



# Qualification and profile for elderly care worker in Estonia

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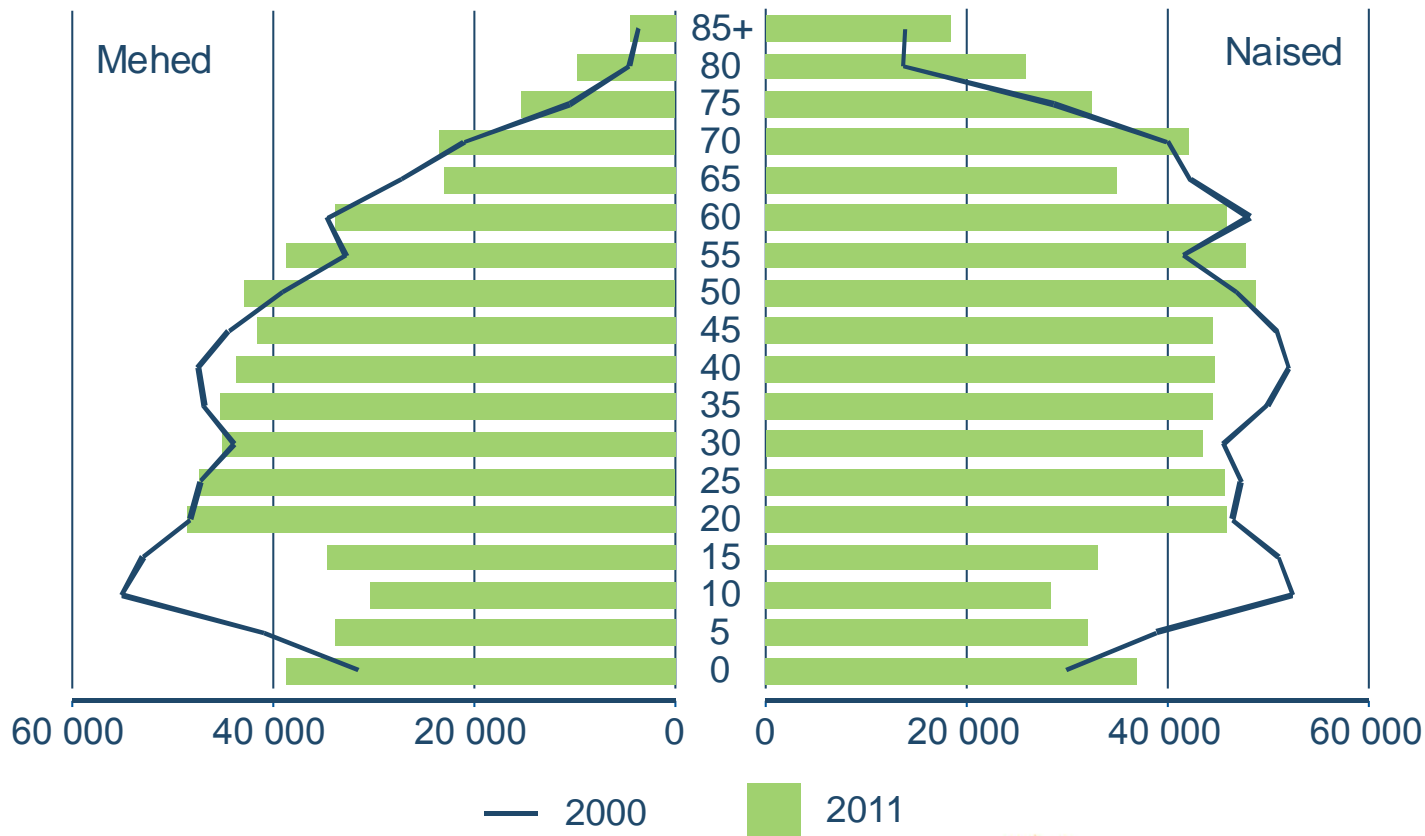


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# Number of elderly people

- 1 294 236 people in Estonia according to the 2011 census
- 229 440 of the population, 18% are elderly ( older than 65)
- Life expectancy in 2008 was 79,2 for women and 68,6 for men

