

The Thogomelo Project

LEARNER WORKBOOK 2

(SELF-STUDY WORKBOOK)

Thogomelo Supportive Supervision Skills Development Programme for supervisors of community caregivers

Surname of learner (as on ID document)

Name of learner (as on ID document)

ID number of learner

Address of learner

Telephone of learner (cell, home or work)

Dates of training attended

Name of training provider

Address

**Training provider
accreditation number**

Telephone

E-mail address

Fax

Name of assessor

Assessor registration number

Signature of the assessor

Date of assessment

Name of moderator

Moderator registration number

Signature of the moderator

Date of moderation



social development
Department:
Social Development
REPUBLIC OF SOUTH AFRICA



Introduction

Dear Learner

This **Learner Workbook 2** is part of your Portfolio of Evidence for this skills development programme. You will be asked to refer to your Thogomelo Psychosocial Support for Community Caregivers SDP **Learner Manual** that will be handed to you during the training. This Learner Workbook addresses Unit Standards **120308** and **244584**. These Unit Standards are covered in Modules 1, 2, 3 and 5 only. This is a self-study section where you are required to read the manual (Thogomelo Psychosocial Support for Community Caregivers SDP) and complete the activities in your own time. Your facilitator will be able to assist you with those activities during Block 1 of training.

Who should complete Learner Workbook 2?

You will only be required to complete this Learner Workbook 2 if you have not attended the psychosocial support skills development programme for community caregivers.

Assessment

Those who have attended the psychosocial support skills development programme for community caregivers are requested to provide evidence for having been found competent on Unit Standards **120308** and **244584**.

US ID	Title	NQF level	Credit points
120308	Apply knowledge of self in order to make a personal decision	2	3
244584	Investigate ways of contributing towards community development	3	5

Important note to the assessor

For those who have attended the psychosocial support skills development programme for community caregivers, assess Learner Workbook 1 only.

For those who have **not** attended the psychosocial support skills development programme for community caregivers, assess both Learner Workbooks 1 and 2.

Skills development programme	Tick appropriate training attended
Supportive supervision skills development programme for supervisors	
Psychosocial support skills development programme for community caregivers	

PLEASE NOTE: The activities in this Learner Workbook 2 are not numbered in order. They refer to the activities in the Thogomelo Psychosocial Support for Community Caregivers SDP Learner Manual.

Contents

Self-study workbook	2
Module 1: Being a community caregiver	3
Module 2: My psychosocial wellbeing	6
Module 3: Dealing with stress	10
Module 5: Creating a caring community	19
Notes	27

Declaration of Authenticity

I, ID number

(full names and surname)

declare that the contents of this Learner Workbook are my own original work.
The tasks that allow for group participation are indicated as such.

Learner's signature:

.....

Date:

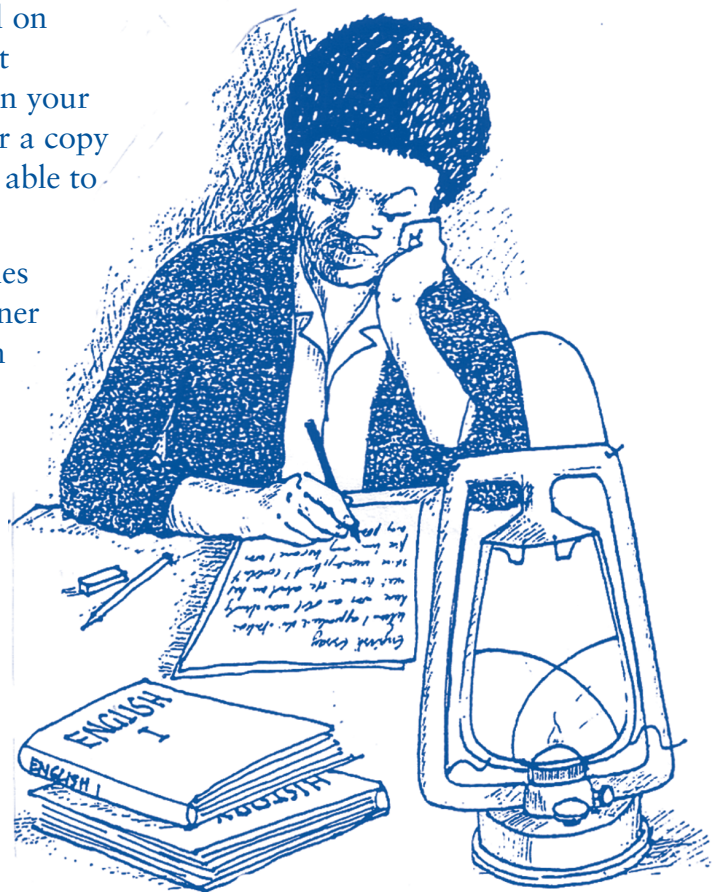
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Self-study workbook

