



APPS Eligibility Criteria

Registrant Must:

- Be employed as a PSW or HCA working in a health care setting in order to apply knowledge and skills, and
- **Must have completed a Fundamentals or Level 1 course** and receive a certificate of completion

Course Outline:

WEEK 1

Welcome to APPS & e-Learning

- Getting to Know Each Other
- Mindfulness

WEEK 2

Roles in Caregiving: Therapeutic Communication & Self Care

- Communication
- Mindful Breathing

WEEK 3

Considering Advance Care Planning, Ethics, Loss and Grief

- Dealing with Grief
- Seeing the Good

WEEK 4

Tools for Symptom Management

- Comfort Measures
- A Savouring Walk

WEEK 5

Tools for Symptom Management with a Focus on Pain

- Pain
- Self Compassion

WEEK 6

Psychological Issues and Spiritual Issues

- Psychological Issues
- Gratitude Practice

WEEK 7

Skin Care and the Dying Process

- Looking for the Signs
- Improving Sleep

WEEK 8

After Death Care and Bereavement

- Grief Rituals and Self-Care

Resources to Support you