

CAREGIVERS COURSE FOR PERSONS WITH DISABILITY AND SENIOR CITIZENS

ELIGIBILITY CRITERIA

Minimum education required - Class VIII pass.

Admission

Trainees need to appear for a written test and an interview.

Evaluation

The examination committee will conduct an assessment before distribution of certificate

OBJECTIVES-

- Development of Human Resources
- Personnel to acquire knowledge, competencies and skills for providing support to persons with disabilities and senior citizens

Program Structure

Theoretical and practical classes will be held at IICP 5 days a week- 240 hours over 60 working days. Sessions will be held by professionals from both internal and external faculty. The course will also include field visits to other organizations and residential services

The Course comprises of 12 Domains

1. Care of Elderly Persons

- 1.1 Transition to old age
- 1.2 Problems in aging
- 1.3 Ageing and persons with Disabilities
- 1.4 Physical and psychological well-being
- 1.5 Acceptance of ageing

2. Understanding Disabilities and Mental Illness

- 2.1 Disability – meaning and definition
- 2.2 Characteristics and types of disabilities
- 2.3 Psychosocial disability (Mental Health related problems)
- 2.4 Mental Illness
- 2.5 Intervention strategies

3. Hearing Impairment / Problems

- 3.1 Definition and Different Degrees/ Types of Hearing Loss
- 3.2 Symptoms and Impact of different degrees of Hearing Loss
- 3.3 Problems Faced by Persons with Hearing Loss
- 3.4 Intervention Strategies
- 3.5 Hearing Aid - its Care and Maintenance

4. Visual Impairment / Problems

- 4.1 Definition and Causes of Visual Impairment, problems, low vision
- 4.2 Detecting Visual Impairment / problems /low vision
- 4.3 Sensory Training
- 4.4 Orientation and Mobility
- 4.5 Teaching Activities of Daily Living
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5. Understanding Problems of Persons with disabilities and Elderly persons

- 5.1 Understanding problems (psychological)
- 5.2 Helping to Cooperate and cope with others
- 5.3 Counselling
- 5.4 Roles and Responsibilities in Caregiving, Critical Issues in Caregiving
- 5.5 Money management, Mobile Banking

6. Psychosocial and Behaviour Management

- 6.1 Intellectual / Cognitive disabilities – definition
- 6.2 Characteristics of Intellectual / Cognitive disabilities
- 6.3 Types and intervention
- 6.4 Principles of Behaviour Management
- 6.5 Strategies for Managing Challenging behaviour

7. Activities of Daily Living (ADL)

- 7.1 Activities related to Daily Routine (dressing and undressing, toileting, bathing & grooming, meal time activities)
- 7.2 Identification of Abilities and Need areas
- 7.3 Limitations in Daily Living skills
- 7.4 Management on need areas
- 7.5 Caregiver's role

8. Physical Handling for persons with Neurological and Orthopaedic Disorders

- 8.1 Management for persons with Neurological conditions
- 8.2 Management for persons with orthopaedic conditions (fracture lower limbs)
- 8.3 Management for persons with orthopaedic conditions (fracture upper limbs)
- 8.4 Identification of Abilities and Need areas
- 8.5 Accessibility and Aids

9. Nutrition, First Aid, Medication

- 9.1 Food-nutrition, Texture of food
- 9.2 First Aid
- 9.3 Management of minor accidents
- 9.4 Record keeping, Chart and Documentation
- 9.5 Management of pressure sores and its prevention

10. Augmentative and Alternative Communication

- 10.1 Introduction to AAC (What is AAC? The Right to Communicate, Communication for all)
- 10.2 Communication Methods
- 10.3 Intervention Strategies
- 10.4 Communication Tools
- 10.5 Roles and Responsibilities of Caregiver and AAC user

11. Law, Rights, Leisure activities, Code of conduct

- 11.1 Laws, Rights related to Senior Citizens
- 11.2 Govt. benefits, schemes
- 11.3 Access to the benefits and Implementation of the same
- 11.4 Recreation and Leisure activities – importance and areas
- 11.5 Selection of leisure activities focusing on abilities, Using Smart Phone (Whatsapp, Facebook, Downloading Apps, Uploading Photos, Videos, Programme; Basic Computer Skills, Sending Messages)

12. Management of Alzheimer and Dementia

- 12.1 Adult Learning Principles & Strategies
- 12.2 VARK Scale
- 12.3 Nature of Dementia
- 12.4 Impact of Dementia
- 12.5 Behavioural & Psychological symptoms of Dementia
- 12.6 Person centred Dementia Care
- 12.7 Effective communication in Dementia
- 12.8 Purposeful & Meaningful Engagement in Dementia
- 12.9 Application to Care Practices
- 12.10 Dementia as an epidemic in India