

# Developing Me



## Opportunities for Health and Social Care Workers

Inside this booklet you will find opportunities for

- Upskilling in your current role
- Specialising in a particular area of care
- Becoming a champion
- Progressing into nursing/residential management
- Moving into nursing

Developed by care home managers across Northern Ireland as part of the My Home Life NI initiative funded by the Department of Health NI.

### Opportunities

1. Education, learning, and development
2. Bursaries and awards
3. Publications

Social Media to get in touch: Twitter via @RCN\_NI

Examples : Assessing the deteriorating patient, clinical enhancement skills (dysphagia, blood pressure, nutrition)

### Opportunities

1. Improve your English, maths, or digital skills
2. Learn for your career
3. Get into formal or academic study

Examples : Safe handling of medicines, assessing mental capacity, preventing falls, dangers of working at night, end of life care

### Opportunities

1. Courses
2. eLearning/webinar series
3. Library

Examples: Dementia awareness, falls prevention, end of life care, nutrition, dysphagia



## NI Social Care Council (NISCC)

Website: <https://nisc.info/>

### Opportunities

1. Level 2, 3 and 4 (NVQ) courses
2. Lunchtime Seminars
3. Learning Resources
4. Funded places for training periodically

Examples: “is this the job for you?”, train the trainer, safeguarding, I.T., communication courses

### **Online Resources**

Speak to your manager or team lead to get ideas about the types of training and courses available online. Some examples include:

- Advance care planning for care homes during Covid-19
- Volunteer Now
- High speed (Catering) Dementia Clear (app)

### **Private and local training**

If you have any particular training goals in mind, please contact your manager or team lead to discuss options. Private training companies offer a range of courses including:

- Level 3 and 4 NVQs in Health and Social Care
- Level 5 Diplomas to support a career in management
- Health and Social Care Apprentices

Examples of companies used and recommended by the creators of this booklet including Rutledge, People First, and Staff Nursing, however, many more are available.

## Charities

Local charities offer training to support you to develop particular skills within your area of practice.



Alzheimer's Society: Dementia Friends

Epilepsy Action NI: Supporting and caring for people with epilepsy

Huntington's Disease Association NI: Face to face awareness training

Marie Curie: Project ECHO Mouth Care Matters

NI Hospice Care to Connect: A Palliative Care Education Initiative for Care Homes

Parkinson's UK: Physical Activity and Exercise, Supporting the family unit and care partners, sleep and fatigue

Royal National Institute for Deaf People: Deaf Awareness training course via Zoom/Teams

Speak to your manager or team lead for more ideas.

## Further Education (FE) Colleges

The FE sector in Northern Ireland comprises six Colleges with 29 campuses that provide access to training and qualifications that help learners improve their career and life prospects.

- Belfast Met
- Northern Regional College
- North-West Regional College
- SERC
- Southern Regional College
- South West College

Colleges offer a wide range of Higher-Level courses including Level 5 qualifications including Foundation Degrees and Higher National Diplomas.

Examples: Health and Social Care, Foundation Studies

## University Courses

Degrees are three years, funded places are available through the Department of Health (NI residents) and lead to registration with the NMC as a Registered Adult/Mental Health Nurse



1. QUB BSc Nursing: <https://www.qub.ac.uk/courses/undergraduate/professional-nursing-adult-nursing-bsc-b740/#overview>



2. Ulster University BSc Nursing: <https://www.ulster.ac.uk/courses/202223/nursing-adult-25148>



3. Open University Certificates, Diplomas, and Degrees: <https://www.open.ac.uk/courses/nursing-healthcare>

Add your own useful Notes/Contact numbers

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If you are interested in knowing more about My Home Life (NI) then go to our webpage at: <https://www.myhomelifeni.co.uk/home>