

CEMCA

## About the Course

The course will equip learners with the required knowledge and skills to care for the elderly. The 'Caregiving to the Elderly' course is designed to teach learners how to care for the elderly individuals, effectively. It has four modules, focusing on different aspects of caregiving. It uses a combination of videos, content, and self-assessment activities, to develop a deep understanding of elderly care and practical caregiving skills.

## Course Timeline

7.5 Hours, Self Paced



### Registration

To register for the course, please visit:

<https://www.mooc4dev.org/eldercare>



### Resources

Video Lectures, Lesson Overview, Activities, Introductory Videos, Slides, 1 quiz per lesson and downloadable pdfs



### Certification

Upon completion, you will receive recognition through a verified, easily shareable Certificate to highlight the knowledge and skills you've gained.



# CAREGIVING TO THE ELDERLY



## Course Contents

**Module 1:** Basics for Caregivers to Elderly

**Module 2:** Daily Care Routine for Elderly

**Module 3:** Physical and Mental Wellbeing for Elderly

**Module 4:** Emergency Preparedness and Rights-Duties of Elderly

## Target Audience

The course is designed particularly for persons who want to make their career in elderly care as well as individuals who are involved in elderly care directly or indirectly such as:

- Family Members of Elderly
- Professional Caregivers
- Social Workers
- Healthcare Professionals
- Students in Healthcare Programs
- Volunteers
- Entrepreneurs in Elderly Care Services
- Community Health Workers
- Teachers and Educators

## Expected Outcomes

Upon completion,



Understand elderly care and the major roles of an elderly caregiver.



Know the features and categorisation of Elderly Individuals for understanding the mental/physical requirements.



Build and maintain a hygienic, safe and clean environment for elderly care with or without the support of family.



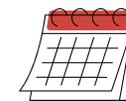
Perform scheduled activities in an entire day, including extra Support activities- Preparing/serving meals and beverages, washing, attending visitors and recording daily vitals.



Ensure the Physical and Mental/Emotional wellbeing of the elderly by understanding how to facilitate medications and recreational activities.



Be able to handle emergency situations and be well versed with the Rights and Duties of elderly persons.



**Available from  
20 March 2024**



**FREE OF COST**