Introduction

You are encouraged to read the manual on psychosocial support skills development programme for community caregivers in your own time. Please ask your facilitator for a copy of the manual. Your facilitators will be able to assist you in completing the activities.

You are advised to complete the activities during practical fieldwork 1. This Learner Workbook 2 should be handed in when you attend Block 2 of the training.



Module 1

Being a community caregiver



Read pages 11–18 of the Thogomelo Psychosocial Support for Community Caregivers SDP Learners Manual. Please note that you do not need to be a community caregiver to complete this workbook.

ACTIVITY 1.3

What motivates you to be a community caregiver?

US 120308

Aim:

SO 2: AC 1.1, 1.2, 1.3, 1.4

- **To understand your personal motivation to become a community caregiver**

*In this activity we are looking at **your** decision to become a community caregiver or supervisor of community caregivers. Answer the following questions:*

1. Why did you become a community caregiver or supervisor of community caregivers?
(explain the values, beliefs and attitudes that led you to become a caregiver)



2. What are your roles and responsibilities in:

a. Your home?

b. Your work?

c. Your community life (such as at church or a stokvel)?

3. How has community caregiving affected (influenced or changed) your life? (this could be a positive or negative effect)

Assessor's comments

Met

Not yet met

Moderator's comments

Met

Not yet met



Module 2

My psychosocial wellbeing



Read pages 43–46 of the Thogomelo Psychosocial Support Programme for Community Caregivers SDP Manual.

ACTIVITY 2.3

Your Tree of Life

US 120308

Aims:

SO 1: AC 2.1, 2.2, 2.3, 2.4

- To understand yourself better in different ways
- To build knowledge and awareness of self in relation to life experience

Draw your Tree of Life and complete the following statements. They relate to your unique and special qualities as a person and as a CCG. These should be clearer to you after having worked on your Tree of Life.

1. My most important beliefs about community caregiving are...

2. My most important personal values are...



3. My personal values affect my caregiving in the following ways...



4. My special abilities are...



5. My particular interest in community caregiving is...

6. What I like about caregiving is...

7. What I dislike about community caregiving is...

8. My strengths as a community caregiver are...

9. Areas in which I can improve and grow as a community caregiver are...

Assessor's comments

Met

Not yet met

Moderator's comments

Met

Not yet met



Module 3

Dealing with stress



Read pages 84–86 of the Thogomelo Psychosocial Support for Community Caregivers SDP Learner Manual.

ACTIVITY 3.7

Exploring formal and informal psychosocial support services

US 120308

Aim:

S03: AC 3.1, 3.2, 3.3

- **To know where to go to for social and emotional support in your community**

After reading pages 84–86, answer the following questions:

1. What are some of your daily activities that make you feel supported and cared for?

2. What specific activities happen in your culture that make people feel supported during times of crisis?

3. What words in your language do you use to offer emotional or social support to others?

4. Where do you go to or what do you do for emotional and social support?

5. What role do you play as a CCG in providing emotional and social support to children, families and others in your community? (describe what you do)

6. What do you do when you are unable to offer emotional and social support to the families or children you work with?

7. Go back to the case studies of Phindi, Sarah and Connie (Activity 3.3) and discuss where you think they can go for social and emotional support in their community.

