

DEMENTIA CARER

Training Programme – Vocational training organised in accordance with the programme requirements

1. BASIC DETAILS AND CLASSIFICATION OF THE TRAINING

1.1.	Title	Dementia Care Worker
1.2.	Programme requirement identification number	09214001
1.3.	Name of sector	Social sector
1.4.	Classification based on KEOR code	0921 Care of the elderly and adults with disabilities

2. LEVELS OF QUALIFICATION AVAILABLE

1.5.	Title	Dementia carer
1.6.	European Qualifications Framework (EQF) level	4
1.7.	Hungarian Qualifications Framework (HQF) level	4
1.8.	Digital Competence Framework level	3

3. DESCRIPTION OF WORK AREA, ACTIVITIES AND JOB ROLE

A dementia carer is a member of an interprofessional team (cooperation between representatives of different professions to achieve a common goal). They collaborate with representatives of other professions in the provision of comprehensive care for people living with dementia. They recognise the early symptoms of dementia, the behavioural and psychological symptoms of dementia (hereinafter referred to as BPSD symptoms) and changes in behaviour. They provide support in alleviating cognitive impairments.

During care, they apply tools for effective communication, such as: assistance, understanding, empowerment, treating the person as an adult, encouragement and respect. They recognise difficulties with everyday activities. They establish a collaborative partnership with the family of the person receiving care. Within the limits of their competence, they intervene effectively in pre-hospital emergency situations. Recognises the signs of abuse and makes recommendations for its prevention. Understands and supports the spiritual needs of people living with dementia.

Applies person-centred care methods in their care work. Organises and facilitates group sessions, applying the practices they have learnt. Makes recommendations on how to make the home and care home environments of people living with dementia safer. Adheres to the ethical standards they have learnt.

4. AIM AND TARGET AUDIENCE OF THE TRAINING

Aim of the training: The aim of the training is for participants to acquire the theoretical and practical knowledge, skills and competences required to obtain a professional qualification in dementia care.

Target group of the training: Any person who meets the entry requirements and aims to acquire the knowledge, skills and competences offered by the training programme.

Participation and entry requirements:

- Completion of primary education.
- Basic qualification in the social and healthcare sector.
- One year's continuous professional experience in a basic or specialised institution providing personal care for the elderly, in the role of carer, nursing assistant, senior carer, senior nursing assistant or therapeutic support worker.

5. COMPETENCIES TO BE ACQUIRED DURING THE TRAINING

- Identifies possible ways and methods of supporting people living with dementia and of collaborating with other professions within an interprofessional (IP) team.
- Within the team, they carry out tasks related to the direct care of people living with dementia, and participate in accompanying them, providing activities and supporting family members.
- Understands the progression of the disease. Draws up an individual care plan based on the information available.
- They recognise the early symptoms of the condition. They apply individualised and person-centred care approaches.
- Provides assistance to people living with dementia to alleviate cognitive impairment when the need arises. Classifies the symptoms that arise in order to identify the stage of dementia.
- Recognises BPSD symptoms and, by adopting appropriate behaviour, is able to respond in such a way as to keep them under control.
- In their work, they apply effective, specialised communication tools and models in carer-patient and carer-relative relationships. They link the characteristics of the patient's other physical conditions to BPSD symptoms.
- They recognise stress factors that pose a risk to their own health and that of relatives.
- Recognises difficulties arising in everyday activities and adapts the care and nursing process accordingly.
- Following the establishment of a medical diagnosis, formulates nursing diagnoses and applies them in practice.
- Establishes and maintains a cooperative relationship with the patient's family and provides assistance in accessing available services.
- Where necessary, they intervene continuously and effectively when pre-hospital symptoms or emergencies arise.
- Recognises the social and societal challenges associated with ageing, as well as signs of abuse.
- Communicates in a responsible, fair and non-aggressive manner, prioritising professionalism and embracing cultural diversity.
- In their work, they apply the principles of person-centred care (supportive and non-coercive approach), the 'self-support' principles and the 'Best Friend Model' care method.
- They ensure that people living with dementia take part in activities, and organise and run group sessions.
- Through constructive suggestions, they contribute to making the physical environment safer and provide information regarding legal protection.
- They provide psychological support to people living with dementia as they come to terms with the process of letting go of life and facing death.
- They identify and analyse ethical dilemmas, strive to assess the mental well-being of the person in their care in a reflective manner, and seek help in critical situations.
- They initiate changes that support care provision by representing the interests of people living with dementia and their relatives.
- Drawing on their basic digital skills, they use spreadsheets, edit texts, correspond, manage the digital care documentation programme, and regularly undertake professional development by navigating the online environment.
- They interpret and use professional documentation (legislation, regulations, job descriptions, protocols).

6. SOCIO-ECONOMIC APPLICABILITY (LABOUR MARKET RELEVANCE)

Our era faces a new challenge: an ageing society. This process brings with it an increase in illnesses more common in old age, including a rising number of cases of dementia. According to WHO data, there are currently 250,000 people living with the condition in Hungary. The ability of people living with dementia to look after themselves gradually and severely declines, requiring increased and specialised care. A significant number of them make use of the institutions within the social care system.

Section 6(5a)(d) of Decree No. 1/2000 (I.07.) stipulates that, in the case of residential care homes providing accommodation for people with dementia, the head of the institution is obliged to ensure the presence of at least one employee with a specialist qualification in dementia care for each of the following roles: carer, nursing staff and therapeutic staff

on every shift. Due to social need and statutory requirements, interest in training has increased significantly; consequently, it is essential to provide such training.

7. CURRICULUM UNITS / PROGRAMME REQUIREMENTS MODULES

Name of the programme requirement module	Number of hours	Theory	Practical	Contact
Nursing and care of people living with dementia	224	96	128	224
Support for people living with dementia	120	48	72	120
Person-centred care and support	200	96	104	200
Administrative tasks in dementia care	56	16	40	56
TOTAL	600	256	344	600

8. CONDITIONS FOR THE ISSUANCE OF A CERTIFICATE OF COMPLETION

Name of the certificate that may be issued: CERTIFICATE (Section 13/B of Act LXXVII of 2013; Government Decree No. 11 of 2020 (7 February)
Section 22(1))

Conditions for issue:

- Successful completion of each course unit/module with a mark of at least 60 per cent.
- Absences by participants in the course must not exceed 20 per cent of the minimum number of hours (consultation/contact hours) per module.

Yours faithfully,

Zalaegerszeg, 8 August 2026

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Béla Zimborás
Director