

READ ME

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Caring for Older People Training Resources

A health and social care professional's directory of information, courses and training resources relevant to the care of older people.

Macmillan's Older People's Project. March 2012

Disclaimer

Although we have taken every care to provide current and relevant details, Macmillan Cancer Support cannot guarantee the quality or accuracy of any of the training resources identified or any of the information provided. In providing these details, Macmillan is not recommending any particular course or training programme.

For any additional information, please contact the course provider directly.

**UK Office, 89 Albert Embankment, London SE1 7UQ Questions about cancer?
Call the Macmillan Support Line free on 0808 808 00 00 or visit macmillan.org.uk**

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). A company limited by guarantee. Registered company in England and Wales (2400969) and the Isle of Man (4694F). Registered office: 89 Albert Embankment, London SE1 7UQ.

Introduction

Most people who use NHS services are older people. As such the [NHS Practice Guide for achieving age equality](#) [PDF, 1.19mb] recommends all NHS staff receive training in issues such as falls, safeguarding, continence and nutrition. Issues such as poorly managed co-morbidities or polypharmacy can impact on someone's ability to tolerate treatment.

We have compiled details of information, courses and training resources relevant to the care of older people to serve as a resource to health and social care professionals working in multi-disciplinary teams.

Contents

- 3 [Malnutrition](#)
- 4 [Falls](#)
- 6 [Incontinence](#)
- 8 [Mental health and dementia](#)
- 10 [Dignity and human rights](#)
- 11 [Care with compassion](#)
- 12 [Safeguarding and neglect](#)
- 14 [Finances](#)
- 16 [End of life care](#)
- 18 [Co-morbidities](#)
- 19 [Geriatric syndromes](#)
- 20 [Polypharmacy](#)

Malnutrition

Title	Summary	Link to resource
Introduction to malnutrition	Article: NHS Choices subject overview	Read the article here
Malnutrition in the elderly	Article: Nestlé Health Science subject overview	Read the article here
Nutritional care and older people	Article: Social Care Institute for Excellence	Read the article here
Nutrition in older people	Article: Nursing Times - The importance of nutrition in older people, including causes and treatment of malnutrition	Read the article here
One in 10 elderly Britons at risk of malnutrition	Article: Daily Telegraph	Read the article here
Nutrition training course	Classroom training course: An introduction into enabling clients within health and social care settings to choose and consume food and drink by mouth	Read the full course details here
Tackling malnutrition among older people in the community	Discussion paper: from the Welsh Consumer Council	Read the discussion paper here
Nutritional assessment: its role in the provision of nutritional support	E-learning: BMJ Learning Module	Complete the e-learning module here
Nutritional care of people affected by cancer	E-learning: Macmillan Learn Zone	Complete the e-learning course here
Macmillan approach to weight loss and eating	E-learning: Macmillan Learn Zone	Complete the e-learning course here
Understanding human nutrition	E-learning, undergraduate short course: Explores the link between food, health and well-being	Complete the e-learning course here
Eating well for older people	Guidance: Caroline Walker Trust - Practical and nutritional guidelines for food in residential and nursing homes and for community meals	Read the guidance here
Malnutrition in older people	Guidance: NICE guidelines	Read the guidance here
Promoting nutrition in care homes for older people	Report: The Scottish Commission for the Regulation of Care evaluates a programme aimed at improving nutrition in Scotland's care homes for older people	Read the report here