Assessor's comments _____

Met	Not yet met

Moderator's comments _____

Met	Not yet met



Read pages 87–96 of the Thogomelo Psychosocial Support for Community Caregivers SDP Learner Manual.

ACTIVITY 3.8

My personal goals

US 120308

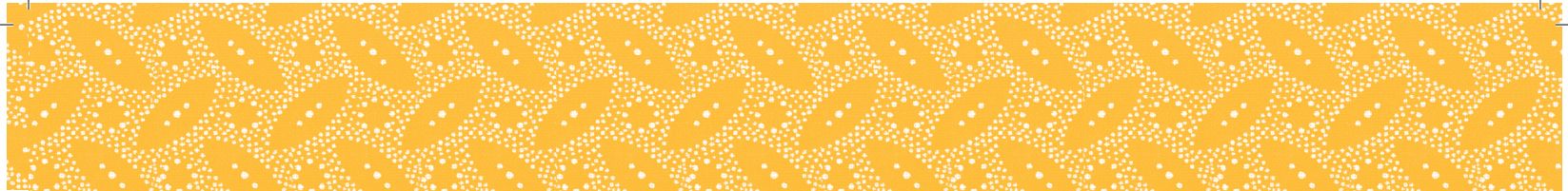
Aim:

S04: AC 4.1, 4.2, 4.3

- To become more self aware

Look the following table and answer the questions on your own. Try to describe what you are doing under each section.

How do I get to where I want to be?		
What am I doing now?	What should I do?	How do I do it?
Managing my stress		
Eating habits		



How do I get to where I want to be?		
What am I doing now?	What should I do?	How do I do it?
When taking medication		
When I feel ill		



How do I get to where I want to be?

What am I doing now?

What should I do?

How do I do it?

When I exercise

Assessor's comments

Met

Not yet met

Moderator's comments

Met

Not yet met



Read page 98–102 of the Thogomelo Psychosocial Support for Community Caregivers SDP Learner Manual.

ACTIVITY 3.9

Setting your goals

US 120308

Aim:

S04: AC 4.1, 4.2, 4.3

- **To set goals as a community caregiver**

1. Write down 4 of your personal goals (in Column 1 below).
2. Now think about what you can do to achieve your personal goals. Write down how you can achieve them (in Column 2 below).
3. Also indicate by when you think you could have achieved them (Column 3 below).
4. Think about what resources you need to achieve those goals (Column 4 below).

Goal	How will I achieve this goal?	By when should I have achieved my goal?	What do I need to achieve my goal (resources)?
1.			
2.			
3.			

Goal	How will I achieve this goal?	By when should I have achieved my goal?	What do I need to achieve my goal (resources)?
4.			

Assessor's comments _____

Met

Not yet met

Moderator's comments _____

Met

Not yet met

5. Now promise yourself, and one of your friends that is with you today, that you will do everything that you can to achieve these personal goals. Sign the achievement pledge:

Achievement pledge

I, _____ (your name) make a promise to
 _____ (your friend's name) that I will do
 everything that I can so that I can achieve my personal goals.

6. Over the next few days, find pictures in magazines that show you what your goals are. Cut them out and keep them in your Portfolio of Evidence. **This is not assessed.**

Module 5

Creating a caring community



Read page 137–145 of the Thogomelo Psychosocial Support for Community Caregivers SDP Learner Manual.

ACTIVITY 5.1

A window into your community

US 244584

Aims:

S01: AC 1.1, 1.2, 1.3, 1.4

- To explore your own understanding of community development
- To explore the dynamics (relationships and structures) of your community

1. Using your own words, describe what “community development” and “community wellbeing” means for you.

2. How does community development contribute to wellbeing in your community? (give 2 examples)

1.

2.

3. Think about a community project or programme that you know about that has worked successfully. What made the project successful? (give at least 2 reasons)

1.

2.

4. Think about a community project or programme that did not benefit the community or did not work well. Why did it not work well? (give at least 2 reasons)

1.

