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Ageing Well

WP3/ A1- Activity 2

Module B: Mapping of the Elderly's Basic Needs

CARDET

Lesson Plan 4: Case Study Analysis





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.

This lesson focuses on conducting a comprehensive needs assessment for elderly individuals, addressing physical, mental, social, and environmental aspects of their well-being. Through interactive activities such as case studies, role-playing, and reflection, participants will gain practical skills in assessing the diverse needs of older adults. The aim is to equip caregivers with the tools necessary to identify areas of concern and offer appropriate interventions or support systems for elderly individuals.

Lesson Plan 4:

Case Study Analysis

Objective:

To analyze case studies of successful needs assessments and identify best practices for caregivers working with the elderly.

Duration: 60 minutes in total (including all activities)

Activities:

1. Case Study Review (20 minutes)
2. Group Discussion (15 minutes)



3. Role Play (15 minutes)
4. Individual Reflection Activity (10 minutes)

Materials needed:

For Activity 1 (Case study review):

- Whiteboard or flipchart with markers
- Notebooks or papers and pens for the participants
- Needs assessment plan template

For Activity 2 (Group discussion):

- Whiteboard or flipchart with markers
- Notebooks or papers and pens for the participants
- Case study handout

For Activity 3 (Role play):

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

For Activity 4 (Individual reflection activity):

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

Learning outcomes:

- Gain practical skills in assessing the diverse needs of older adults.
- Make proper use of tools necessary to identify areas of concern and offer appropriate interventions or support systems for elderly individuals.



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

- World Health Organization. (2015). *World report on ageing and health*. WHO Press.
- American Geriatrics Society. (2019). Comprehensive geriatric assessment toolkit.
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Lesson Plan 4: Case Study Analysis

Activity 1: Case Study Review



ACTIVITY 1

Title of the activity: Case Study Review

Short description of the theoretical context of the activity:

Caregivers should be equipped with the skills to create successful needs assessments and identify best practices for working with the elderly. In the framework of case studies, participants attempt to further understand and explore the elderly needs assessment.

Aims and objectives of the activity:

- o Analyze case studies of successful needs assessments
- o Identify best practices for caregivers working with the elderly.

Materials Needed:

- o White board or flip chart with markers
- o Notebooks or papers and pens for the participants for note-making
- o Case study handout

Duration of the activity: 20 min

Description of the process of the activity:

Step 1: Provide participants with 2–3 detailed case studies of successful needs assessments in elderly care (see previous Lesson Plan 3 case studies), each illustrating:

- The process of conducting a comprehensive needs assessment.
- Challenges encountered (e.g., resistance from the elderly, complex medical conditions).



- Interventions implemented and outcomes achieved.

Step 2: Invite participants to work individually in pairs to analyze the case studies, noting:

- Factors contributing to the success of the assessment.
- Lessons learned for their own caregiving practices.

Step 3: Wrap-up by inviting participants to discuss lessons learned in plenary.

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):

- World Health Organization. (2015). *World report on ageing and health*. WHO Press.
- American Geriatrics Society. (2019). Comprehensive geriatric assessment toolkit. *Journal of the American Geriatrics Society*.



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Lesson Plan 4: Case Study Analysis

Activity 2: Group Discussion



ACTIVITY 2

Title of the activity: Group Discussion

Short description of the theoretical context of the activity:

Caregivers should be equipped with the skills to create successful needs assessments and identify best practices for working with the elderly. In the framework of case studies, participants attempt to further understand and explore the elderly needs assessment.

Aims and objectives of the activity:

- o Analyze case studies of successful needs assessments
- o Identify best practices for caregivers working with the elderly.

Materials Needed:

- o White board or flip chart with markers
- o Notebooks or papers and pens for the participants for note-making
- o Case studies/ scenarios of elderly persons with diverse needs (see Annex, in Lesson Plan 3)

Duration of the activity: 20 min

Description of the process of the activity:

Step 1: Divide participants into small groups (3-4 participants per group).

Step 2: Ask them to share their findings from the case studies focusing on the following questions:

- o What strategies from the case studies can be applied to your own work?



- o How do different socio-cultural backgrounds impact needs assessments?
- o What potential challenges should caregivers anticipate when conducting assessments?

Step 3: Invite participants to wrap-up in plenary, with the critical points from the group discussion.

Variations of the activity, if any: /

Tips and recommendations:

- o Encourage participants to openly engage in the group activity.
- 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):

- World Health Organization. (2015). *World report on ageing and health*. WHO Press.
- American Geriatrics Society. (2019). Comprehensive geriatric assessment toolkit. *Journal of the American Geriatrics Society*.



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Activity 3: Role Play



ACTIVITY 3

Title of the activity: ROLE PLAY

Short description of the theoretical context of the activity:

Caregivers should be equipped with the skills to create successful needs assessments and identify best practices for working with the elderly. In the framework case studies, participants attempt to further understand and explore the elderly needs assessment. The role play planned in this activity will ensure that the caregivers will acknowledge the necessity of an effective needs assessment for the elderly so as to move to effective interventions.

Aims and objectives of the activity:

- o Analyze case studies of successful needs assessments
- o Identify best practices for caregivers working with the elderly.

Materials Needed:

- o White board or flip chart with markers
- o Notebooks or papers and pens for the participants for note-making
- o Case study scenarios

Duration of the activity: 15 min



Description of the process of the activity:

Step 1: Ask participants to engage in role-play exercises based on the case studies. One participant acts as the elderly individual from the case study, while another plays the caregiver conducting the assessment and implementing interventions.

Step 2: Encourage participants to adapt their approach based on the elderly person's cultural, emotional, or social background.

Tips and recommendations:

- o Encourage participants to openly engage in the role-play activity.
- 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):

- World Health Organization. (2015). *World report on ageing and health*. WHO Press.
- American Geriatrics Society. (2019). Comprehensive geriatric assessment toolkit. *Journal of the American Geriatrics Society*.



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Lesson Plan 4: Case Study Analysis

Activity 4: Individual Reflection



ACTIVITY 4

Title of the activity: INDIVIDUAL REFLECTION

Short description of the theoretical context of the activity:

Equipping themselves with the tools necessary to identify areas of concern for the elderly, and offer appropriate interventions or support systems for elderly individuals is a must for caregivers, since they are prioritising on the elderly well-being. Following the role play, this individual reflection activity will turn the participants' attention to best practices and appropriate interventions.

Aims and objectives of the activity:

- Acknowledge the importance of offering appropriate interventions or support systems for elderly individuals.
- Apply good practices in the context of prioritising on the elderly well-being.

Materials Needed:

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

Duration of the activity: 10 min

Description of the process of the activity:

Step 1: Invite participants to write on their note-pads a brief self-reflection on one case study, addressing:

- What they would do similarly or differently in a real-life situation.



- o How the case study broadened their understanding of elderly needs assessments.

Steps 2: Ask for volunteers to share their reflections/ views.

Tips and recommendations:

- o Encourage participants to openly engage in the individual activity and then in plenary.
- 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):

- World Health Organization. (2015). *World report on ageing and health*. WHO Press.
- American Geriatrics Society. (2019). Comprehensive geriatric assessment toolkit. *Journal of the American Geriatrics Society*.