

WISECARE

USER GUIDE

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ENHANCING EMOTIONAL
WELLBEING IN LATE LIFE

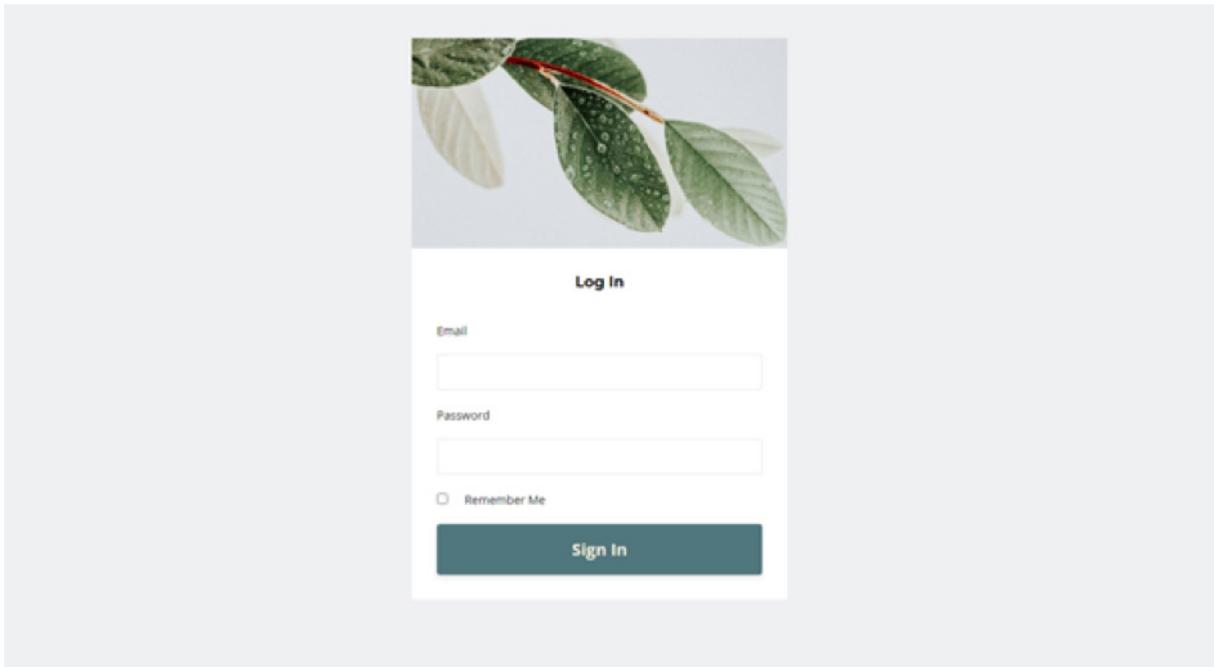


Welcome

Welcome to the Enhancing Emotional Wellbeing in Late Life course!

The step-by-step instructions that follow take you through the course from start to finish, from logging on the first time to generating your certificate of completion and gaining access to additional resources at the end.

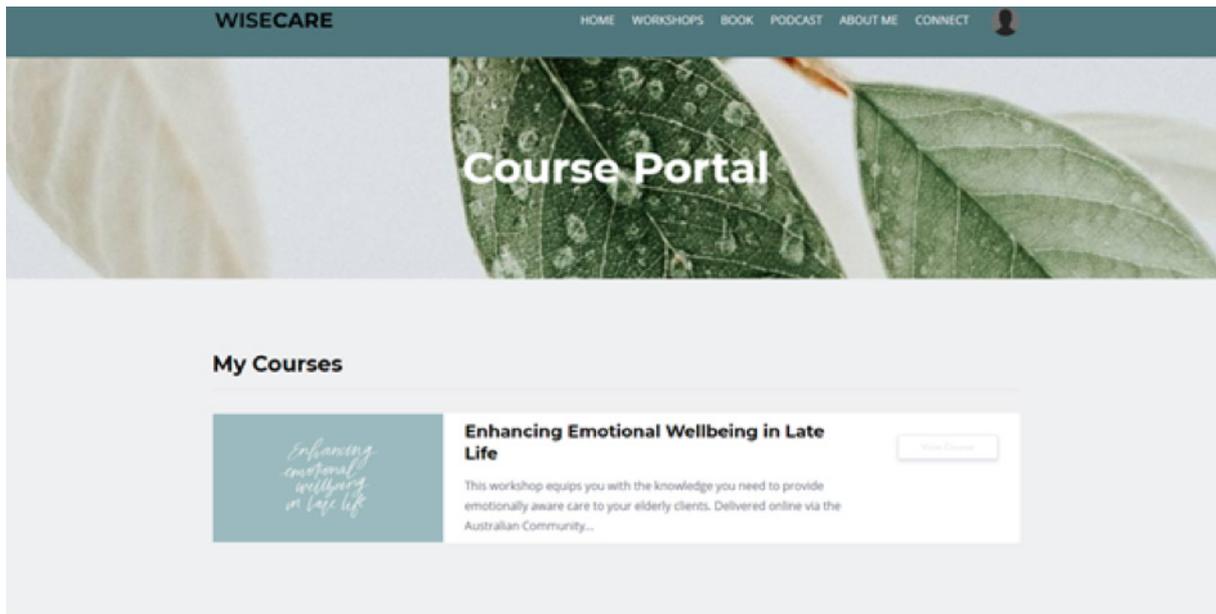
I hope you enjoy the course and look forward to hearing your thoughts along the way. Should you have any questions at all, or need support in any areas, please email myself and the Wise Care team on hello@wisecare.com.au for assistance.



