

Who Are We?

Elderwell is a family run company, established in 2002 to provide high quality recreation within the care setting.

With our team of facilitators, who together have over 50 years experience in geriatric care, we run over 20 recreation sessions per week in both public and private care settings.

With our commitment to actively setting standards of quality recreation programs in residential care, we have extended our service to also include high quality training.

We are committed to ensuring each trainee leaves our training course confident in the knowledge that they have can effectively facilitate recreation activities.

The training has been developed and implemented by David Ahern and Mary Ahern who both have a dedication to and background in the health care profession.

David Ahern, Principle Trainer and Director

B.A. Natural Science T.C.D
B.A. Physiology T.C.D
MSc Physiotherapy Q.M.U Edinburgh
Trained Trainer Fetac Level 6

Mary Ahern, Facilitator and Director

Registered General Nurse
Tutor with FÁS for Care of the Elderly
Facilitator with the Cork Social and Health Education Project
O.U. Certificates in "Care of the Elderly"

Further Information

For course dates and venues please contact us.

Prices are available on request, and discounts may apply for group bookings.

Contact

Mr David Ahern
Director
Tel.087-7475219

Ms Mary Ahern
Co Director
Tel. 087- 4189860

Dublin Office
Elderwell Ltd.
18 Mt Prospect Grove,
Clontarf,
Dublin 3

Cork Office
Elderwell Ltd.
Kilcolta,
Church Bay,
Crosshaven,
Co Cork

Website: www.elderwell.ie

Email: info@elderwell.ie



Training in Therapeutic Recreation for the elderly



"This is an enjoyable, practical & hands on training course that everyone working in Recreation for the Elderly should do"



An Bord Altranais
Nursing Board

Category 1 Approved

What is Therapeutic Recreation? What to expect from the course?

Therapeutic recreation uses various activities as a form of treatment to improve physical, cognitive, emotional and social functioning.

Studies show that when the elderly partake in activities it can lead to decreased dependency levels and improved quality of life.

What Training is provided?

Course attendees will learn how to plan, prepare and implement varied and appropriate group recreation sessions. There are 6 modules covering:

1. Introduction To Recreational Therapy
2. Relating to a Client
3. Planning Preparing and Implementing
4. Safety and Health
5. Records and Evaluation
6. Activity Planning and Resources

This training course focuses on delivering recreation as a goal orientated and outcome assessed therapeutic intervention.

Course participants will receive documentation on how to:

- Plan activity sessions
- Record activity sessions
- Assess activity sessions
- Assess activity risk
- Long term planning
- Activity budget sheets

This practical, high quality training program features:

- Small class sizes
- 24 hours of tuition
- Practical work & role plays
- Group work
- Relevant & individual feedback
- Assignments
- Handouts for Modules

Who is the course for?

The course is designed for those with prior experience of working with the elderly and who wish to develop their skills in leading recreational activities for example:

- Recreation teams
- Carers
- Activities Co-Ordinators
- Day care workers
- Nurses working in Care of the Elderly
- Recreation volunteers



Certification

Certification by Elderwell (course is An Bord Altranis Category 1 approved).

Certification is dependant on 80% of course attendance and graded assignment completion.

Benefits for the Trainees

- High quality, well-structured recreation training program
- Promotes positive attitude towards holistic health linking clinical reasoning to recreation
- We train people to deliver varied, stimulating, safe and appropriate recreation programmes
- Continued Professional Development
- Improves many transferable skills including; communication skills, confidence and evaluation techniques

Benefits for the Care Facility

- A quality recreation program is an attractive and beneficial addition to the care on offer for potential clients
- The program can help fulfil the HIQA requirement to have an occupational/ recreation element in residential care
- This program is therapeutically beneficial to your clients & can be implemented in all care facilities
- This is a cost efficient method of delivering quality recreation
- Gives staff a recognised accreditation