



# 4.2 Solution and Reflection

## Learning Materials

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# Annex1- Reflection Cards – Activity 1

## Card 1 – What Happened?

- Describe the situation.
- Where and when did it take place?
- Who was involved?

## Card 2 – My Reaction

- How did you react?
- What did you say or do?
- Why do you think you reacted this way?

## Card 3 – Other Person's Reaction

- How did the person receiving care react?
- What did they say or do?
- How do you interpret their reaction?

## Card 4 – Reflection

- What do you understand better now?
- What would you do differently next time?
- What did you learn from this experience?

# Annex 2 - Case Study Cards - Activity 2

## Card 1 – Identify the Difficulty

- Read the case study carefully.
- What is the main difficulty in this situation?
- What makes this situation challenging?

## Card 2 – Perspective of the Care Receiver

- How might the person receiving care feel?
- What emotions might they experience?
- What unmet needs might they have?

## Card 3 – Carer's Response

- What did the carer do in this situation?
- Was the response effective?
- Why or why not?

# Annex 2 - Case Study Cards - Activity 2

## Card 4 – Alternative Actions

- What could the carer do differently?
- Suggest at least two alternative approaches.
- Which approach would be more supportive?

## Card 5 – Respect & Collaboration

- How can respect and dignity be maintained?
- How can the carer involve the person in decision-making?
- What would a collaborative approach look like?

## Card 6 – Group Reflection

- What did your group decide?
- What solution do you propose?
- Why is this the best approach?

# Annex 3 - Reflection Circle – Activity 3

## Reflection Prompt 1 – Learning

1. What did we learn today?
2. What was the most important insight you gained?

## Reflection Prompt 2 – Improving Care Relationships

1. What approach could improve care relationships?
2. What behaviours or attitudes are important?

## Reflection Prompt 3 – Applying in Practice

1. How can you apply what you learned in real-life care situations?
2. What will you do differently from now on?

## Reflection Prompt 4 – Personal Commitment

1. What is one action you commit to after this session?
2. How will you remember and apply it?

# Annex 4 - Evaluation Form – Reflecting on Care Experiences

## Part 1 – Quick Feedback (Oral)

- One thing I learned today: \_\_\_\_\_
- One thing I found useful: \_\_\_\_\_
- One thing I will use in practice: \_\_\_\_\_

## Part 2 – Written Feedback

Rate the session (1–5):

- |                               |                            |                            |                            |                            |                            |
|-------------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 1. The activities were useful | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 2. I felt engaged             | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 3. I learned something new    | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 4. The trainer was clear      | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |

# Annex 4 - Evaluation Form – Reflecting on Care Experiences

## Open Questions:

- What did you like most? \_\_\_\_\_
- What could be improved? \_\_\_\_\_
- What will you apply in your work? \_\_\_\_\_
- **Part 3 – Trainer Observation (for internal use)** Participation   
Communication  Collaboration  Reflection ability
- **Part 4 – Exit Question**  
What idea or strategy will you apply in your future care practice?