Falls

Title	Summary	Link to resource
Falls prevention benefits from balance training	Article: Nursing Times subject overview	Read the article here
Interventions for the prevention of falls in older adults	Article: A BMJ systematic review and meta-analysis of randomised clinical trials	Read the article here
Prevention of Falls in the Elderly	Article: Patient.co.uk subject overview	Read the article here
Falls Awareness	Classroom training course: This course aims to promote understanding of the common factors linked to falls	Read the course details here
13th International Falls and Postural Stability Conference	Conference: British Geriatric Society. 10 th September 2012 in Leeds	See details of the conference here
Postgraduate Certificate level in Osteoporosis and Falls Management	<p>Course: Distance learning, assessed through written assignments, case histories, log books or poster presentation.</p> <p>This course is aimed at developing participants' understanding of osteoporosis, falls and the management of fracture risk</p>	Read the course details here
Assessment for risk of falls in older adults	E-learning: BMJ Learning Module	Complete the e-learning module here
Avoiding slips, trips and falls	E-learning: Virtual College training course aimed at identifying slip and trip risks, and initiating action to prevent slips, trips and falls	Complete the e-learning course here
Falls and fracture prevention in older people	<p>E-learning: Blackburn College training course aimed at those wishing to learn about falls, and the methods that can be implemented to prevent falls and fractures for older people.</p> <p>Specifically for those working within a care home, or home care environment such as community nurses.</p>	Complete the e-learning course here
Accidents to older people	Factsheet: ROSPA	Read the factsheet here
Prevention of falls among elderly	Factsheet: EU Network	Read the factsheet here

The assessment and prevention of falls in older people	Guidance: NICE guidelines	Read the guidance here
Falls prevention	Guidance: NHS Choices advice and guidance	Read the guidance here
Falls prevention	Online resources: NHS Berkshire online resources centre	Visit the online resources centre here
Preventing falls	Online resources: Avonsafe online resource centre	Visit the online resources centre here
Preventing falls in care homes	Research briefing: Social Care Institute for Excellence	Read the research briefing here

Incontinence

Title	Summary	Link to resource
Living with incontinence	Advice and guidance: NHS Choices on-line advice	Read the advice and guidance here
Incontinence, bowel	Article: NHS Choices subject overview	Read the article here
Incontinence, urinary	Article: NHS Choices subject overview	Read the article here
Incontinence	Article: Age UK subject overview	Read the article here
Coping with incontinence	Article: Alzheimer's Society subject overview	Read the article here
Keeping control	Booklet: Royal College of Physicians booklet for patients and carers - explains what services should be provided by the NHS bowel and bladder service	Read the booklet here
Continence management	Classroom training course: Designed to help carers to minimise the physical, social & psychological stress of the condition	Read the course details here
4th international consultation on incontinence	Consultation report: 4th consultation on incontinence, held in Paris in July 2008	Read the consultation report here
Promoting continence training pack	DVD/CD pack: Care staff training pack	Order the DVD/CD pack here
A guide to assessing bladder function and urinary incontinence in older people	E-learning: Nursing Times guided learning providing an overview of the causes of urinary incontinence in older people and the factors that need to be taken into account when assessing and treating the condition.	Complete the e-learning course here
Urinary incontinence in women: in association with NICE	E-learning: BMJ Learning Module	Complete the e-learning module here
Cost effective commissioning for continence care	Guidance: All Party Parliamentary Group For Continence Care Report – a guide for commissioners written by continence care professionals	Read the guidance here
Dealing with incontinence in the elderly	Guidance: Elderly Care Tips online advice and guidance	Read the guidance here
Good practice in continence services	Guidance: The Department of Health (England)	Read the guidance here

National service framework for older people (Section2.51)	Guidance: The Department of Health (England)	Read the guidance here
Urinary continence management in older people	Guidance: Nursing Standard	Read the guidance here
Urinary incontinence: The management of urinary incontinence in women	Guidance: NICE	Read the guidance here
Management of urinary incontinence in primary care	Guidance: Scottish Intercollegiate Guidelines Network: a national clinical guideline.	Read the guidance here
Association for Continence Advice website	Online advice and information: Includes a booklet on incontinence in end of life and palliative care.	Read the advice and information here
Bladder and Bowel Foundation's website	Online information and advice: Covering a range of symptoms and conditions related to the bladder and bowel.	Read the advice and information here
National audit of continence care	Report: Healthcare Quality and Improvement Partnership report	Read the report here

