Ageing Well

WP3/ A1- Activity 2

Module B: Mapping of the Elderly's Basic Needs

CARDET

Lesson Plan 1: Models of Understanding of Older People's Basic Needs

Overview of the module

Understanding the basic needs of older adults is crucial for caregivers and adult educators to provide effective and compassionate support. This module aims to introduce assessment methods, tools, and checklists that can be used to map these needs in everyday practice. By comprehensively understanding the needs of elderly individuals, caregivers can enhance their quality of life and promote successful aging.

Starting with the basic developmental and conceptual models to effectively assess the needs of elderly individuals, the types of basic needs the elderly have are explained and the ways to assess them are tackled as well as tips to successfully address them.

Lesson Plan 1:

Models for Understanding Older People's Basic Needs

Objective:

To explore various developmental and conceptual models for understanding older people's basic needs, helping caregivers tailor their approach to meet individual needs.

Duration: 60 minutes in total (including all activities)

Activities:

1. Critical review of key developmental models (15 minutes)
2. Hands-on practice on basic needs (30 minutes)
3. Group Discussion on tools and techniques for assessing the elderly's needs (15 minutes)

Materials needed:

For Activity 1 (Critical review):

- ○ Whiteboard or flipchart with markers
- ○ Notebooks or papers and pens for the participants
- ○ Poster of Erikson's Stages of Psychosocial Development
- ○ Poster of Maslow's Hierarchy of Needs:

For Activity 2 (Hands on practice on basic needs):

- ○ Whiteboard or flipchart with markers
- ○ Notebooks or papers and pens for the participants

For Activity 3 (Group discussion):

- ○ Whiteboard or flipchart with markers
- ○ Notebooks or papers and pens for the participants

Learning outcomes:

By the end of this lesson, participants will be able to:

- Understand key developmental models, such as Maslow's and Erikson's, and how they relate to elderly care.
- Identify the physical, emotional, social, and spiritual needs of older adults.
- Develop skills in assessing and addressing the unmet needs of elderly individuals.
- Apply knowledge of these models in practical caregiving scenarios.

List of sources and references related to the lesson plan (APA style):

- Erikson, E. H. (1950). *Childhood and society*. Norton.

- Maslow, A. H. (1943). A theory of human motivation. *Psychological Review, 50*(4), 370-396.
- Poster of Erikson's Stages of Psychosocial Development

  https://www.verywellmind.com/thmb/XRkF23COe3_SASx5t33_BH4EWyM=/750x0/filters:no_upscale():max_bytes(150000):strip_icc():format(webp)/2795740-article-erik-eriksons-stages-of-psychosocial-development-5ac3df9e875db90037ffa803.png

  (see Lesson Plan 1 - Annex 1)
- Poster of Maslow's Hierarchy of Needs:

  https://study.com/cimages/multimages/16/maslow_pyramid.png

  (see Lesson Plan 1 - Annex 2)

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Lesson Plan 1: Models of Understanding of Older People's
Basic Needs

Activity 1: Critical review of key developmental models

ACTIVITY 1

Title of the activity: Critical review of key developmental models

Short description of the theoretical context of the activity:

Models are key resources for introducing participants to the background of the topic(s) in question. The key developmental models will be presented, explained and discussed, providing the opportunity to caregivers to learn, comprehend and reflect on these aspects and their significance in caregiving roles.

Aims and objectives of the activity:

- Understand key developmental models, such as Maslow's and Erikson's, and how they relate to elderly care.
- Identify the physical, emotional, social, and spiritual needs of older adults.

Materials Needed:

- White board or flip chart with markers
- Notebooks or papers and pens for the participants for note-making
- Poster of Maslow's Hierarchy of Needs:

  https://study.com/cimages/multimages/16/maslow_pyramid.png
- Poster of Erikson's Stages of Psychosocial Development

  https://www.verywellmind.com/thmb/XRkF23COe3_SASx5t33_BH4EWyM=/750x0/filters:no_upscale():max_bytes(150000):strip_icc():format(webp)/2795740-article-erik-eriksons-stages-of-psychosocial-development-5ac3df9e875db90037ffa803.png

Duration of the activity: 15 min

Description of the process of the activity:

Step 1: Start with highlighting that models are key resources in introducing participants to the background of the topic(s) in question. Explain that the key developmental models will be presented, explained and discussed, providing the opportunity to caregivers to learn, comprehend and reflect on these aspects and their significance in caregiving roles:

- *Maslow's Hierarchy of Needs:* Addressing both basic needs (food, safety) and higher needs (psychological, self-fulfilment).
- *Erikson's Stages of Psychosocial Development:* Focusing on the later life stages (integrity vs. despair).

