

**Work areas** (within which the company will be able to place trainees)**Basic programme***✓ Tick off the appropriate*

- Selecting an appropriate lifestyle on the basis of knowledge of the importance of diet and physical exercise for physical and mental wellbeing and of how such wellbeing can be conducive to a good working life.
- Identifying basic health tasks in the field of care and nursing on the basis of knowledge of factors that influence human health.
- Identifying connections between individuals, their families and society in general, and knowing about and being able to take positions on societal issues in the fields of care and nursing.
- Using basic educational and psychological concepts to understand human diversity and to be aware of his or her own values and attitudes.
- Helping to initiate activities for others based on the importance of those activities for their health and wellbeing in everyday life and being aware of the importance of leading an active life oneself.
- Understanding the importance of conflict management.
- Taking relevant scientific knowledge into account.

**Work areas** (within which the company will be able to place trainees)**Main programme***✓ Tick off the appropriate*

- Working as a social and healthcare assistant in compliance with the codes of conduct and the legislation associated with the responsibility that the position of a professional and a person in authority entails.
- Working together with people to promote health and prevent disease.
- Observing physical, psychological and social changes in people as well as symptoms of changes in health, and performing basic nursing tasks for people, while also respecting the resources they have, their living conditions, their lifestyles and their right to make their own decisions.
- Assessing, planning, performing and evaluating care assignments and providing personal and practical help and assistance through respectful collaboration with the people in one's care based on the resources they have, their living conditions, their lifestyles and their right to make their own decisions.
- Working in an interdisciplinary collaboration in a supportive, guiding and activating manner that is consistent with the wishes, everyday life and activities of the people in his or her care in order to support and improve their chances and opportunities for self-realisation and a better quality of life.
- Working in a way that helps to reduce conflict and prevent violence, and understanding that prevention of violence is a responsibility shared by management and employees in the workplace.
- Communicating decisions of importance to the people in his or her care and their relatives and providing the support and guidance necessary in the light of those decisions while also respecting the rules on confidentiality.
- Organising, performing, reflecting on and developing the work alone or together with others, taking a starting point in the physical and psychological working environment and the applicable rules and regulations.
- Using IT systems to search for information, communicate, collaborate, organise work, disseminate professional knowledge and document his or her own work.
- Working as a social and healthcare assistant in compliance with the codes of conduct and the legislation associated with the responsibility that the position of a professional and a person in authority entails.
- Identifying, assessing, organising, performing, evaluating and developing the basic health and nursing work to be done for the people in his or her care while also respecting the resources they have, their living conditions, their lifestyle and their right to make their own decisions.
- Working in a way that promotes health and prevents disease with respect to the most common illnesses, including health-care-associated infectious diseases)
- Carrying out, independently and in collaboration with others, nursing tasks associated with the dispensing and administration of medication and observing the effects of the treatment initiated, with a view to providing competent healthcare and nursing.
- Planning, initiating, evaluating and developing social, cultural, physical and creative activities for both individuals and groups in a way that is conducive to patient rehabilitation, and doing so on the basis of an activity analysis, alone and in collaboration with colleagues and the people in his or her care.
- Obtaining and disseminating information about the service offerings of national, regional and local authorities and private service providers, including information about relevant rules and regulations in areas involving nursing, care and practical assistance provided to people, and providing guidance to the people in his or her care concerning the use of the various offerings while also respecting the resources they have, their living conditions, their lifestyle and their right to make their own decisions.