Mental health and dementia

Title	Summary	Link to resource
Dementia UK training courses	Training courses: A range of training courses for those who work with older people and people with dementia. Classroom training courses & 2 accredited programmes.	Read the course details here
Foundations of Dementia Care training programme	Classroom training course: Staff learn essential skills for dementia care through role-playing exercises and lively discussions using realistic film clips and case studies.	Read the course details here
Housing and support for older people with dementia	Classroom training course: FirstStop training course providing an introduction to the policy and demographic background in relation to dementia, the options that are available for older people with dementia and safeguarding issues.	Read the course details here
Specialist dementia training from the experts	Classroom training course: Alzheimer's Society range of courses for health professionals	Read the course details here
Supporting people with dementia	Classroom training courses: The Department of Health commissioned a series of one day workshops to provide an introduction to the Common Core Principles for Dementia.	Read the course details here
Certificate in Mental Health Studies	<p>Distance learning course: Open University course for people with an interest in this complex and challenging topic – including health and social care practitioners, service users/survivors, and friends and families.</p> <p>This course is designed to consolidate learning and provide a foundation for assessment. Assignments and end-of-module examinations in both modules will require students to demonstrate knowledge and understanding in line with the module learning outcomes</p>	Read the course details here
Person centred dementia care	Distance learning course: Dementia Care Matters diploma - recognised by	Read the course details

	University of Surrey and University of Brighton	here
Body image and cancer	E-learning: Macmillan Learn Zone	Complete the e-learning course here
Caring for people with dementia - the fundamentals	E-learning: Online course developed for anyone who is new to, or will soon be involved in, caring for someone with dementia, whether within the family or as a professional	Complete the e-learning course here
Dementia Awareness	E-learning: Online course aimed at all staff working in the care environment who work with older people with dementia	Complete the e-learning course here
Dementia care	E-learning: Open University course designed to address the development needs of individuals caring for people with dementia	Complete the e-learning course here
Dementia courses	E-learning: Range of online courses for health professionals	Complete the e-learning course here
Dementia: diagnosis and assessment	E-learning: BMJ Learning Module	Complete the e-learning module here
Depression in older adults	E-learning: BMJ Learning Module	Complete the e-learning module here
The Mental Capacity Act	E-learning: BMJ Learning Module	Complete the e-learning module here
Older people's mental health	E-learning: NHS Walsall's menu of 7 different E-Learning programmes developed and hosted by the Social Care Institute for Excellence	Complete the e-learning course here
Older people and mental health	Factsheet: Mind factsheet on how older people can maintain good mental health - written for older people but also relevant to their carers, relatives and friends	Read the factsheet here
Dementia Awareness Raising Community Workshops	Workshops: See Change in Dementia Care workshops for anyone with an interest in dementia, for those with early dementia, and for those caring for people with dementia	See the workshop details here

Dignity and human rights

Title	Summary	Link to resource
Ensuring that older people are cared for with dignity and respect	Advice and guidance: A Dignified Revolution suite of human rights advice and guidance	Read the advice and guidance here
Care of older people: Maintaining the dignity and autonomy of older people in the healthcare setting	Article: British Medical Journal	Read the article here
What do we mean by dignity and respect?	Article: A Dignified Revolution subject overview	Read the article here
Dignity in care briefing	Briefing: British Institute of Human Rights	Read the briefing here
What do you see?	E-learning: Amanda Waring's learning activity pack	Complete the e-learning course here
Eating and nutritional care in practice	Factsheet: Social Care Institute for Excellence's dignity in care factsheet	Read the factsheet here
Proven Practice: maintaining older people's dignity	Guidance: Social Care Institute for Excellence's updated guidance on achieving dignity in care for older people	Read the guidance here
Your human rights, a guide for older people	Guidance: British Institute of Human Rights	Read the guidance here
Defending Dignity	Report: Royal College of Nursing	Read the report here
The human rights of older people in healthcare	Report: House of Commons	Read the report here
Delivering dignity training for staff working with older people	Training materials: Social Care Institute for Excellence's Dignity in Care network	View the training materials here
Human rights training materials and human rights resources	Training materials: Designed by the Department of Health (England) for use in training sessions for frontline workers - primarily health and social care workers	View the training materials here
Human rights in a health care setting: making it work for everyone	Report: Scottish Human Rights Commission evaluation of a human rights-based approach at The State Hospital	Read the report here
Human rights issues arising from the treatment of older persons in hospital and residential care	Submission: From the Alzheimer Society to the Joint Committee on Human Rights inquiry	Read the submission here