Step 2: Provide the participants with two infographics that visually explain the following models and invite them to study them carefully:

- *Maslow's Hierarchy of Needs:* Addressing both basic needs (food, safety) and higher needs (psychological, self-fulfilment).
- *Erikson's Stages of Psychosocial Development:* Focusing on the later life stages (integrity vs. despair).

Step 3: Ask the participants to discuss the relevance of these models in early care and why caregivers need to understand them.

Step 4: Invite participants to discuss and take notes.

Step 5: Following group discussion, invite participants for a plenary discussion.

Tips and recommendations:

- o Be aware that this topic could touch on personal or sensitive areas as some participants may have close relationships with elderly individuals who are struggling.

- o Encourage participants to use specific examples when sharing experiences, as this can help in identifying practical solutions to the challenges discussed.

List of sources and references related to the activity (APA style):

- Poster of Erikson's Stages of Psychological Development

  https://www.verywellmind.com/thmb/XRkF23COe3_SASx5t33_BH4EWyM=/750x0/filters:no_upscale():max_bytes(150000):strip_icc():format(webp)/2795740-article-erik-eriksons-stages-of-psychosocial-development-5ac3df9e875db90037ffa803.png

  (see Annex 1)

- Poster of Maslow's Hierarchy of Needs:

  https://study.com/cimages/multimages/16/maslow_pyramid.png

  (see Annex 2)

- Erikson, E. H. (1950). *Childhood and society*. Norton.

