

National Institute of Social Defence
Ministry of Social Justice & Empowerment Government of India

Three Day Online Training on 'Geriatric Care'

In collaboration with

Centre the Study of Social Change

Under

Regional Resource & Training Centre

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Report of First 'Geriatric Care' Training
In collaboration Aaji Care Sevak Foundation



ONLINE TRAINING OF GERIATRIC CARE



Sanctioned by

**NATIONAL INSTITUTE OF SOCIAL DEFENSE,
MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT - GOVT. OF INDIA**

In collaboration with

**REGIONAL RESOURCE & TRAINING CENTRE
CENTRE FOR THE STUDY OF SOCIAL CHANGE**

Training Partner : **Aaji care Sevak foundation**

Training Focus on : **Geriatric Care**

Mode : online, Platform : **Zoom**

Period - **3 days** • Date - **22-11-21 to 24-11-21**
Time - **11:00am to 4:00pm** • Language - **Hindi**

Lead Trainers:

Dr. Priyadarshini Kulkarni - MBBS, DA, Msc - Pall Med
Ms. Naina oke - Geriatric counselor
Ms. Sadaf Amreen - Nursing Tutor | Ms. Reshma Khan - Nursing Tutor

No Training Fees:

Certificate after successful completion of training

Who can participate:

Age limit 18 years & above | Male, female, transgender
Education qualification: 8th std and above

Registration Mandatory:

Register your name with Aaji care Sevak foundation

FOR ANY QUERIES, CALL: +91 85914 48310

Join Zoom Meeting

<https://us02web.zoom.us/j/81222608639?pwd=ZnhiMHZMNFRFSUZWR3FrTVJzcTV3QT09>

Meeting ID: 812 2260 8639

Passcode: 442384

Online Geriatric Care Training

3 Days Online Geriatric Care Training, sanctioned by National Institute of social Defence (NISD), Ministry of social Justice & Empowerment- Govt. of India in collaboration with Regional Resource & Training Centre(RRTC) under Centre for the study of social change (CSSC) in collaboration with Training Partner Aajicare sevak Foundation (ACSF) was organized from 22-11-21 to 24-11-21 from 11.00am to 4.00pm. Training was conducted on Zoom

This Training Focused on Geriatric care, individuals of 18 years and above with minimum education qualification 8th std and above, male female and transgender were participants of the training session. This Training was free of cost and after successful completion of training certificates will be provided.

150 candidates Registered themselves and 68 candidates successfully completed their training.

Training was moderated by Ms Shilpa Kumari – soft skill trainer and counsellor (MA Psychology) and Lead Trainers for the training session were DrPriyadarshini Kulkarni – MBBS, DA, MSc – pall Med, Ms Naina Oke – clinical psychologist and Geriatric counsellor, Ms Sadaf Amreen – Nursing Trainer(MSc Nursing) and Ms Reshma Khan – Nursing Trainer (GNM) .

