

Engelska

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## Identify your competencies in care and welfare

Do you have experience in the care and welfare field and would like to know how you can use your professional experience in Sweden? By doing a self-assessment, you can obtain an overview of what is required for the care and welfare profession in Sweden. If you wish to seek a licence as a healthcare practitioner, you must contact the National Board of Health and Welfare.

Complete the self-assessment by filling out this form. The questions are intended to aid you and your employment officer in determining whether you have the prerequisites and competencies required to continue with practice work and additional training, so that you can work in the care and welfare field.

The self-assessment questions are based on the requirements for working as a healthcare practitioner in Sweden. The answers are based on your knowledge and experience in the profession. All your knowledge and experience count, no matter where or how you acquired them. You assess your own competencies.

### Work – experience

Do you have experience in healthcare work with adults or the elderly?

Yes  No

If yes, have you gained this experience as an employee?  
Describe how you acquired this experience

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How many years of experience do you have in care and welfare?

0-1 yr  1-2 yrs  2-5 yrs  5 yrs->

Have you worked with care and welfare for the elderly? Yes  No

Have you worked with care and welfare for persons still living in their homes? Yes  No

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Have you worked with care and welfare in a hospital? Yes  No

Have you worked with care and welfare for persons with a functional impairment? Yes  No

### Education

Do you have training/education in healthcare and welfare? Yes  No

If yes, describe your training/education below and the time you spent on it.

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Has your education been evaluated by the Swedish Council for Higher Education (UHR)? Yes  No

### Assess your knowledge and abilities. Tick the box for the most suitable alternative.

<b>1: Values, approach and judgment</b>	<b>Yes</b>	<b>Somewhat</b>	<b>No</b>
I understand that people have different needs and situations, and can put this knowledge to use in my work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>2: Communication</b>	<b>Yes</b>	<b>Somewhat</b>	<b>No</b>
In my work, I can adapt my communication approach based on the person's situation and needs in my practical work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>3: Social welfare</b>	<b>Yes</b>	<b>Somewhat</b>	<b>No</b>
I can support the person in achieving a meaningful existence, both as an individual and with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>4: Bodily care</b>	<b>Yes</b>	<b>Somewhat</b>	<b>No</b>
I can assist the person with: personal care, toilet use, showering, oral care, dressing and undressing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<b>5: Meals, food and nutrition</b>	<b>Yes</b>	<b>Somewhat</b>	<b>No</b>
I understand the importance of meals, food and nutrition for a person's health and wellbeing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can support the person during mealtimes and create a pleasant environment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>6: Care for maintenance of function</b>	<b>Yes</b>	<b>Somewhat</b>	<b>No</b>
I can motivate persons to engage in physical activity and provide the support required.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can work in a safe manner to prevent accidents, injuries and bone fractures in my practical work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>7: Health and medical care</b>	<b>Yes</b>	<b>Somewhat</b>	<b>No</b>
I know how to prevent infection and contagion in my practical work, by applying good hygiene practices.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can carry out medical tasks, such as: taking temperature, checking pulse, measuring blood pressure.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>8: Normal ageing – diseases of the elderly</b>	<b>Yes</b>	<b>Somewhat</b>	<b>No</b>
I understand how ageing affects older persons physically, mentally and socially.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can observe and promote the healthy characteristics of elderly persons.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have knowledge about the life situations and needs of elderly persons and those suffering from dementia.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>9: Functional impairments and their consequences</b>	<b>Yes</b>	<b>Somewhat</b>	<b>No</b>
I have knowledge about functional impairments and how they can affect a person's life situation and participation in society.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can support and motivate persons to participate in the community based on their individual needs and wishes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>