Care with compassion

Title	Summary	Link to resource
Care and Compassion?	Article: The Reader Online article	Read the article here
Care with compassion is what defines nursing	Article: Nursing Times	Read the article here
Nursing 2012: Care and Compassion	Conference: Aiming to create a forum that reflects upon the concepts of compassion and caring in mental health and learning disability nursing from a historical and contemporary context, and offers you the opportunity to share knowledge and celebrate innovation and achievements within your own service areas	Read the article here
Aged care	E-learning: Online course exploring the complex range of emotional issues that confront the elderly - from dealing with the loss of a spouse to relationships with children and grandchildren	Complete the e-learning course here
Caring for older people	E-learning: Online course based on the idea that care of older people needs to be holistic - in order to be effective a carer must consider the client from biological, psychological and sociological viewpoints.	Complete the e-learning course here
Information giving	E-learning: Macmillan Learn Zone	Complete the e-learning course here
Introduction to cancer	E-learning: Macmillan Learn Zone	Complete the e-learning course here
Managing the impact of a diagnosis of cancer	E-learning: BMJ Learning Module	Complete the e-learning course here
Guidance for the care of older people	Guidance: Nursing & Midwifery Council	Read the guidance here
Acute medical care of elderly people	Guidance: British Geriatrics Society	Read the guidance here
Report of the Health Service Ombudsman on ten investigations into NHS care of older people	Report: Parliamentary and Health Service Ombudsman report	Read the report here

Safeguarding and neglect

Title	Summary	Link to resource
Adult safeguarding	Article: Social Care Institute for Excellence subject overview	Read the article here
Edexcel Level 3 Certificate - Unit 11: safeguarding adults and promoting independence	Classroom course: Learners will investigate the signs and symptoms of different types of abuse, enabling them to recognise when abuse may be happening. They will go on to examine predisposing factors which may lead to abusive situations. Distance learning options available.	Read the course details here
Safeguarding of vulnerable adults (SOVA)	Classroom course: This course is intended to provide delegates with information that will enable care staff to recognise and report safeguarding issues as the law requires.	Read the course details here
Care of the older person 06/NSFO	E-learning: This interactive online course is designed to enable personnel from a range of organisations to understand their responsibilities to safeguard and promote the welfare of older people.	Complete the e-learning course here
Elder abuse: a guide to detection and management	E-Learning: British Medical Journal Learning Module	Complete the e-learning module here
Safeguarding adults: in association with the Department of Health	E-Learning: British Medical Journal Learning Module	Complete the e-learning module here
Safeguarding adults	E-Learning: Nursing and Midwifery Council online safeguarding knowledge hub	Complete the e-learning course here
Safeguarding essentials	E-Learning: Online training course explores the problems children and vulnerable adults can face and the steps your staff should take if they have any concerns	Complete the e-learning course here
Safeguarding of Vulnerable adults (SOVA)	E-Learning: This SOVA (formerly POVA) training course is aimed at raising awareness of the importance of Safeguarding Vulnerable People including elderly	Complete the e-learning course here

