



Care Guide

for Health Care Assistants

Improving the care of frail older people



Scan the QR code to access the
electronic guide for mobile devices
and PDF print versions

The guide provides practical evidence-based guidance on **23 topics** to support the delivery of **safe, effective, and person-centred care for older adults**.

The guide is designed to:

- prompt Health Care Assistants to look for **early warning signs of deterioration** in the resident's health status
- **report** concerns to the Registered Nurse
- **document** concerns clearly

Key Concepts

- Communication
- Infection prevention & control
- Kaumātua
- Medication management
- Sexuality & intimacy
- Standards of care

Mental Health

- Changed behaviours in dementia
- Delirium
- Dementia
- Depression

Physical Health

- Bowels and constipation
- Cardiac
- Syncope & collapse
- Acute deterioration
- Diabetes
- Falls
- Moving & transferring
- Nutrition & hydration
- Oral health & mouth care
- Pain
- Respiratory
- Skin integrity
- Urinary