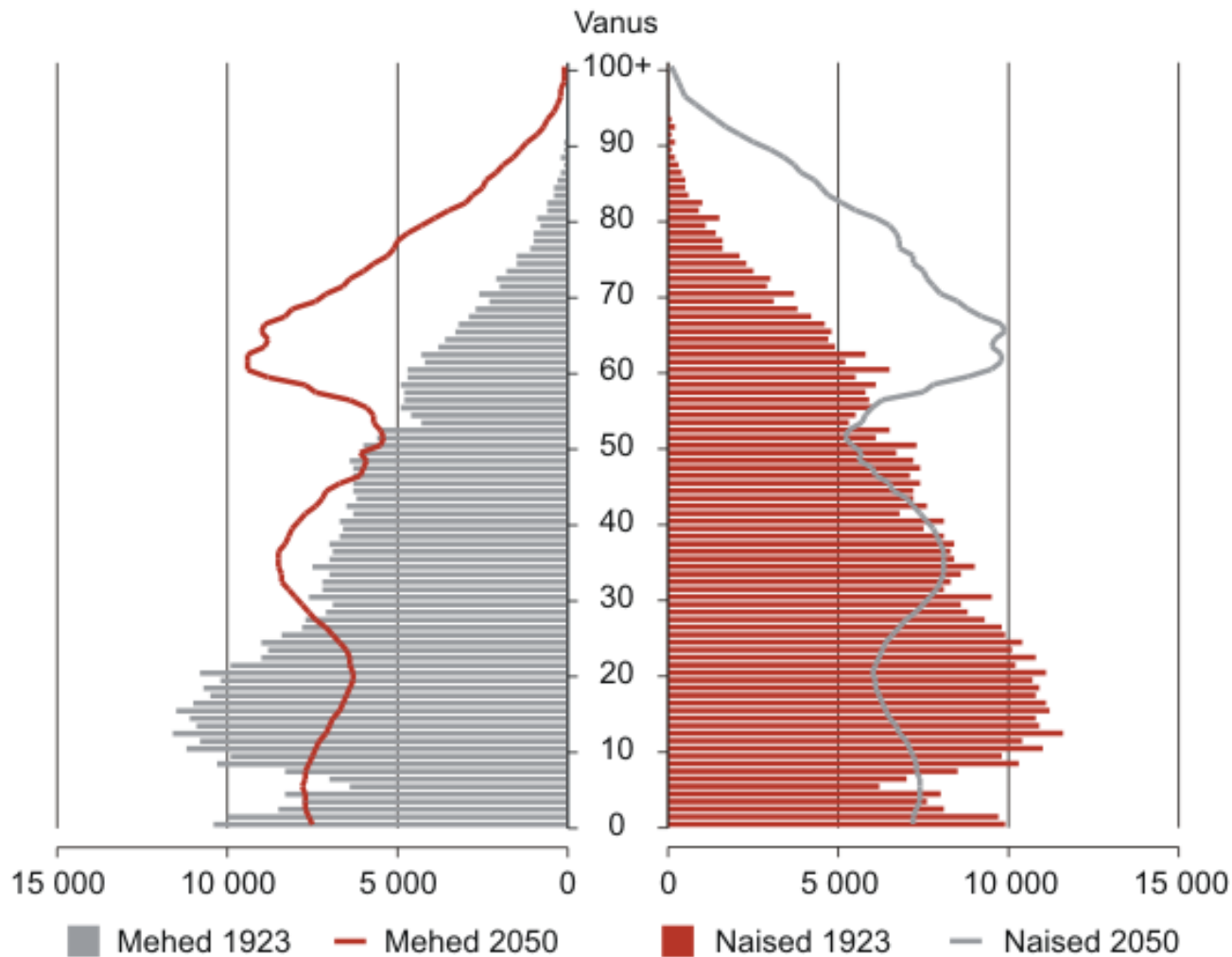
# Population pyramid in 2011



# Prognosis for 2050

- By 2050 there will be about 298 000 elderly people, 24% of the population
- Life expectancy will rise to 80,44 for women and 78,38 for men

