



Certificate Course in Geriatric Care & Old Age Care Assistance

Duration 6 : Months (300–360 Hours)

Eligibility : 10th / 12th Pass

Course Type : Vocational / Healthcare Support



Course Objectives

Students will:

- Understand ageing process
- Assist elderly in daily activities
- Provide basic healthcare support
- Handle emergency situations
- Maintain hygiene & nutrition
- Communicate respectfully with senior citizens



Course Structure

Module 1: Introduction to Geriatric Care (Month 1)

Topics:

- Understanding ageing process
- Physical & psychological changes in elderly
- Role of old age care assistant
- Ethics & dignity in caregiving
- Types of elderly care settings

Activities:

- Case study discussion
- Observation in care facility

Module 2: Basic Healthcare & Monitoring (Month 2)

Topics:

- Measuring blood pressure
- Checking pulse & temperature
- Diabetes awareness Medication
- Support Maintaining health records

Practical:

BP measurement practice Recording vital signs

Module 3 :Hygiene, Nutrition & PersonalCare (Month 3)

Topics:

- Personal hygiene assistance
- Bathing & grooming support
- Balanced diet for sores
- Mobility assistance

Practical:

Demonstration of patient
positioning

Hygiene checklist preparation

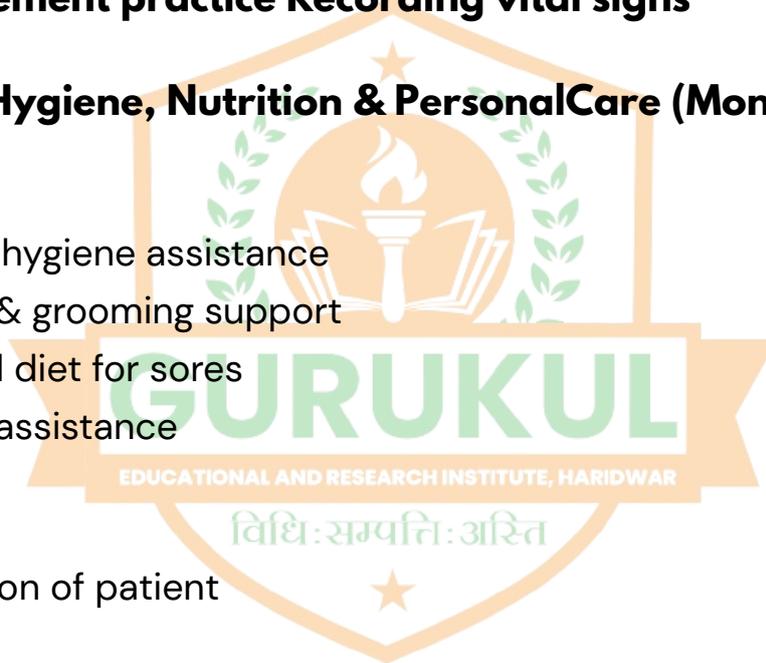
Module 4: Safety & Emergency Care (Month 4)

Topics:

- First aid basics
- Fall prevention
- CPR basics (demonstration)
- Handling medical emergencies
- Fire & disaster safety

Practical:

- Emergency drill
- Basic CPR training



Module 5: Mental Health & Emotional Support (Month 5)

Topics:

- Dementia & Alzheimer's basics
- Depression in elderly
- Communication Skills
- Emotional support techniques
- Managing difficult behavior

Activities:

- Role play
- Counseling simulation

Module 6: Professional Skills & Career Preparation (Month 6)

Topics:

- Documentation & reporting
- Communication with doctors & family
- Workplace ethics
- Home care vs hospital care
- Career opportunities (India & Abroad)

Activities:

- Internship in old age
- home/hospital
- Final practical demonstration



Infrastructure Required

- Training classroom
- Basic medical equipment (BP)
- apparatus, thermometer
- First aid kit
- Hospital/Old agehome
- internship tie-up



Learning Outcomes

After completion, students will:

- Assist elderly in daily living activities
- Monitor basic health conditions
- Provide emotional support
- Handle minor emergencies
- Work in hospitals, old age homes,
- or home care services