- Maslow, A. H. (1943). A theory of human motivation. *Psychological Review, 50*(4), 370-396.
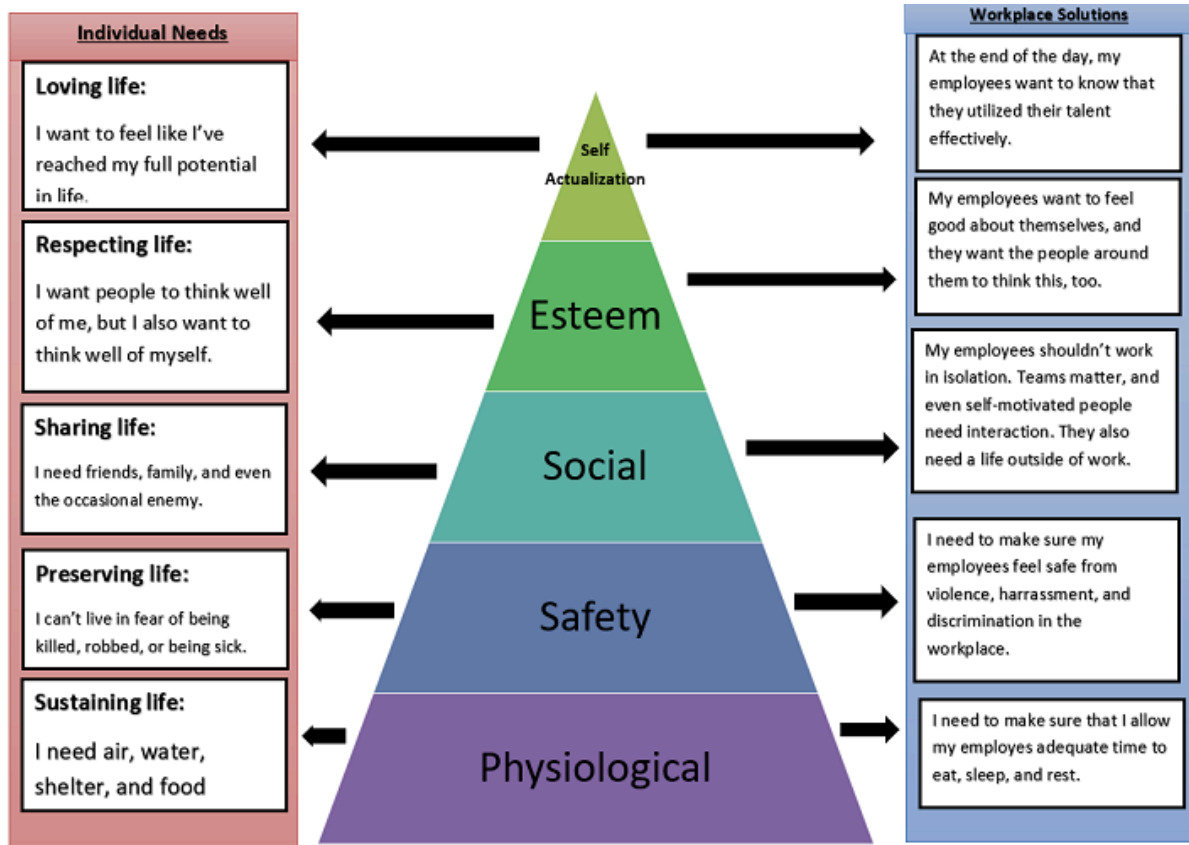
Annex 1: Poster – Stages of Psychological Development
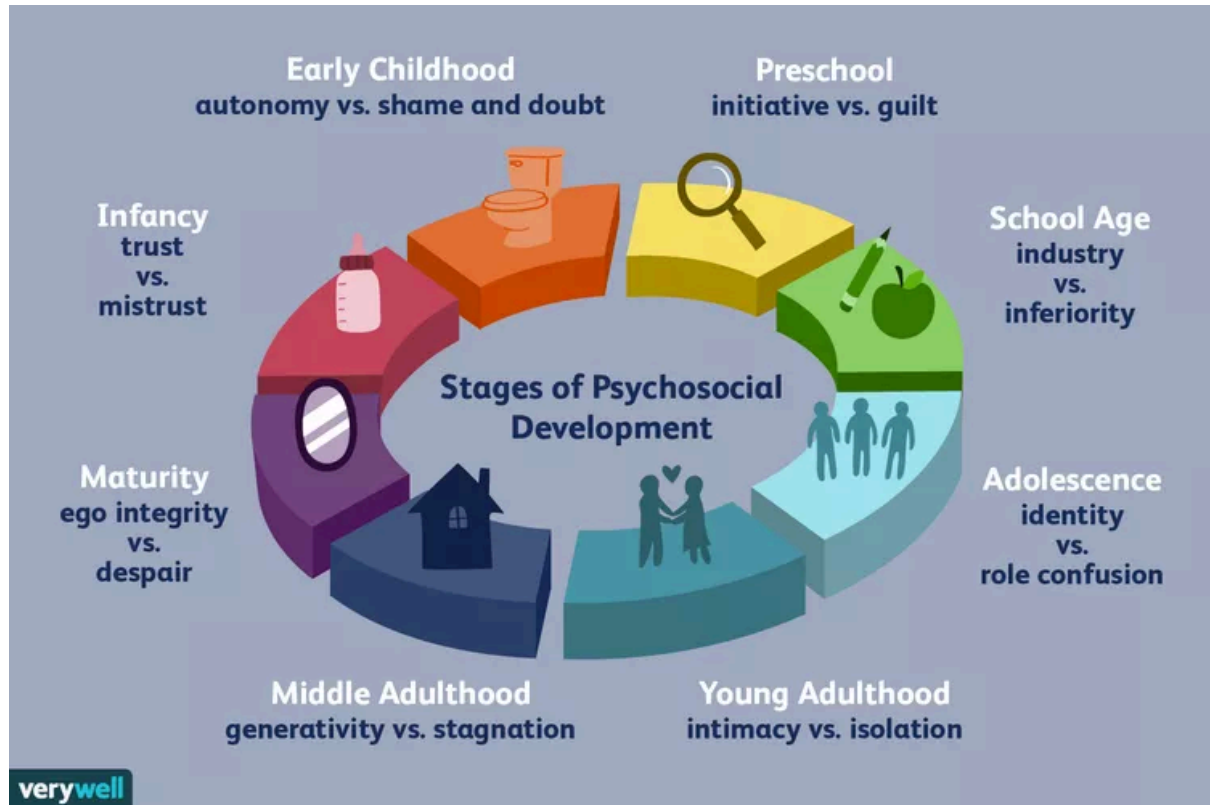
Annex 2: Poster - Maslow Pyramid