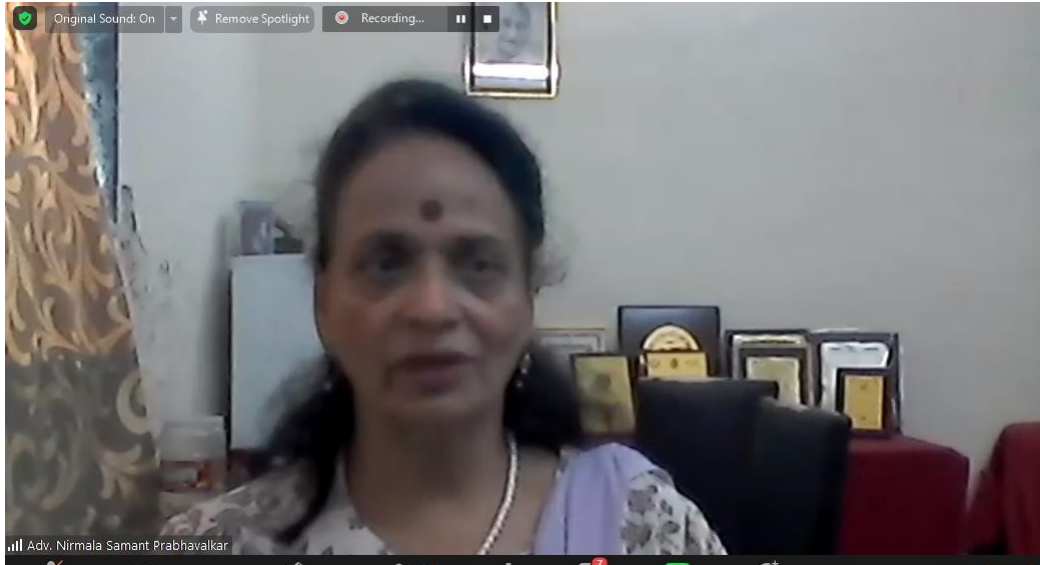
Scheduled of Training

S.no	Date	Time	Resource Person	Session Topic
1	22-11-2021	11am to 12am	Ms Reshma Khan	1-Introduction to geriatric Care 2- Process of Aging
		12pm to 1.00pm	Ms Sadaf Amreen	Common Health Problems and management
		1.00pm to 2.00pm	Lunch Break	
		2.00pm to 3.00pm	Dr Priyadarshini Kulkarni	palliative Care
		3.00pm to 4.00pm	Ms Naina Oke	Dementia
2	23-11-2021	11am to 12am	Ms Sadaf Amreen	Comfort Devices
		12pm to 1.00pm	Ms Sadaf Amreen	Medical Terminology and Medication administration
		1.00pm to 2.00pm	Lunch Break	
		2.00pm to 3.00pm	Ms Reshma Khan	1- Geriatric Care at home 2 -Introduction to Geriatric Care Assistant Program or Geriatric aid or function
		3.00pm to 4.00pm	Ms Naina Oke	Communication and Behaviour Modification in Dementia
3	24-11-2021	11am to 12.30pm	Ms Reshma Khan	Geriatric Rehabilitation and Introduction to First Aid
		12.30pm to 1.00pm	Ms Sadaf Amreen	First Aid
		1.00pm to 2.00pm	Lunch Break	
		2.00pm to 3.00pm	Ms Sadaf Amreen	Vital Signs.
		3.00pm to 4.00pm	Ms Naina Oke	Importance Of mental Stimulation

Highlight

Day 1

Adv. Nirmala Samant Prabhavalkar addressing candidates.



She welcomed candidates and explained the purpose and importance of training session, she also encouraged candidates to let others know about such programs. She talked about background of CSSC and RRTC. She talked about aging and emphasized on the importance of geriatric care briefly.

Mr prasad Bhide addressing Candidates



Mr prasad Bhide thanked CSSC and RRTC for its support in organizing geriatric care training session. He emphasised on the skills and knowledge required for geriatric care and its Importance.

Ms Shilpa Kumari Moderating session

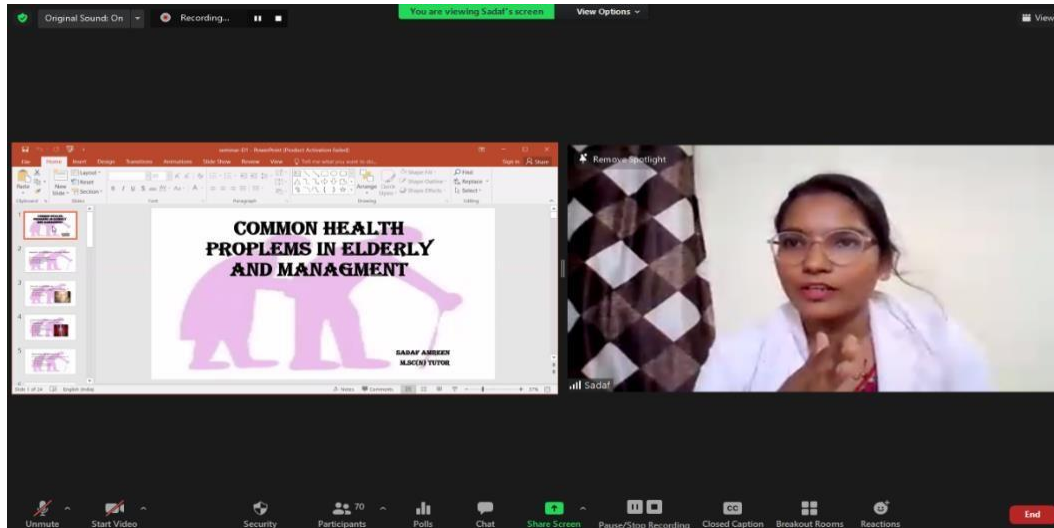


Ms Shilpa Kumari moderated the 3 day online Geriatric care training.

Ms Reshma khan conducting a session on Introduction of geriatric care and process of aging.

