

# Academic and Employability Skills



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# Academic and Employability Skills

- Academic and Employability Academic skills and employability skills can make an individual become efficient in every aspect of life. Employability skills can be useful to solve problems in the workplace and also help an individual to work with others (Arnold *et al.*, 2019)
- Academic skills can be defined as some core skills that can involve excellent academic, writing, presentation skills, digital skills, referencing skills, critical thinking, and reflective practice (Rabiner et al., 2016)
- Employability skills can be defined as transferable skills that it is essential for an individual to become employable. A piece of good knowledge about technology and subject, an employee can present a set of skills to the employer to meet the expectation from a job. There are some essential employability skills that can be used in the workplace to improve the business operation for a company (Aizikovitsh-Udi *et al.*, 2015)

# Academic and Employability Skills

When I had the information off the Health & Social Care course, I was very happy because it gives the opportunity to develop my skills on my workplace in England and also when I go back to Portugal.

I already have a course of tourism so together with this course I would like to open a new concept of care home in Portugal, a place where people can stay for treatments, relax, a mixed of residential and nursing home, with the atmosphere of a 5 star Hotel.

This course is going to help me being more confident and competent and to be more employable, developing my:

- oral and writing communication
- , team working,
- reflection
- , time management,
- solving problems,
- referencing,
- flexibility,
- digital technologies analysing literature,
- researching,
- identify skills

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## P.D.P

|                                                                                                                 |                                   |                         |                                       |
|-----------------------------------------------------------------------------------------------------------------|-----------------------------------|-------------------------|---------------------------------------|
| JOB : Manager<br>-----<br>Skills: 1. Communication Skills<br><br>2. Management Skills<br>3. Financial Knowledge | How<br><u>Health Care courses</u> | How long<br><br>6 years | Obstacles/threats<br><br>Unemployment |
|-----------------------------------------------------------------------------------------------------------------|-----------------------------------|-------------------------|---------------------------------------|



- **Health and social care**

- In Portugal we still don't have institutions like England and I really want someday to open one with the standards from here, first because I want to help to develop the system there and second, we also have lots of English people that go to live in the Algarve on their retirement.
- Algarve has magnificent beaches (sometimes we think we are in some tropical place with very clear water), by the other side we also have the mountains like Monchique for example where it's easy to find small natural fountains to drink water, and they use that same water for treatments. "Within walking distance of Monchique, Caldas has reputation of good water quality, considered medicinal; the spas (now dedicated to the treatment of some diseases), exist since the time of roman occupation, this people, who gave so much importance to water, built in this place an important spa...Caldas Spa, from the Romans to our days, with periods of glory, controversy, from the simple observation of the "miracles" of water to the study of its characteristics and understanding of the benefits of its use for Health, a line of thought endures. Bicarbonate, sodium, rich in fluoride this water is indicated mainly in the thermal treatments, is especially indicated for respiratory tract disorders, musculoskeletal disorders, also allowing beauty treatments"(C.M.Monchique):
  - airways and muscle disorders – skeletal
  - nasal irrigation
  - aerosol sonic
  - nebulization
  - swimming pool and hot tubs
  - Vichy shower
  - Jet shower
  - Lamas application

- **Health and social care**

About thirteen thousand elderly people are on a waiting list to get a place in state-supported homes, according to estimates by the National Confederation of Private Institutions of Social Solidarity (CNIS)

- Speaking to Lusa, CNIS president, Father Lino Maia, said that "there is no consistent numerical data" on the number of elderly people on the waiting list to enter an institution.
- The president of CNIS considers that this number has been stabilizing and pointed out some reasons that may be the origin of this situation, such as families needing the monetary support of the elderly and a "greater bet on home support", about luxury assisted residences for the elderly, he said they are an "added value" and do not compete with solidarity institutions.
- Generally speaking, he added, "the nursing homes of charities are good, have a very large monitoring of social workers, conditions and bet on quality, but it is clear that service excellence is another type of market response."
- According to data from the National Institute of Statistics, the population over 65 years old already represented 17.1 percent of the population in 2005, but the INE projections for 2008-2060 predict that by 2060, 271 elderly people will live in the country for every 100 young people, more than double the projected value for 2009 (116 elderly per 100 young people).