Vulnerable adult E-Learning	E-Learning: This programme provides staff with an awareness of the legislation and Government policy supporting the protection of vulnerable adults	Complete the e-learning course here
Safeguarding older people from abuse	Factsheet: Age UK factsheet designed to help you if you know an older person who is being abused or who may be at risk of abuse	Read the factsheet here
Safeguarding vulnerable adults, a shared responsibility	Guidance: Volunteer Now standards & guidance for good practice in safeguarding vulnerable adult	Read the guidance here
Safeguarding vulnerable older people (abuse and neglect)	Guidance: British Geriatrics Society	Read the guidance here
Vulnerable adults	Guidance: NHS Choices practical guide to caring	Read the guidance here
UK study of abuse and neglect of older people prevalence survey report	Report: Comic Relief and DH survey report	Read the report here

Finances

Title	Summary	Link to resource
Money matters for older people	Classroom course: FirstStop course providing an introduction to the state benefits, financial resources and advice that are available to older people and how they may access them	Read the course details here
Benefits awareness for professionals	E-learning: Macmillan Learn Zone	Complete the e-learning course here
Family matters	E-learning: Macmillan Learn Zone	Complete the e-learning course here
Arranging for someone to make decisions about your finance or welfare	Factsheet: Age UK factsheet looking at arrangements for other people to make decisions about your welfare and finances if you lack the capacity to make those decisions yourself	Read the factsheet here
Financial abuse of older people	Briefing: Centre for Policy on Ageing	Read the briefing here
Financial matters for the elderly	Factsheet: Law Society factsheet	Read the factsheet here
Making a will	Factsheet: Age UK factsheet looking at what you should think about before making your will; how to decide whether to use a solicitor; and how to make sure that the will is effective and your wishes are carried out	Read the factsheet here
Benefits for people over sixty	Guidance: Citizen's Advice Bureau advice and guidance	Read the guidance here
Financial help for older people - a guide to your rights	Guidance: TalkTalk guide to older people claiming benefits	Read the guidance here
Financial management for older people	Guidance: Hampshire Council advice and guidance	Read the guidance here
Powers of attorney	Guidance: Age UK information guide offering help with making decisions about health, welfare or finances	Read the guidance here
Financial capability	Online advice and information: Advice UK online financial advice service	Read the online advice and information here
FirstStop funding advice	Online advice and information: Elderly Accommodation Counsel (EAC) funding advice for older people, their families and	Read the online advice and information here

	carers	
Money Matters	Online advice and information: Age UK online advice and information resources	Read the online advice and information here
Where do older people go for financial advice & education	Report: RBS Centre for the Older Person's Agenda report	Read the report here

End of life care

Title	Summary	Link to resource
Care with compassion, the case for palliative care	Article: Trustee Magazine	Read the article here
Palliative care explained	Article: National Council for Palliative Care subject overview	Read the article here
Palliative care CD-ROM	CD-rom: Training and reference resource	Order the CD-rom here
Palliative care training course	Classroom course: This palliative care course is for candidates working within a caring role for those who have a life-limiting illness, enabling them to undertake the carer's role with confidence applying understanding of palliative care, providing dignity, comfort and empathy	Read the course details here
Education & training	Conferences and training events: National Council for Palliative Care	View the conferences and training events here
Death and dying	Distance learning: Open University undergraduate course engaging with real issues based on the experiences of dying people, bereaved people, those who work with them, and their carers, both lay and professional. This course will be of interest for anyone who works with dying people and their families or students who want to find out more about death, dying and bereavement, and what these mean in different contexts.	View the course details here
Lessons learned	E-learning: Macmillan Learn Zone	Complete the e-learning course here
Palliative care during the out of hours period: in association with Macmillan Cancer Support	E-learning: British Medical Journal Learning Module	Complete the e-learning module here
Palliative and end of life care of older people	Guidance: British Geriatrics Society good practice paper	Complete the e-learning course
A framework of national occupational standards to support common core competences and principles	Publication: The primary purpose of this publication is to provide the underpinning framework of core National Occupational Standards (NOS) for the end of life care	Read the publication here

	workforce. These standards can support workforce development, training and education, and the development of new and enhanced posts and roles	
--	---	--