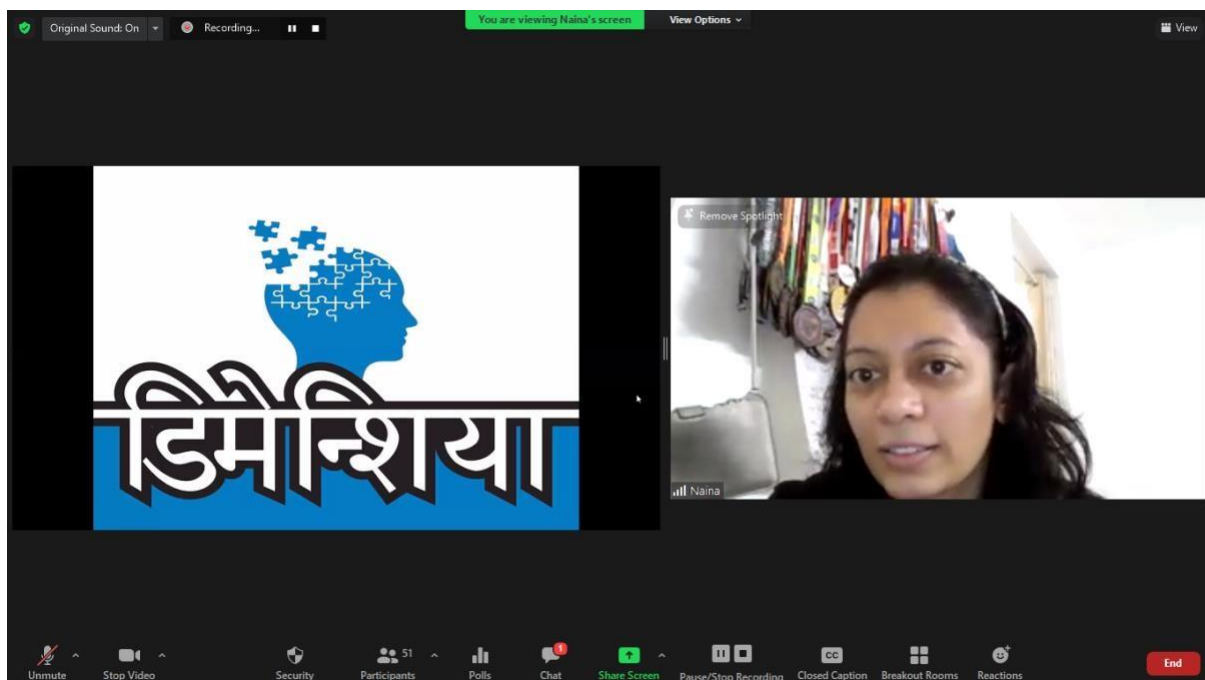
In this session Ms Reshma Khan explained about process of aging – changes in individual as we grow old – physical, physiological, neurological and psychological changes. She explained about geriatric care, Maintenance of health function, Detection of diseases at early stages, Prevention of deterioration of any existing problem and plan of Eldercare

Ms Sadaf Amreen conducting a session on common health problems in elderly and its management



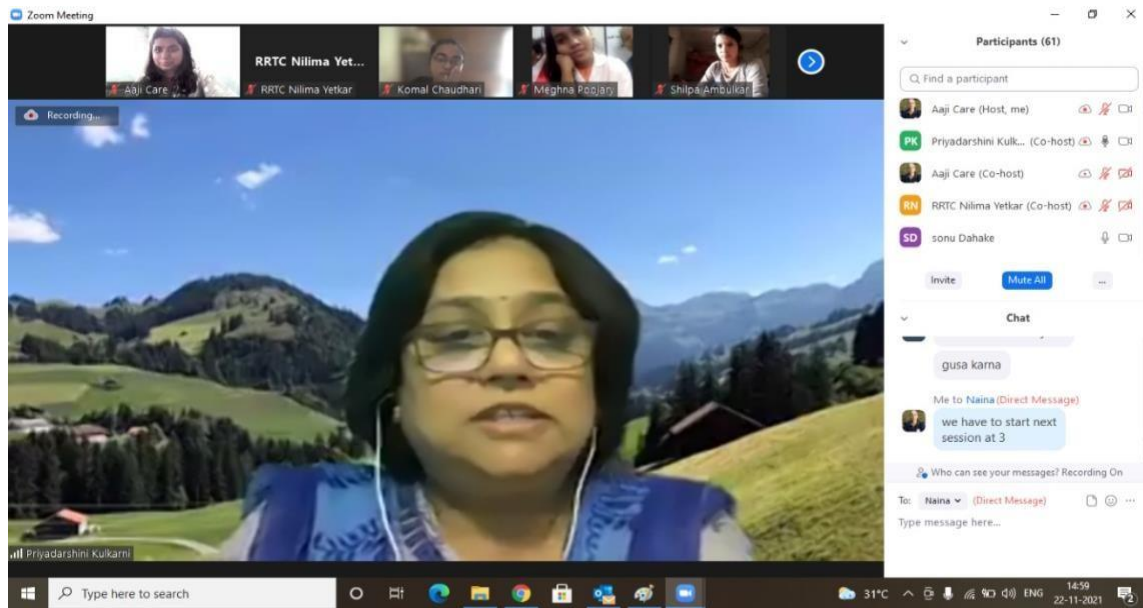
In the session Ms Sadaf Amreen explained about health problems in old age, she explained about physical, psychological, social and economical problems. She also discussed potential abuses in old age. She explained prevention and management of health problems and abuses.