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- Data from the Social Charter 2007, from the Office of Statistics and Planning of the Ministry of Labour and Social Solidarity, state that there are 1662 nursing homes in Portugal, with a response capacity of 65 455 seats and that they are occupied with 63,576 users(Lusa, 4/05/2009).
- Today more people live more and more and the proportion of those living beyond 60 has increased, and will continue to increase until 2050 (Gomes & Higginson, 2008). In the coming decades, an increase of about 120% of the population with functional limitations is projected and the population receiving formal care in institutions will increase by about 130% (Pickard et al, 2007).
- The association between age and place of death varies between countries and similarly within countries (Decker, Higginson, 2006). For example in the UK, around 17% of people over the age of 65 die each year in nursing homes and old age is associated with a higher likelihood of dying in a hospital or nursing home and a lower chance of dying at home or in a palliative care unit (Department of Health, 2008).. In Portugal, there are no concrete data on how many elderly people currently live in nursing homes, but we know from the 2011 Census that the elderly population, aged 65 years or older, living in Portugal is 2 023 million people, representing about 19% of the total population.
- Faro district has an international airport that welcomes many elderly foreigners looking for the well-known beaches, hot and long summers and mild winters. It is one of the main senior tourism destinations in Portugal. To receive them there are about 84 homes, 21 of which are profitable, with quality services provided, welcoming and without language barriers.(laresonline)

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- The number of old people living alone has increased by 29% in Portugal in the last decade. The number of elderly living exclusively with other elderly people grew identically (28%) and this phenomenon occurred in all regions of the country. In the emergence of the nursing home space, its function was not to promote the recovery of the individual living there and encourage their return to the broader social life, as happens in hospitals, for example. It was, and continues to be, a depository institution, guardian of elderly individuals, offering only "sufficient care to people who are in their last days of life" (Davim et al, 2004). In Portugal, care policy for the older people has slowly taken shape in recent years. The guidelines have focused on integrated and articulated care centralised in the Ministry of Solidarity and Social Security and the Ministry of Health. Care is organised predominantly within the third sector. The interest in the philosophy of palliative care in Portugal is recent and has increased in a disjointed way that cannot respond to all citizens, who would benefit daily from this type of care. In Portugal, a mixed model of solidarity continues to exist in old age and dependence. Although in the process of progressive mutation, the informal network, anchored in the family and neighborhood, remains active.
- According to Ordinance No. 67/2012 of March 21, the establishment for collective housing, temporary or permanent use, in which social support activities and nursing care are provided. Most nursing homes in Portugal belong to IPSS (Private Institutions of Social Solidarity), institutions constituted without profit-purpose, on the initiative of individuals, with the purpose of giving organized expression to the moral duty of solidarity and justice among individuals, and cannot be administered by the State or by an autarchic body. They belong to the CNIS (National Confederation of Solidarity Institutions) or the Union of Portuguese Mercies and through cooperation agreements with the government it is possible to finance that is legally established. Homes belonging to the third for-profit sector are growing and there is no state funding for these facilities. The ratio of nurses established is from one nurse to forty residents, without clarifying the number of hours to which it refers.(simoes,vol 17,2013).

# Resume

Portugal, especially in the Algarve, the concept of Homes is still little developed, every day more people is looking for a Nursing Home or a Residential Home and they don't have vacancies.

Talking to carers from there about what kind of work they do, they told me that certain services we do here, are done by nurses, so the responsiveness are lower, lack trained people, since there is only disclosure about courses of healthcare assistant last year.

I would like to use what I learn from this country (work , organization, structure) together with the environment, the quality of live and the outstanding services in

Algarve to open a specialize Home there, adding the useful to the pleasant, doing what I like, helping people and of course maintain my economic sustainability ■

# References

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