Problem and Method of Harmonization of Long-Term Care Education between Japan and Indonesia

Takayuki Yahara
Hiroshima International University
Contents

Ⅰ. Care worker's training and certificate system in Japan

Ⅱ. Problem about the harmonization of long-term Care Education between Japan and Indonesia

Ⅲ. Attempt to harmonize the training curriculum for beginning care worker
I. Care worker's training and certificate system in Japan
Career Paths of Certified Care Worker in Japan

- **Training School Route** (養成施設ルート)
  - 130 hours
  - Training for beginning care worker
  - Certified care worker 介護福祉士
  - National examination
  - More than 3 years experience

- **Training for Person Doing the Actual Care Work**
  - 450 hours
  - Training for person doing the actual care work
  - More than 5 to 10 years experience

- **Care Worker Specialist**
  - 400 hours?
  - Recognized介護福祉士 (仮称)
  - More than 5 to 10 years experience
  - Various living disorders to the user special care to perform
  - Specialized care technology guidance and integration in the key person and team care to improve

- **Training for Beginning Care Worker**
  - 130 hours
  - Home Helper 2nd training equivalent

- **Certified Care Worker**
  - 1800 hours
  - Certified care worker 介護福祉士
  - National examination
  - More than 3 years experience

- **Care Worker Specialist**
  - 450 hours
  - Training for person doing the actual care work
  - More than 5 to 10 years experience

- **Training School Route**
  - 450 hours
  - Training for beginning care worker
  - Certified care worker 介護福祉士
  - National examination
  - More than 3 years experience

- **Care Worker Specialist**
  - 400 hours?
  - Recognized介護福祉士 (仮称)
  - More than 5 to 10 years experience
  - Various living disorders to the user special care to perform
  - Specialized care technology guidance and integration in the key person and team care to improve
Goals of each stage of career path

• **Training for beginning care worker**
  Understanding the minimum necessary knowledge and techniques indispensable to practice fundamental care work

• **Training for person doing the actual care work**
  Having fundamental capability to offer care for a broad user

• **Certified care worker**
  The above matters + Passing the national exam

• **Care worker specialist （model project）**
  Having advanced practical capability to offer care based on knowledge, such as medical treatment and rehabilitation, and psychosocial support
Mixture of qualified and unqualified person

Long-Term Care Facility Service

In-Home Long-Term Care Service

Ratio of Certified care worker
Basic structure of "Kaigo" education curriculum

- Human and society
  - Social system
  - Social security system
  - Dignity

- Mental and physical mechanisms
  - Development
  - Aging
  - Dementia
  - Disability

- Care work
  - Professional ethics
  - Care work process
  - Livelihood support
  - Risk management
  - Self-reliance support
Ⅱ. Problem about the harmonization of long-term Care Education between Japan and Indonesia
Challenges for Japan

• **Locality of educational contents**: Since systems, services and way of life peculiar to Japan are considered as the premise of various domains of care work educational contents, it is difficult to use for the international care worker training immediately.
Challenges for Indonesia

- Absence of “Kaigo” concept:
  
  Since the concept of “Kaigo(care work)” and qualification have not existed yet, migrant care workers under the EPA have recognized it as the same work as “Kango(nursing)” at first. Their knowledge and technique are hard to be utilized for the care work for elderly people of Indonesia even after coming back to their country.
Responding to challenges

• Harmonize the training curriculum for care worker between Japan and Indonesia:
Classify and arrange the curriculum about the knowledge and technique of fundamental care work to the thing based on a universal core portion and the context peculiar to each country

• Implement the training curriculum for beginning care worker in Indonesia:
Create the new curriculum by cooperation of the staffs of both countries, and the concept of “Kaigo”, and the knowledge and technique of care work are spread and utilized in Indonesia
Ⅲ. Attempt to harmonize the training curriculum for beginning care worker
Aims of training for beginning care worker

(1) Understand knowledge and technique indispensable in order to practice fundamental care work

(2) Understand that the right knowledge and the suitable care technique based on an assessment result need to be applied

(3) Understand that the viewpoint of pulling out the dormant faculty of those who need care, and making it utilize and demonstrate is important for support the self-reliance and prevent the worsening

~(11) The rest is omitted
The curriculum of training for beginning care workers (130 hours)

