
Certificate III in Aged Care Cost

Provide support to meet personal care needs

A

Acquired Brain Injury (ABI)

An acquired brain injury refers to damage to the brain that occurs after birth, typically caused by a traumatic event such as a fall or car accident. ABI can result in a range of physical, cognitive, emotional, and behavioral impairments that may require ongoing support and care.

Activities of Daily Living (ADLs)

Activities of daily living are routine tasks that individuals typically perform on a daily basis to take care of themselves and maintain their well-being. These activities include tasks such as bathing, dressing, eating, toileting, and grooming.

Ageism

Ageism refers to prejudice or discrimination against individuals based on their age, particularly against older adults. Ageism can result in negative stereotypes, assumptions, and attitudes that can impact the quality of care and support provided to older individuals.

Aged Care Certificate III

Aged Care Certificate III is a nationally recognized qualification that provides individuals with the skills and knowledge to work in the aged care sector. The course covers a range of topics related to providing support to meet personal care needs for older adults.

B

Behavioral and Psychological Symptoms of Dementia (BPSD)

Behavioral and psychological symptoms of dementia refer to a range of challenging behaviors and psychological symptoms that individuals with dementia may exhibit. BPSD can include agitation, aggression, hallucinations, and wandering, among other symptoms.

Bowel Care

Bowel care involves assisting individuals with maintaining regular bowel movements and managing any issues related to constipation or incontinence. Proper bowel care is essential for maintaining the overall health and well-being of older adults.

C

Carer

A carer is an individual who provides care and support to a family member, friend, or loved one who may have a disability, illness, or age-related needs. Carers play a crucial role in supporting the well-being and independence of those in their care.

Client-Centered Care

Client-centered care is an approach to care that prioritizes the individual needs and preferences of the client. This approach involves actively involving the client in decision-making, respecting their autonomy, and tailoring care to meet their unique needs and preferences.

Communication Aids

Communication aids are tools or devices used to assist individuals with communication difficulties. These aids can include visual aids, communication boards, speech-generating devices, and other tools to support effective communication.

Continence Management

Continence management involves assisting individuals with maintaining bladder and bowel control. This may include strategies to promote continence, such as scheduled toileting, pelvic floor exercises, and the use of incontinence products.

D

Dementia

Dementia is a progressive neurological condition that affects memory, cognitive function, and behavior. Common types of dementia include Alzheimer's disease, vascular dementia, and Lewy body dementia. Individuals with dementia may require specialized care and support to meet their unique needs.

Depression

Depression is a common mental health condition characterized by persistent feelings of sadness, hopelessness, and loss of interest in activities. Depression can impact older adults' quality of life and may require psychological support and treatment.

Diabetes

Diabetes is a chronic condition characterized by high levels of glucose (sugar) in the blood. Older adults with diabetes may require support with managing their blood sugar levels through medication, diet, exercise, and monitoring.

E

Elder Abuse

Elder abuse refers to any form of mistreatment or harm inflicted on an older adult. This can include physical, emotional, financial, or sexual abuse, neglect, and exploitation. It is essential to recognize and report signs of elder abuse to protect vulnerable individuals.

End-of-Life Care

End-of-life care involves providing compassionate and supportive care to individuals who are nearing the end of their life. This care focuses on managing symptoms, addressing emotional and spiritual needs, and ensuring comfort and dignity for the individual and their loved ones.

Enteral Feeding

Enteral feeding is a method of providing nutrition and hydration to individuals who are unable to eat or drink orally. This may involve the use of a feeding tube to deliver liquid nutrition directly into the stomach or small intestine.

F

Falls Prevention

Falls prevention strategies aim to reduce the risk of falls and injuries in older adults. This may include assessing the individual's risk factors, implementing safety measures, providing mobility aids, and promoting exercise to improve strength and balance.

Fecal Incontinence

Fecal incontinence refers to the inability to control bowel movements, resulting in involuntary leakage of stool. Fecal incontinence can have a significant impact on an individual's quality of life and may require management strategies such as dietary changes, pelvic floor exercises, and incontinence products.

G

Grief and Loss

Grief and loss are common emotional responses to significant life changes, such as the death of a loved one, loss of independence, or relocation to a care facility. Supporting individuals through the grieving process involves providing empathy, validation, and access to counseling or support services.

H

Health Promotion

Health promotion involves strategies to improve and maintain the health and well-being of individuals. This may include education on healthy lifestyle behaviors, preventive health screenings, vaccinations, and access to community resources to support overall health.

Hydration

Hydration is essential for maintaining proper bodily functions and overall health. Older adults may be at increased risk of dehydration due to factors such as medication side effects, mobility limitations, and cognitive impairments. Encouraging adequate fluid intake is important for preventing dehydration.

I

Infection Control

Infection control practices are crucial for preventing the spread of infectious diseases in care settings. This includes measures such as hand hygiene, proper use of personal protective equipment, environmental cleaning, and following protocols for managing infectious outbreaks.

Informed Consent

Informed consent is the process of obtaining permission from an individual before providing a specific treatment, procedure, or intervention. Informed consent involves providing clear information about the risks, benefits, and alternatives to enable the individual to make an informed decision about their care.

