

# Training on Caregivers



**"We make a living by what we get, but we make a life by what we give"**

**T**his training course designed to explore some of the challenges faced by the caregivers when caring for the elderly with mental illness and co-morbid conditions. It looks at practical treatment and management techniques that caregivers can apply when caring for their loved ones or as profession.

## Target audience

This course is open to all males and females who want to take caregiver as a profession or caring for older people.

## Topics include

- Introduction to the Care
- Introduction to Health Care Sector
- Assisted activities of Daily Living
- Equipment safe use and care
- Personal and Professional Development
- Communication and Documentation
- Environmental Safety
- Safe Client/Resident Handling and Movement

## Expected outcome

At the end this training participants can easily can take care of any one and manage the people very well.

- Growth and Development
- Personal Care
- Household Management
- Body Structure, Functions and Related Health Issues
- Nutrition and Meal Preparation
- Palliative and End of Life Care
- Mental Health and Social Issues
- Medication Awareness

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