Step 1: Logging In

Upon registration, you'll receive an email to confirm your Wise Care account is active and to advise you of your username and password. If nothing comes through, please check your 'junk' email to make sure it isn't hiding in there. Click 'Login' from the email or by visiting wisecare.com.au/login and you'll be taken directly to the portal. Enter your username (which is your email address) and your unique password and you're in!

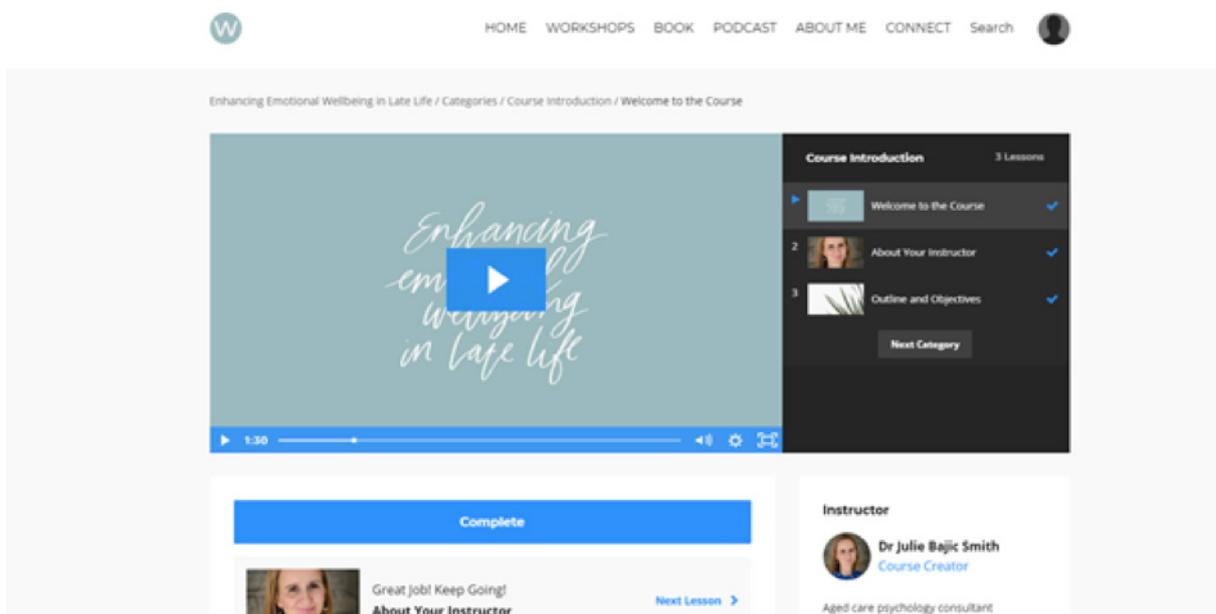
Tip: Record your password and keep it somewhere safe, ready for your next login.



Step 2: Starting the course

Once you're logged in, you'll see the Course Portal homepage and the Enhancing Emotional Wellbeing in Late Life course will be visible. Click on 'View Course' and then 'Start Course' to begin.

Tip: Make sure your speakers are turned on and grab a pen and paper ready to take notes.



Step 3: Completing the introduction

You'll arrive at the Course Introduction which contains three lessons. Start by clicking the play button to watch the video. Once you've watched the video through, Lesson 1 will be automatically marked as complete.