Ms Naina Oke conducting a session on Dementia



In this session Ms Naina Oke explained about Dementia – Definition, cause and its Symptoms.

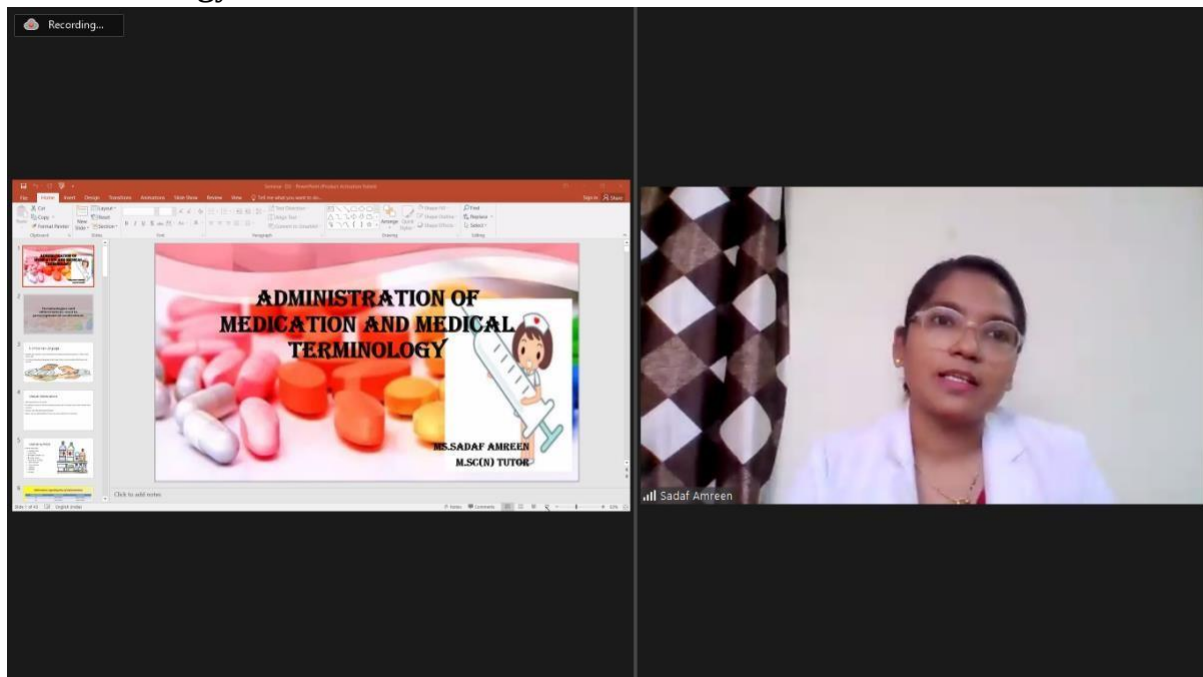
Dr Priyadarshini Kulkarni conducting a session on palliative care



In this Dr Priyadarshini Kulkarni explained the concept of Palliative care, she discussed about various challenges while providing care and what are the best practices in those challenging situations.

Day 2

Ms Sadaf Amreen conduction a session on Comfort devices and medical terminology and medication administration.



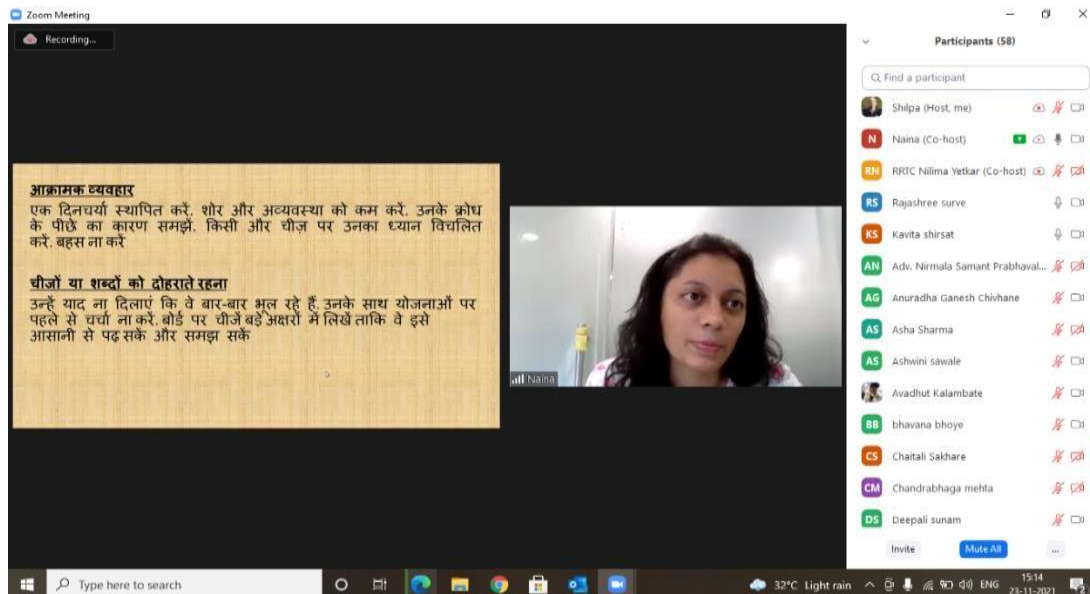
In this session Ms Sadaf Amreen explained about comfort devices, - Definition, types and its usage in various disease conditions for senior citizens.