2.

5. Which community projects contribute most to creating a caring and supportive environment in your community? (explain your answer)

Assessor's comments

Met

Not yet met

Moderator's comments

Met

Not yet met



Read page 142–145 of the Thogomelo Psychosocial Support for Community Caregivers SDP Learner Manual.

ACTIVITY 5.2

A window into your own participation in community development

US 244584

Aim:

S03: AC 3.1, 3.2, 3.3

- To explore your own participation in community development and community wellbeing

1. How does your community caregiving work promote community development and wellbeing?

2. What other activities, structures or organisations do you participate in that contribute to community development and wellbeing?

3. What would the consequences for your community be if you were not involved in caregiving and other organisational activities?

Assessor's comments

Met

Not yet met

Moderator's comments

Met

Not yet met





Read page 146–151 of the Thogomelo Psychosocial Support for Community Caregivers SDP Learner Manual.

ACTIVITY 5.3

Our organisations community support network map

US 244584

Aims:

S04: 4.1, 4.2

- **To explore our relationships within a community**
- **To understand the importance of the different relationships**

A social support network map is a diagram that shows relationships that are important to a person (such as a CCG) or an organisation (such as a CBO, FBO or NGO). The social network map you will draw in your organisation is to show the relationships you have as an organisation with people who provide services in your community and who contribute to community wellbeing (such as a clinic sister, traditional healer, police station commander, head of the local school, local government official, etc).

1. Work with colleagues from your organisation.
2. Agree whose relationship you will map. For example, select a “typical” CCG or one from your organisation. Draw this person in the middle of the page.
3. Draw other people around this person. These are people who have important relationships with the community and who contribute to community wellbeing.
4. Use lines and arrows to indicate the type of relationship this person has with each of the other people you have drawn. Decide as a group how you want to show the different relationships by using thick, thin, dotted or curvy lines. Develop a key to show these different lines.
5. Now think of people that are not shown on the map that you think it is important to have a relationship with as they play a role in community wellbeing. Draw these people on your map and use a line to show the relationship. Discuss in your group how you can build the relationship with these people.
6. Each organisation will be asked to discuss what the map shows when you present it back to the training group. Use the following questions to guide your discussion on what your map shows:
 - a. Who makes up our social development network in our community?
 - b. How does each person contribute to or harm our community wellbeing?
 - c. Which of these relationships do we need to improve or strengthen? How can we do this?
 - d. What else can we do to improve wellness in our community?

- e. What other psychosocial support services would we like in our community for ourselves and children? Why do we need them? (this could be informal, formal or professional – remember back to the Pyramid of Psychosocial Support)
- 7 Draw your own social support network map in this space (remember to draw yourself in the centre of the page). Read more on page 155 of the Learner Manual. This type of map needs to show the individual relationships. The social network map is not a map or diagram of the community structures, but on relationships.

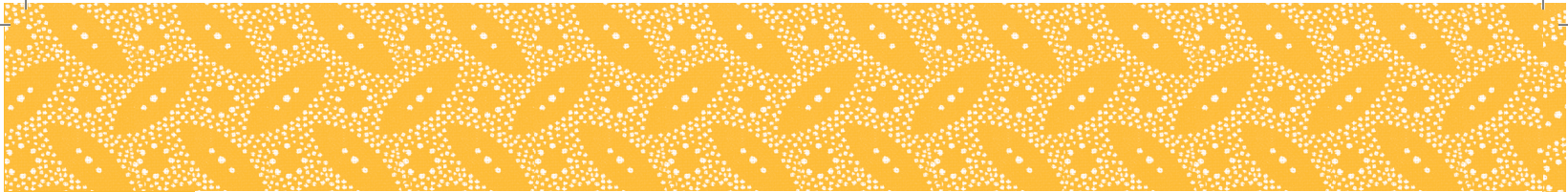


Assessor's comments _____ _____ _____	Met	Not yet met
Moderator's comments _____ _____ _____	Met	Not yet met



Notes

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