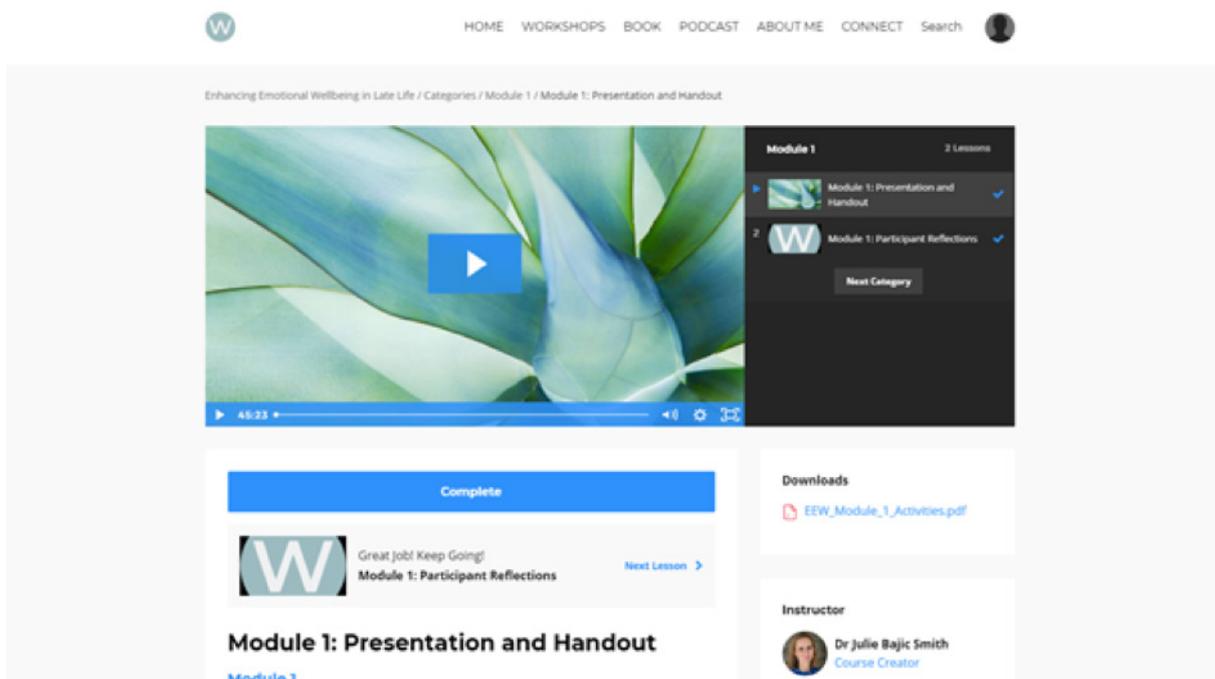
Click on 'Next Lesson' (under the 'Complete' box) then scroll down to read the information under the heading 'About Your Instructor'. Once finished, click 'Mark as Complete' in the box above. Repeat these steps for Lesson 3.

To move on to Module 1, click 'Next Lesson'.

If you log out at this point (or at any point) and come back later, you can select the next module from the course page when you log in and continue from there.

Once the Course Introduction is complete, you will receive an email to check in and remind you that you can get in touch for help anytime by emailing hello@wisecare.com.au.

Tip: You can also move forward to the next lesson, back to previous lessons, or on to the next module, by clicking on the lesson you want or 'Next Category' in the list to the right of the main image (where you watch the video).



Step 4: Completing the modules

For each of the five modules, start by downloading the EEW Module Activities PDF found to the right of the 'Mark as Complete' box. If possible, print it out so you can refer to it and complete the activities as you go.

To complete the first lesson, click play to watch the video. For each module, Lesson 1 will involve watching a video, where I will talk you through each slide, expanding on the text to provide context, background and additional information as needed.

There will also be various stages during Lesson 1 where you will be asked to pause the video and complete the activities on your handout. In addition, there will be times when you are encouraged to share your thoughts by commenting in the discussion forum. To get the most out of the course, please take the time to complete the activities and share your comments, pausing the video for as long as you need to get it done.

Each of the subsequent lessons provide opportunities for you to share any comments or thoughts about the activities, and module as a whole, in the course discussion forum. Sharing your insights and experiences will add value for other participants, and for yourself, and I would love to hear your thoughts and ideas.

As you complete each module, you will receive an email to confirm completion and encourage you to keep up the great work.

Tip: You will need to refer back to the case studies in the handout from Module 1 throughout the course, so keep it with you during each session.

Enhancing Emotional Wellbeing in Late Life / Categories / Course Wrap Up / Assessment and Certificate of Completion



Certificate of completion Enhancing Emotional Wellbeing in Late Life

You **passed**. Keep an eye out for your certificate in your inbox. 📧

[Results Breakdown](#) [Restart](#)

Course Wrap Up 3 Lessons

-  Assessment and Certificate of Completion ✓
-  Participant Feedback ✓
-  Resources ✓

Complete

 Great Job! Keep Going!
Participant Feedback [Next Lesson >](#)

Assessment and Certificate of Completion

Instructor

 **Dr Julie Bajic Smith**
Course Creator

Aged care psychology consultant committed to improve emotional wellbeing in older adults.

Step 5: Completing the Course Wrap-Up

After you finish the five modules, the last step is to complete a short assessment. Once you correctly answer the questions, you will be emailed a certificate of completion which you can download and keep.

There is then the opportunity to leave feedback on how you found the course in the forum, and take part in an exit survey if you choose.

In the final part, you gain access to printable templates related to your learnings, which you download and use straight away to help support you in your work with older adults.

Tip: Print of your templates off now and start using at least one of them in your workplace this week!

What Now?

As you have lifetime access to the course, you can revisit any of the modules anytime you would like a refresher. Simply log in, click on 'View Course' and then you have the option to start the course over or choose a specific module.

Tip: You can manage your profile from the portal, so be sure to keep your contact details up to date.

Bonus Tip: Take advantage of the lifetime access and revisit the course info to gain further insight, or whenever you need a refresher!

Thanks again for being part of the course!
Together we can enhance the wellbeing of elders.

Best wishes,
Julie and the Wise Care team

Dr Julie Bajic Smith (PhD)
Course Creator