- Understanding competency of care work: 6h
- Maintenance of dignity and independence support in long-term care: 9h
- Basis of long-term care: 6h
- Understanding long-term care and social services & partnership with medical treatment: 9h
- Communication skills in long-term care: 6h
- Understanding of aging: 6h
- Understanding of dementia: 6h
- Understanding of disability: 3h
- Mental and physical Mechanisms & livelihood support skills: 75h
- Review: 4h
Textbook of training for beginning care worker
Understanding competency of care work

Process of care management

Process of home-visit care

Assessment
Planning
Implementation of support
Evaluation
Maintenance of dignity and independence support in long-term care

ICF (International Classification of Functioning, Disability and Health)
Basis of long-term care

Code of ethics by the Japan Association of Certified Care Workers
Understanding long-term care and social services & partnership with medical treatment

Outline of care insurance system
Communication skills in long-term care

Biestek's principles of social casework

Individualization
Purposeful expression of feeling
Controlled emotional involvement
Acceptance
Nonjudgmental attitude
Client self-determination
Confidentiality
Understanding of aging

Aging change of the blood oxygen concentration
Understanding of dementia

Progress of alzheimer dementia
Mental and physical Mechanisms & livelihood support skills

Body mechanics

Transferring care

caring for meals
<table>
<thead>
<tr>
<th>basic classification</th>
<th>subjects</th>
<th>requirement for instructor of each subject</th>
</tr>
</thead>
<tbody>
<tr>
<td>Human and society</td>
<td>Understanding competency of care work</td>
<td>Certified care worker, public health nurse, visiting/home care nurse, etc.</td>
</tr>
<tr>
<td></td>
<td>Maintenance of dignity and independence support</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Understanding long-term care and social services &amp; partnership with medical treatment</td>
<td>social worker, physical therapist, physical &amp; rehabilitation medicine specialists, etc.</td>
</tr>
<tr>
<td>mostly local</td>
<td>Understanding of aging</td>
<td>Certified care worker, nurse, public health nurse, medical doctor (nurse, medical doctor for particularly in the field of medicine), etc.</td>
</tr>
<tr>
<td></td>
<td>Understanding of dementia</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Understanding of disability</td>
<td></td>
</tr>
<tr>
<td>Mental and physical mechanisms</td>
<td>Basis of long-term care</td>
<td>Certified care worker, public health nurse, visiting/home care nurse, etc.</td>
</tr>
<tr>
<td></td>
<td>Communication skills in long-term care</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mental and physical Mechanisms &amp; livelihood support skills</td>
<td>※All the instructor need more than 3 years experience in the field.</td>
</tr>
</tbody>
</table>
Image of universal and local training curriculum

Local Curriculum of Indonesia

- Understanding various kinds of long-term care services
- Interprofessional teamwork
- Understanding long-term care system and related laws and regulations
- Livelihood support skills based on domestic tradition and cultures, living environments

Universal Core Curriculum

- Maintenance of dignity and independence support
- Basic communication skills
- Understanding of aging
- Understanding of dementia
- Understanding of disability
- Basic livelihood support skills

Local Curriculum of Japan

- Understanding various kinds of long-term care services
- Interprofessional teamwork
- Understanding long-term care system and related laws and regulations
- Livelihood support skills based on domestic tradition and cultures, living environments

For engaging in long-term care in Indonesia

For engaging in long-term care in Japan
Estimated student and trainer of the training curriculum for beginning care worker in Indonesia

**Trainer of the Trainer**
- Experienced teacher of certified care worker in Japan
- Experienced teacher of public health nurse in Indonesia

**Trainer**
- Successful candidates of certified care worker under EPA
- Teacher of nurse in Indonesia who has completed the trainer’s training course for this program

**Student**
- Kader/Posiandu, Pramrukti, Nurse/Puskesmas
Towards the realization of training curriculum for beginning care worker in Indonesia

Develop the texts and curriculum for this training by the team of experienced teacher of certified care worker in Japan, experienced teacher of public health nurse in Indonesia, successful candidates of certified care worker under EPA

Implement “Train the Trainers” program in Indonesia by the above team

Establish the Training Center of KAIGO both in Japan and in Indonesia

Realization of training curriculum for beginning care worker in Indonesia
Method of reflecting process for developing the texts and curriculum between Japan and Indonesia
Actual example of reflecting process for developing the curriculum between Japan and Indonesia

Successful candidates of certified care worker under EPA

Experienced teacher of certified care worker in Japan