She explained definition, principals and checks of medication administration.

Ms Reshma khan conducting a session on Geriatric Care at home and Introduction to Geriatric Care Assistant Program or Geriatric aid or function.

In this session Ms Reshma Khan informed the participants about Geriatric Aid. She discussed about education and training required for Geriatric aid, places where geriatric aid is available. She explained principles of Geriatric care at home.

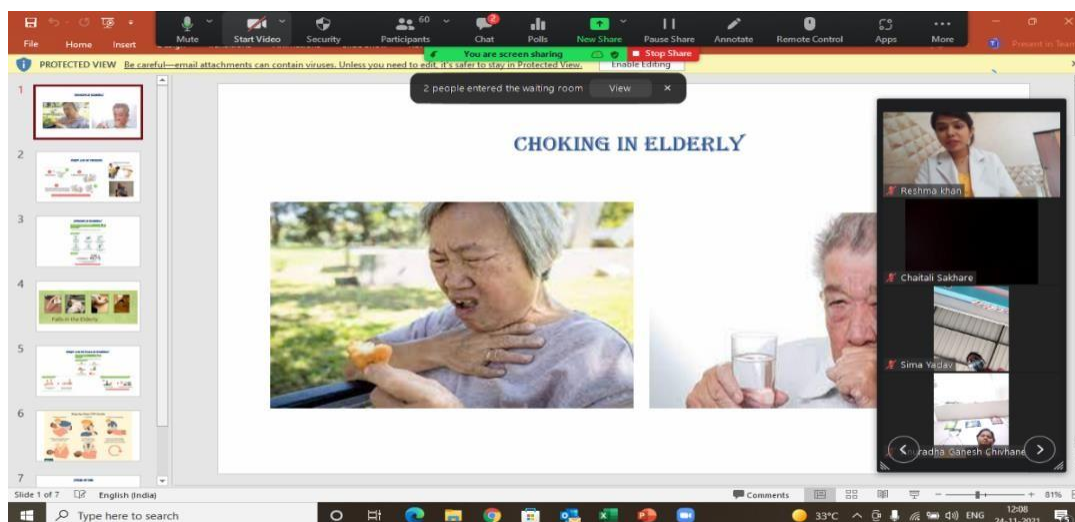
Ms Naina Oke conducting a session on Communication and Behaviour Modification in Dementia



In this session Ms Naina Oke discussed about ways to communicate with elderly suffering from dementia and behaviour modifications needed in care giver in such cases.

Day 3

Ms Reshma khan conducting a session on Geriatric Rehabilitation and Introduction to FirstAid



In this session Ms Reshma Khan explained about Geriatric Rehabilitation (GR), this aims at improving the quality of life in older people that is particularly those with disabling impairments and/or frailty.

She also explained Need of geriatric rehabilitation which is due to the apparent increases in disability diabetes, depression, musculoskeletal disorder, neurological disorder.