# Prognosis for 2050



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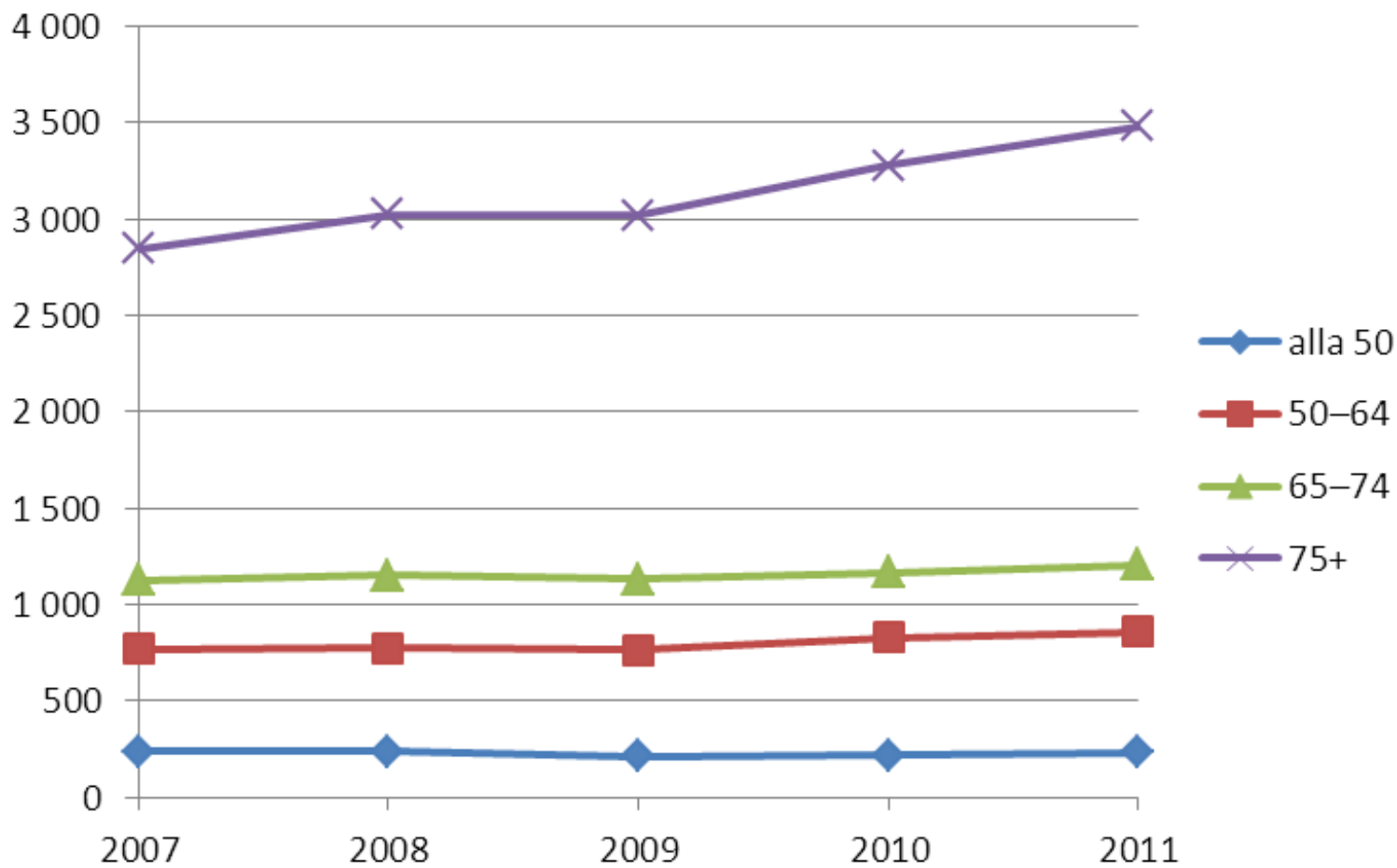
Eesti tuleviku heaks




