker's role in a palliative approach to care.

## PROGRAMME & GRADUATE OUTCOMES

At the successful completion of the Certificate in Health Assistance (Aged Care) (Level 3) graduates will be awarded the New Zealand Certificate in Health and Wellbeing (Level 3) with a strand Healthcare Assistance.



# WHY STUDY WITH KALANDRA?

## **KALANDRA SETS THE STANDARD FOR HEALTH CARE SUPPORT TRAINING**

Programmes are responsive to industry demand and content is aligned to the latest international standards. Students graduate with the knowledge and ability to contribute and provide the highest standard of care.

## **NZQA APPROVED**

Kalandra Education Group is a New Zealand Qualification Authority registered and accredited private training establishment and all programmes are NZQA approved.

## **VALUES**

Kalandra Education Group is built on a foundation of values that hold caring, respect and knowledge at its core.

## **EXPERIENCED TUTORS**

Students learn from tutors who have extensive Health and Dementia Care Assistance experience in the Aged Care sector.

## **PERSONALISED SUPPORT**

- Students have a personalised learner plan and are treated as an individual by the Lecturers who will alter learning plans as necessary to achieve the best possible result for each student.
- Students receive regular (weekly) communication to ensure they are progressing appropriately, and any learner concerns can be discussed and addressed.

## **To Apply**

This programme is designed for New Zealand Citizens or Permanent Residents as well as applicants holding a work visa. Students must be employed as a health carer in a health and wellbeing setting.

**For further information on our entry requirements or to enrol please email [training@kalandra.ac.nz](mailto:training@kalandra.ac.nz) or go to our website.**



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