She explained about optimal health according to WHO

She discussed major principles to consider in geriatric rehabilitation which

are as follows 1. Variation in older adults

2. Maximizing activity in older adults

3. Concept that optimal health is directly related to optimal

functional ability. Physical workout & exercise

Nutrition for

elderly Palliative

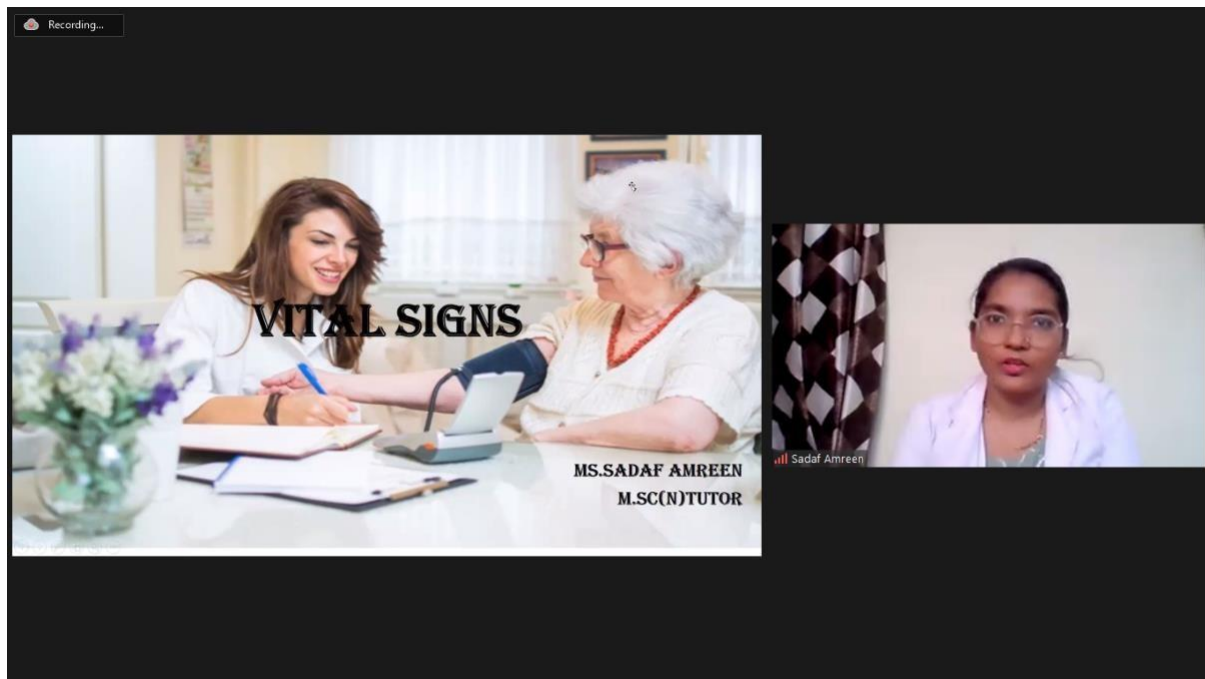
care

Ms Sadaf Amreen conducting a session on first Aid

The screenshot shows a Zoom video conference interface. At the top, there's a status bar with 'Original Sound: On', 'Recording...' status, and a notification 'You are viewing Sadaf Amreen's screen'. Below this, a message states 'The shared content is fit to your screen. To see the original size, click "Original size" in the menu.' The main content area is split: on the left, a presentation slide titled 'What is First Aid ?' defines first aid as 'the immediate medical assistance given to an injured person, within the available resources before getting to a qualified medical help.' and includes a photo of a person in a green cap attending to an injured person on the ground. On the right, a video feed shows Ms Sadaf Amreen, a woman with glasses and a white lab coat, gesturing with her hands. The bottom toolbar contains icons for Unmute, Start Video, Security, Participants (65), Polls, Chat, Share Screen, Pause/Stop Recording, Closed Caption, Breakout Rooms, Reactions, Apps, and an End button.

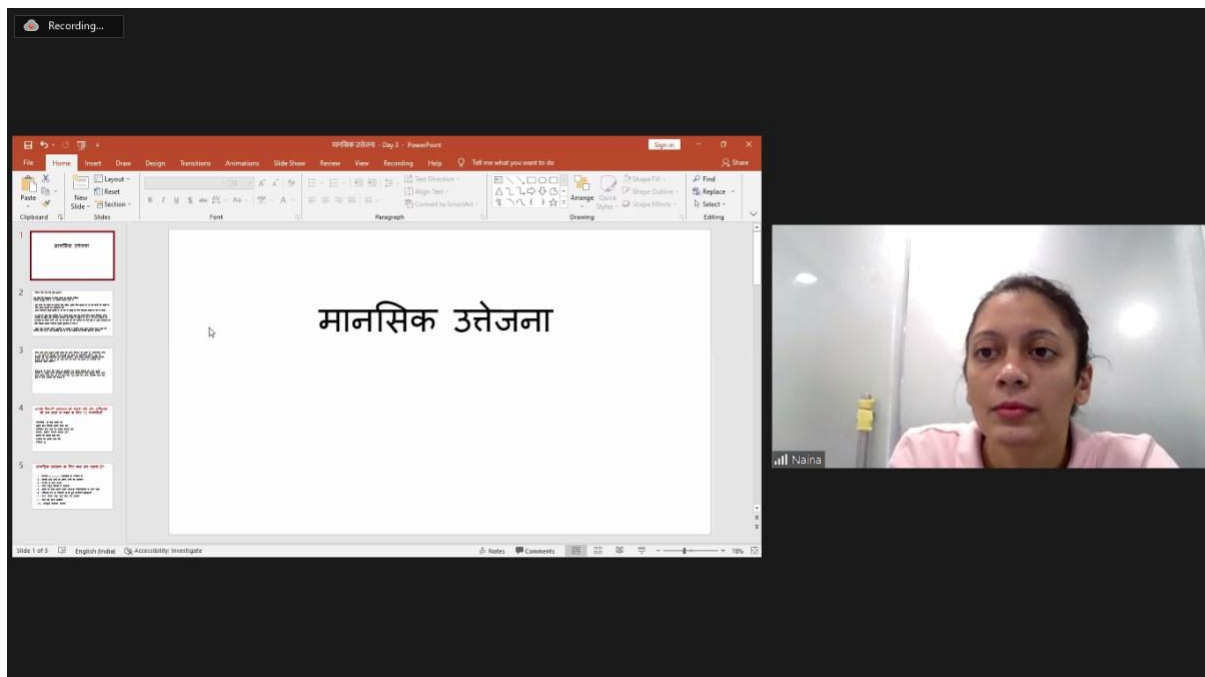
In this session Ms Sadaf Amreen explained definition and purpose of First aid. She explained about various conditions like, Eye injury, burns, broken bones, heat exhaustion and epileptic seizures and steps taken in this situation.