Co-morbidities

Title	Summary	Link to resource
Age, co-morbidity, treatment decision and prognosis in lung cancer	Article: British Geriatrics Society Age & Aging Journal	Read the article here
Co-morbidity of chronic disease and potential treatment conflicts in older people dispensed antidepressants	Article: British Geriatrics Society Age & Aging Journal	Read the article here
Inappropriate prescribing and adverse drug events in older people	Article: BMC Geriatrics article looking at inappropriate prescribing (IP) in older patients and how it is associated with an increased risk of adverse drug events (ADEs), morbidity, mortality and healthcare utilisation	Read the article here
Untangling the Concepts of Disability, Frailty, and Co-morbidity: Implications for Improved Targeting and Care	Article: Journal of Gerontology review	Read the article here
Acute Medical Care of Elderly People	Guidance: British Geriatrics Society good practice guide	Guidance
Co-morbid chronic diseases, discordant impact on mortality in older people: a 14-year longitudinal population study	Research abstract: Study to determine the impact of co-morbid chronic diseases on mortality in older people	Read the research abstract here
Pain and depression in older people: Co-morbidity and patterns of help seeking	Research abstract: Investigating the role of pain in mental health service use and received psychopharmacological treatment	Read the research abstract here
Chronic pain in older people	Research paper: Looking at an anticipated increase in the over 80 years age group by more than three times, and how the types of pain seen in the older population are widespread and management can be complex	Read the research paper here
Improving outcomes in older people undergoing elective surgery	Symposium review: Review looking at how older people have much to gain from surgery, but pose a significant challenge, in emergency or elective surgery.	Read the symposium review here

Geriatric syndromes

Title	Summary	Link to resource
Guide to "Geriatric Syndromes" - Parts 1 & 2	Articles: AGS Foundation for Health in Aging – subject overview	Read the articles here
Geriatric Syndromes	Article: Medically Speaking	Read the article here
Aging, health & well-being and the concept of knowledge translation	Article: Canadian Geriatrics Society Student Site	Read the article here
From geriatric diseases to geriatric syndromes	Presentation: Giving a subject overview and definition of the term geriatric syndrome	See the presentation here
Geriatric syndromes in elderly patients admitted to an oncology–acute care for elders unit	Report: Journal of Clinical Oncology	Read the report here

Polypharmacy

Title	Summary	Link to resource
ARMOR: a tool to evaluate polypharmacy in elderly persons	Article: Annals of Long-Term Care	Read the article here
Escalating polypharmacy	Article: Oxford Journals	Read the article here
Polypharmacy	Article: Nursing Standard learning zone	Read the article here
Polypharmacy and older people	Article: Nursing Times	Read the article here
Polypharmacy among the elderly	Article: Silverevolution	Read the article here
Polypharmacy and medication errors: stop, listen, look, and analyse	Article: Opus Foundation	Read the article here
Polypharmacy in elderly patients with cancer: clinical implications and management	Article: The Lancet Oncology	Read the article here
The risks of polypharmacy in the elderly	Article: Health & Wellness	Read the article here
What is polypharmacy?	Article: National Prescribing Service Newsletter	Read the article here
Polypharmacy and drug interactions in the care of the elderly	Classroom course: The course highlights ways to spot and try to avoid drug interactions, thus enhancing benefits and minimising risk	Read the course details here
Introduction to information prescriptions	E-Learning: Macmillan Learn Zone	Complete the e-learning course here
Safe and effective prescribing	E-Learning: BMJ Learning Module	Complete the e-learning module here
Polypharmacy: Managing chemotherapy in the older cancer patient With multiple co-morbid conditions	Report: Medscape Educational report	Read the report here
Polypharmacy: the conundrums of multiple drug prescribing made easy	Workshop: This workshop is designed to help nurses and non-medical prescribers enhance their knowledge of polypharmacy prescribing and medicine management	Read the workshop notes here