J

Joyful Activities

Joyful activities are leisure pursuits or social engagements that bring pleasure, enjoyment, and a sense of fulfillment to individuals. Engaging older adults in joyful activities can enhance their quality of life, promote social connections, and support emotional well-being.

K

Kinship Care

Kinship care involves the provision of care and support to a child or older adult by a relative or family member. Kinship caregivers play a vital role in maintaining family connections, providing stability, and ensuring the well-being of their loved ones.

L

Loneliness

Loneliness is a subjective feeling of isolation, disconnection, or lack of social engagement. Older adults may be at increased risk of loneliness due to factors such as living alone, loss of friends or family members, or limited social interactions. Addressing loneliness involves promoting social connections, meaningful activities, and community engagement.

M

Medication Management

Medication management involves the safe and effective administration of medications to individuals. This includes tasks such as medication dispensing, monitoring for side effects, educating clients about their medications, and promoting adherence to medication regimens.

Mobility Aids

Mobility aids are devices used to assist individuals with mobility limitations to move around safely and independently. These aids can include walking canes, walkers, wheelchairs, and scooters to support individuals with balance, stability, and walking difficulties.

N

Nutrition and Diet

Nutrition and diet play a crucial role in maintaining the health and well-being of older adults. Providing balanced meals, addressing dietary preferences and restrictions, and promoting adequate nutrition are essential components of supporting older adults' overall health.

O

Oral Hygiene

Oral hygiene involves the care and maintenance of the mouth, teeth, and gums to prevent dental problems and maintain oral health. This includes tasks such as brushing teeth, flossing, using mouthwash, and regular

dental check-ups to promote good oral hygiene practices.

P

Palliative Care

Palliative care is specialized care focused on providing relief from the symptoms and stress of a serious illness. Palliative care aims to improve quality of life for individuals with a life-limiting condition through comprehensive pain management, symptom control, and emotional support.

Personal Care

Personal care involves assisting individuals with activities related to personal hygiene, grooming, and dressing. Providing support with personal care tasks helps individuals maintain their dignity, independence, and overall well-being.

Pressure Injuries

Pressure injuries, also known as pressure ulcers or bedsores, are areas of damaged skin and underlying tissue caused by prolonged pressure on the skin. Preventing pressure injuries involves repositioning individuals regularly, using pressure-relieving surfaces, and maintaining skin integrity through proper skincare.

Q

Quality of Life

Quality of life refers to the overall well-being and satisfaction an individual experiences in their daily life. Factors that can impact quality of life for older adults include physical health, social connections, emotional well-being, and access to meaningful activities and support services.

Quiet Environment

A quiet environment is a setting that minimizes noise, distractions, and disruptions to promote relaxation, concentration, and comfort for individuals. Creating a quiet environment is important for supporting restful sleep, communication, and overall well-being in care settings.

R

Respite Care

Respite care provides temporary relief and support to primary caregivers by offering short-term care for individuals with care needs. Respite care allows caregivers to take a break, attend to their own needs, and recharge while ensuring continuity of care for their loved ones.

S

Self-Care

Self-care involves activities that individuals perform to maintain their own health, well-being, and personal hygiene. Encouraging self-care promotes independence, autonomy, and self-esteem in individuals, even when they require support with certain tasks.

Sensory Impairments

Sensory impairments refer to deficits in vision, hearing, taste, smell, or touch that can impact an individual's ability to interact with their environment. Supporting individuals with sensory impairments involves adapting communication strategies, environmental modifications, and assistive devices to enhance accessibility and quality of life.

Social Isolation

Social isolation occurs when individuals lack meaningful social connections, interactions, or relationships. Older adults may experience social isolation due to factors such as mobility limitations, loss of friends or family members, or living alone. Addressing social isolation involves promoting social engagement, community participation, and opportunities for social connection.

T

Toileting Assistance

Toileting assistance involves supporting individuals with using the toilet, maintaining continence, and managing incontinence issues. Providing toileting assistance requires sensitivity, respect for privacy, and assistance with hygiene tasks to promote dignity and comfort for individuals.

U

Urinary Incontinence

Urinary incontinence refers to the involuntary leakage of urine, often caused by factors such as weakened pelvic floor muscles, bladder problems, or underlying health conditions. Managing urinary incontinence may involve behavioral strategies, pelvic floor exercises, medication, and the use of incontinence products to support individuals with bladder control issues.

V

Vision Impairment

Vision impairment refers to reduced or loss of vision that can impact an individual's ability to see clearly, navigate their environment, and engage in daily activities. Supporting individuals with vision impairment involves providing assistive devices, environmental modifications, and adaptive strategies to enhance independence and quality of life.

W

Wound Care

Wound care involves the assessment, treatment, and management of wounds to promote healing and prevent infection. Providing proper wound care includes cleaning the wound, applying dressings, monitoring for signs of infection, and collaborating with healthcare professionals to ensure optimal wound healing for individuals.

This glossary provides a comprehensive overview of key terms and concepts related to providing support to meet personal care needs in the Aged Care Certificate III course. By understanding these terms, learners can

enhance their knowledge and skills in delivering high-quality care to older adults and individuals with care needs.