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Module B: Mapping of Elderly's Basic Needs

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Lesson Plan 1: Models of Understanding of Older People's Basic Needs

Activity 2: Hands on Practice

ACTIVITY 2

Title of the activity: HANDS-ON PRACTICE

Short description of the theoretical context of the activity :

As in all other age-groups, the elderly have specific needs: Physical needs, including mobility, nutrition, health conditions; Emotional needs, including loneliness, coping with loss; Social needs, including family connections, community involvement; and Spiritual needs, including meaning-making, religious practices. For caregivers to know how to assess these needs is critical.

Aims and objectives of the activity:

- o Understand the specific needs that elderly have (i.e. physical, emotional, social, spiritual);
- o Identify tools, techniques and strategies to assess the elderly people's needs.

Materials Needed:

- ○ White board or flip chart with markers
- ○ Notebooks or papers and pens for the participants for note-making

Duration of the activity: (30 minutes)

Description of the process of the activity:

- o Step 1: Divide participants into small groups and assign each group a specific need:
  - ▪ Physical needs (mobility, nutrition, health conditions).

- Emotional needs (loneliness, coping with loss).

- Social needs (family connections, community involvement).

- Spiritual needs (meaning-making, religious practices).

Step 2: Ask participants to work in groups and explore how they would assess their assigned need in elderly individuals using tools like checklists, conversations, or observation techniques.

Step 3: Ask groups to focus on:

- Identifying common signs when needs are unmet.

- Strategies, techniques and tools for caregivers to address these needs.

Tips and recommendations:

o Be aware that this topic could touch on personal or sensitive areas as some participants may have close relationships with elderly individuals who are struggling.

o Encourage participants to use specific examples when sharing experiences, as this can help in identifying practical solutions to the challenges discussed.

List of sources and references related to the activity (APA style):

● Poster of Erikson's Stages of Psychological Development https://www.verywellmind.com/thmb/XRkF23COe3_SASx5t33_BH4EWyM=/750x0/filters:no_upscale():max_bytes(150000):strip_icc():format(webp)/2795740-article-erik-eriksons-stages-of-psychosocial-development-5ac3df9e875db90037ffa803.png

- Poster of Maslow's Hierarchy of Needs:

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Activity 3: Group Discussion

ACTIVITY 3

Title of the activity: GROUP DISCUSSION

Short description of the theoretical context of the activity:

Assessing the elderly needs is critical for caregivers and other relevant parties. Tools, techniques and strategies for the elderly are important for assessing the physical needs (mobility, nutrition, health conditions); emotional needs (loneliness, coping with loss), social needs (family connections, community involvement); and spiritual needs (including meaning-making, religious practices). For caregivers to know how to assess these needs is critical.

Aims and objectives of the activity:

o   Recognise the specific needs that elderly have (i.e. physical, emotional, social, spiritual);

o   Raise awareness on the tools, techniques and strategies to assess the elderly people's needs.

Materials Needed:

○   White board or flip chart with markers

○   Notebooks or papers and pens for the participants for note-making

Duration of the activity: 15 min

Description of the process of the activity:

Step 1: Have participants present their findings in groups, sharing tools, strategies and techniques for assessing the elderly's needs.

Step 2: Wrap-up with a list of effective tools, strategies and techniques for assessing the elderly people's needs.

Step 3: Facilitate a discussion on how these tools, techniques and strategies can be integrated into daily caregiving routines.

Tips and recommendations:

o Be aware that this topic could touch on personal or sensitive areas as some participants may have close relationships with elderly individuals who are struggling.

o Encourage participants to use specific examples when sharing experiences, as this can help in identifying practical solutions to the challenges discussed.

List of sources and references related to the activity (APA style):

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