

# Healthy Ageing

## Care Home Training Resources

### September 2020

The list below, provided by Skills for Health, provides a list of comprehensive resources freely accessible for care home workers to support the staff development and resilience. The online resources include online training, webinar recordings and documentation.

Included in the list of resources, is a newly developed suite of resources for unpaid carers.

Name of resource	Type of resource	Developed by	Summary	Online link
Only Human	Downloadable resources	Health Innovation Network	The Health Innovation Network in collaboration with behavioural insights specialists have created a number of materials based on a behavioural science approach to support frontline health and care staff to prioritise their physical health and emotional wellbeing needs.	<a href="https://healthinnovationnetwork.com/resources/only-human-supporting-wellbeing-during-and-post-covid-19/">https://healthinnovationnetwork.com/resources/only-human-supporting-wellbeing-during-and-post-covid-19/</a>
End of Life Care	Online training	Skills for Health	Supporting someone who may be approaching the end of their life can be some of the most challenging work that any social care or health worker faces. This means that staff need the right skills and knowledge to do their job competently and confidently, and the right learning and development can help. Managers also need to make sure that their service has enough trained staff to meet the needs and wishes of the people they support. Our resources will support adult social care staff, and their managers, to develop their skills and knowledge in end of life care.	<a href="https://www.skillsforcare.org.uk/Learning-development/ongoing-learning-and-development/end-of-life-care/End-of-life-care.aspx">https://www.skillsforcare.org.uk/Learning-development/ongoing-learning-and-development/end-of-life-care/End-of-life-care.aspx</a>

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Managing Bereavement Webinar, End of Life Care Webinar, Verification of Expected Death Webinar	Webinar	Skills for Health	This webinar will support non-medical people to prepare for VOED in times of the COVID-19 emergency. The supporting guidance which has been produced will enable care workers to be able to say whether or not they feel confident and comfortable to carry out this procedure and what preparation will be needed to meet current guidelines, local policy and practice in a safe and compassionate way.	<a href="https://www.skillsforcare.org.uk/Leadership-management/support-for-registered-managers/COVID-19-webinars.aspx">https://www.skillsforcare.org.uk/Leadership-management/support-for-registered-managers/COVID-19-webinars.aspx</a>
Leadership	Online training	Skills for Health	High-quality care and skilled, confident leaders and managers go hand in hand. Over 90% of services rated good or outstanding for being well-led by the Care Quality Commission (CQC) were also rated good or outstanding overall. Excellent leaders and managers are needed at every level across social care to ensure high quality care. If you're working in a leadership or management role you're not only responsible for supporting those who need care and support, but for taking care of staff and influencing the quality of care across the sector.	<a href="https://www.skillsforcare.org.uk/Leadership-management/Leadership-and-management.aspx">https://www.skillsforcare.org.uk/Leadership-management/Leadership-and-management.aspx</a>
Support for Registered Managers	Online training	Skills for Health	Comprehensive suite of resources for registered managers.	<a href="https://www.skillsforcare.org.uk/Leadership-management/support-for-registered-managers/support-for-registered-managers.aspx">https://www.skillsforcare.org.uk/Leadership-management/support-for-registered-managers/support-for-registered-managers.aspx</a>
Supporting unpaid carers	Online training	Skills for Health	A free online resource to support the vital care that unpaid carers provide. We hope the e-learning will help you take care of yourself and carry out your day to day caring role. Who is it for? Anyone who provides care and support to a family member or friend due to their disability, health condition, frailty, mental health problem or other health and care needs.	<a href="https://www.e-lfh.org.uk/programmes/supporting-unpaid-carers/">https://www.e-lfh.org.uk/programmes/supporting-unpaid-carers/</a>
Well-being and resilience	Online training	Skills for Health	The webpage provides resources that help team leaders and managers to build staff resilience at an individual level, at a team level and at an organisation level.	<a href="https://www.skillsforcare.org.uk/Leadership-management/managing-people/resilience/Building-resilience.aspx">https://www.skillsforcare.org.uk/Leadership-management/managing-people/resilience/Building-resilience.aspx</a>

