Home Based Care – Home Based Education

An Online Education and Training Course for Family Carers of People with Dementia

Frequently Asked Questions

When does the course start and how long does it last?

The course starts with an Induction week from Monday 28th January 2019. During this week from Monday 28th through to Sunday 3rd February 2019, you will have time to become familiar with the Moodle online learning environment.

The course itself will start on the following Monday, 4th February 2019. Each week there will be a mixture of activities and course materials for you to go through. The course is mostly *asynchronous*, that is, you can take part in activities and read through resources and materials at times that suit you. There will be one live video tutorial every week, where you are invited to participate along with your fellow participants and your tutor.

Please note: **for data protection purposes, only named participants registered onto the course can participate on the video tutorials. So, siblings, spouses are not permitted in place of those of you who are enrolled on the course.**

The final week of the course starts week beginning Monday, 11th March 2019.

What exactly is Moodle?

Moodle is a Learning Management System popular with a wide range of education providers including universities, colleges and indeed many employers. It is basically a website that can be used to upload information and teaching and learning resources. It can also be used to promote communication between course participants and their tutor.

You can take part in activities at a time that suits you, and you can do this from the comfort of your own home saving you time and expense of travelling to a 'bricks and mortar' physical course venue. Moodle is 'closed' so only those of you who have registered onto the course will have access to the course.

How much does it cost to attend the course?

The course is FREE. However, voluntary donations are most welcome. We will use any donations to help us run similar courses in the future.

What equipment do I need to do the online course?

You will need access to a personal computer, laptop or tablet. You will need to have access to the internet through a broadband connection. You will also need speakers (most laptops and tablets have these in built) or headphones so that you can listen to videos from the course. You should be familiar with using the internet, and as you may need to type in text you should be familiar with using the keyboard and mouse on your computer.

You can also access the course from a smartphone (iPhone or Android). We recommend using the *Moodle Mobile* app (which is available from the App Store or Google Play) if you want to access the course from your smartphone. The address of the site is https://moodle.alzheimer.ie

How will the course be delivered online?

The course will be delivered via The Alzheimer Society of Ireland's Moodle Learning Management System. We will use a variety of methods to deliver the course. We will use a selection of short videos to provide information on certain topics. We will also use video presentations with a voice over. We will use your email address to communicate with you directly.

The online course will be participatory in nature. That means we would like you the participant to interact with each other and with the online tutor. We will use 'Discussion Forums' as a means of enabling participants to share their experiences with each other. We have found that the course works best if participants are willing to learn from each other through the sharing of experiences. Other methods of sharing experiences will also be utilised – for example we will use 'Polls' and 'Choices' to invite participants to tell us about your experiences.

I'm not sure if I feel comfortable sharing my experiences in an online environment. Should I still attend the course?

Class sizes will be limited to around 15 participants. Each class will have a tutor working exclusively to support the group on the course. We do hope that you are encouraged to share your experiences with your fellow participants. In that way, the group can build up their knowledge, and very often participants on the course learn quite a lot from each other. Remember, the only people who will see your posts will be your fellow course participants and the course tutor, not the whole internet!

My computer skills are not great – should I still attend?

You don't need to be a computer genius to do this course! You should be able to use a keyboard and navigate around websites. In terms of computer skills – if you can book a flight or a holiday online, then you are likely to have the ability to take this course. What you also need is an open mind and a willingness to share your experience and learn from the experiences of other participants.

Will I get a certificate when I complete the course?

Yes, you will get an Attendance Certificate when you complete the course.

How do I enrol on the course?

Once you have applied and we have confirmed your place, we will email you a link onto the course. You will be given a username and initial password, which you will change on your first access to the course.

Is there anything else I need to know?

We are interested in measuring the effectiveness of the course. We are therefore going to carry out some research and would greatly appreciate your assistance. Consequently, you will be required to

complete online questionnaires both before the course starts and after the course finishes. The survey results will be anonymous and your confidentiality will be protected.

Can I attend anonymously?

No. Sharing and discussing your experience is an important part of the course. To build trust, we all participate with our real names. You are asked to keep information shared on the course confidential and not to share it with any other websites or social media platforms. We also encourage you to create a profile within the learning platform, so you can present yourself to your group.

Will I need to do all the tasks?

The course will require about 3 hours of your time every week. We know you probably have a busy schedule, so we keep it as light as possible. But it is recommended to go through all the steps chronologically to get the best learning experience. We recommend that if you 'fall behind' the materials in a given week, you continue with work in the current week, and catch up on those exercises you missed as time permits. The final week of the course is a revision week which allows you time to catch up on materials from earlier weeks.

What if I have more questions during the course?

Your tutor will be online regularly throughout each week of the course. So will the other members of your learning group. We encourage and welcome your questions. You are not alone.

If we have left anything out that you are not sure about, please get in touch with Fergus Timmons the course coordinator on fergus.timmons@alzheimer.ie