- Increase in life expectancy should not mean decrease in health
- In 2008 the average number of healthy years was 57 for women and 53 for men
- Could indicate increasing need for elderly care

# Elderly care options

- In 2011 there were 131 social welfare institutions offering services to the elderly in Estonia (discounting those designed for people with special psychiatric needs), providing 24-hour care to **5769** people, 81% of whom were above the age of 65
- 91 of these were owned by local government, 38 by private sector and 3 by the state
- A **general care home** is a social welfare institution created for the 24-hour care of people whose need for assistance and care means that they are no longer capable of living independently and whose ability to manage can no longer be ensured through the provision of other social services and assistance
- The number of people who need care has been rising in recent years





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- In 2011 there were 1456 people working in general care institutions that were directly connected to working with the user of the services (the residents)
  - 83% of them were care workers, 8% were nurses and 3% were manager positions
  - Compared to 2007, there are 24% more care workers

# Elderly care options

- **Home care service** means personal home assistance in managing home and everyday life situations that help the service user to cope in the natural environment.
- In 2011 there were 663 social care workers providing home care to 6116 people, of which 81% are over 65
- 81% of the social care workers had professional training or further education relating to the field

# Occupational Standards in Health Care and Social Work area

- The occupational standard is a document that describes the work and the necessary skills, knowledge and attitudes, ie a set of competency
- Awarding occupational qualifications is optional unless regulated by law
- The social care worker occupation is not regulated by law -> it's is not mandatory for social care worker
- Awarding body Tallinn Social Work Centre

# Occupational Standards in Health Care and Social Work area

- Care worker, level 3, 4 (EQF level)
- Nurse assistant, level 3,4,5
- Social care worker, level 3,4,5
- Social worker level 3,4,5
  - Specialization to either
    - Elderly care
    - Child welfare
    - Care for disabled
    - Homeless or underemployed welfare
- Director of social care home, level 4



# Example: Social Worker specialising in elderly care

- Social worker specializing in the field of elderly care works in a care institution helping the elderly to maintain and restore the ability to cope in everyday life through different services:
  - Counseling
  - Rehabilitation
  - Everyday care
- Requirements:
  - Professional higher education; 5 years of consecutive work experience in the field; at least one article published in specialized publication or articles in local newspaper; a presentation at a professional conference, seminar or training; 3 credits of professional further training in required field in the last 5 years
  - Or relevant master's degree in field of work and at least 5 years of consecutive work experience in the field

# Example: Care worker (EQF 3)

- Partial qualifications:

Caregiver

Homecare giver

- Care worker has got a professional training which enables her to work according to rehabilitation or nursing plan of patient

# Careworker's (EQF3) competencies are:

- Giving assistance to patient in living activities and caring /nursingprocedures
- Helping patient/client in household works
- Giving first aid

# Careworker's (EQF4) competencies are:

Additionally to careworker 3 competencies:

- Coordinating and managing the work of care-team
- Carework with children
- Carework with geriatric patients
- Carework with people with special needs



# Educational institutions

- Occupational standards are used to help make up national curricula that meet the career world requirements
- School curricula are based on compulsory education or upper secondary education and their duration varies from 0,5 year (for partial qualification) to 2 years
- The care worker national curricula was adopted in 2008 and is based on the qualifications requirements set in Social Care I, II, III and Nursing assistant I, II, III occupational standards

# Educational institutions

- Institutions that provide education based on the care worker national curricula:
  - Tallinn Health Care Colledge
  - Tartu Health Care College
  - Kuressaare Regional Training Centre
  - Põltsamaa Regional Training Centre
  - Valga County Vocational Training Centre
  - Vocational Centre of Pärnu County
  - Lääne-Viru College
  - Haapsalu Vocational Education Centre
- Many social care institutions provide further training for their staff either in cooperation with health care schools or from their own resources



# Adult education

- There are lot of different courses with different duration (from 40 – 240 hours) for preparing caretakers
- The providers for this kind of courses are mostly hospitals, nursing homes, adult education institutions, vocational schools
- Most of the caretakers on nursing homes and hospitals have passed this kind of courses and don't have formal qualification



# Thank you!

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