Ms Sadaf Amreen conducting a session on Vital Signs



In this session Ms Sadaf Amreen explained Vital signs – Temperature, pulse, respiration and blood pressure, she explained ways to measure, normal values and interpretation of values. She also explained best practices in case of abnormal values.

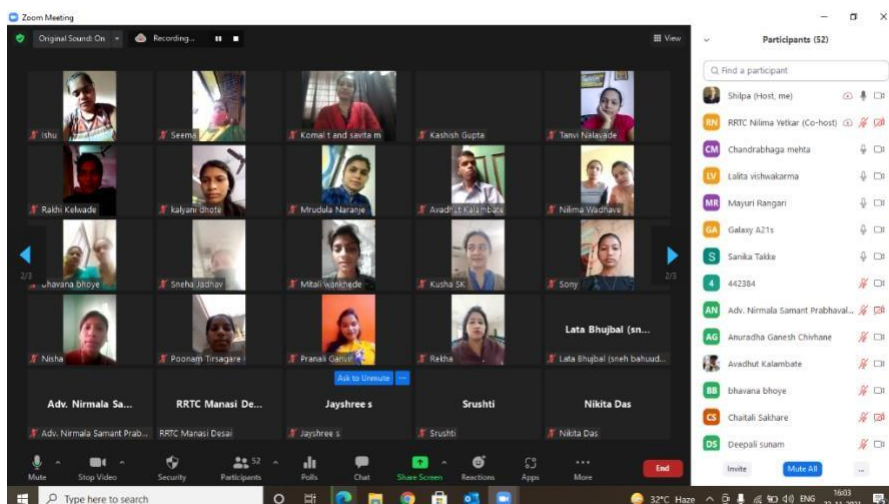
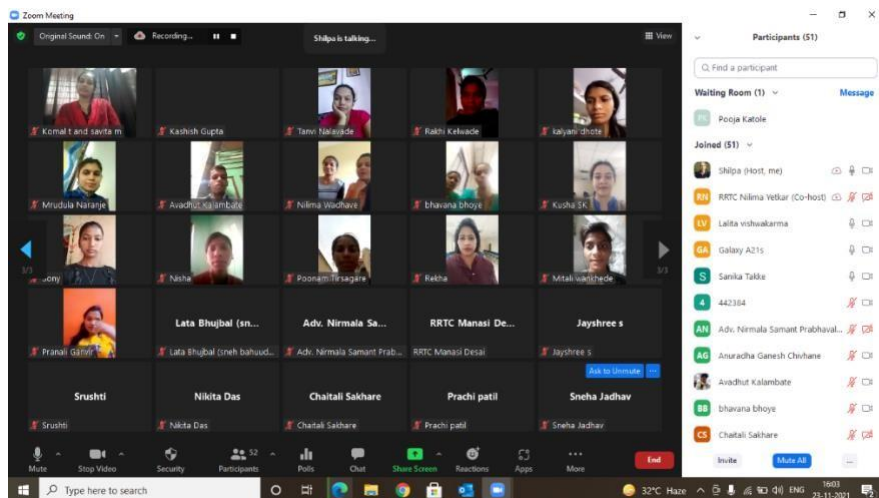
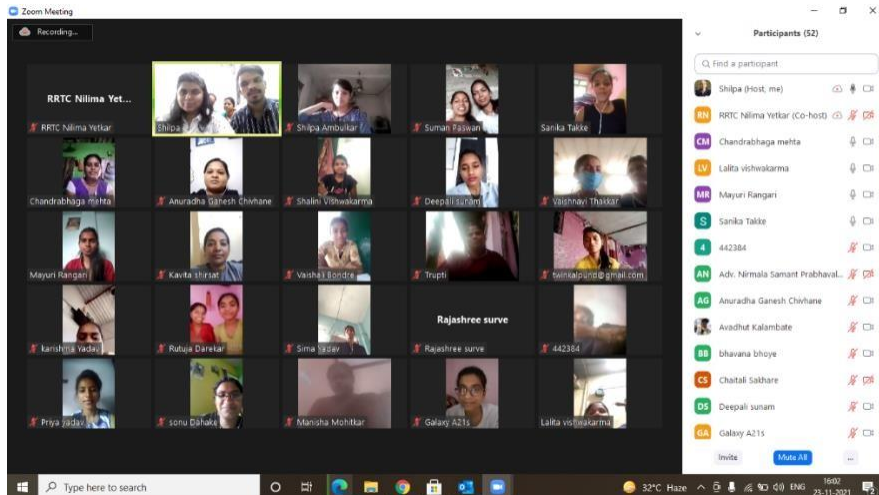
Ms Naina Oke conducting a session on Importance of mental stimulation



In this session Ms Naina Oke discussed about ways through which primary care givers can stay mentally healthy, reduce stress which can be caused due to providing care.

In the closing minutes of the session Adv Nirmala Samant Prabhakar congratulated candidates for successfully completing the training session and encouraged and motivated them for creating awareness about Geriatric care.

Participants



Report of Second 'Geriatric Care' Training
In collaboration Echoing Healthy Ageing



ONLINE TRAINING OF GERIATRIC CARE



Sanctioned by

**NATIONAL INSTITUTE OF SOCIAL DEFENCE,
MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT - GOVT. OF INDIA**

In collaboration with

**REGIONAL RESOURCE & TRAINING CENTRE
CENTRE FOR THE STUDY OF SOCIAL CHANGE**

Training Partner: **Echoing Healthy Ageing**

Training focus on: **Geriatric Care**

Mode: **online**, Platform: **Zoom**

Period - 3 days • Date - 1-12-21 to 3-12-21

Time - 11:00 am to 4 pm • Language - Marathi, Hindi

Free Training.

Certificate on completion of the training.

Who can participate: **Aged 18 years & above.**

Education qualification: **8th std and above**

Registration Mandatory:

For Registration Call: 8169085146 / 9158656665

Join Zoom Meeting

<https://us02web.zoom.us/j/88113114895>

Meeting ID: 881 1311 4895

Schedule of Training

Date	Time		Topic	Trainer
1st Dec	11 pm to 12pm	Session 1	Understanding Ageing 1.1 Who are older adults ,relevant statistics 1.2 Why working with them is important 1.3 Myths regarding Ageing	Amruta Lovekar - Gerontologist
	12 to 1 pm	Session 2	1.4 Elder Care basics, ethics of caring	Amruta Lovekar - Gerontologist
	1 pm to 1.45pm	Lunch		
	1.45 to 2.45	Session 3	Empathetic Care ,role of community in management of mental health,physical health issues,engaging activities	Amrita Patil Pimpale
	3pm to 4pm	Session 4	Tips for active ,healthy ageing , Preventive measures for good mental,physical health.	Dr. Prem, Jaslok Hospital
2nd Dec	11 am to 12pm	Session 5	Mental health issues in elderly: Depressions, Dementia. Importance of Diagnosis	Dr Bangar
	12 to 1 pm	Session 6	Cognitive and emotional well being of elderly, how to support elderly to improve quality of life.	Dr Nikunj Jani
	1 pm to 1.45pm	Lunch		
	1.45 to 2.45	Session 7	Activities of Daily Living, importance of routine.environmental inclusions	Dr. Kejal Jasani
	3pm to 4pm	Session 8	Age related Physical health medical issues in elderly, and Its management	Dr. Prem, Jaslok Hospital

Date	Time		Topic	Trainer
3rd Dec	11 pm to 12pm	Session 9	Food hygiene and nutrition for elderly	Bina Chedda
	12 to 1 pm	Session 10	Burnout for carers, signs and prevention ,Support for Caregivers	Amrita
	1 pm to 1.45pm	Lunch		
	1.45 to 2.45	Session 11	Oral health of elderly ,eye care, skin care etc. tips on : walking with walker, stick .How to make then sit- with pillows, balancing, wheelchair transfer etc.	Dr Aditi
	3pm to 4pm	Session 12	Physical care, importance of exercise, yoga	Dr Aditi

Training Agenda DAY 1

Date: 1st December, 2021

Time: 11am – 4pm

- Session 1: 11am to 12pm -- Understanding Ageing
- Session 2: 12pm to 1pm -- Elder Care basics, ethics of caring
- Lunch Break: 1pm to 1.45pm
- Session 3: 1.45pm to 2.45pm -- Empathetic Care, role of community in management of mental health, physical health issues and engaging activities.
- Session 4: 3pm to 4pm -- Tips for active, healthy ageing, Preventive measures for good mental, physical health.

This event was organized under the banner of Ministry of Social Justice and Empowerment, Government of India. It was NISD awareness program, titled ‘Understanding Ageing’, jointly organized by the Regional Resource and Training Center (RRTC), Center for Study of Social Change (CSSC) in association with Echoing Healthy Ageing.

This event was conducted in on an Online Zoom platform, on Wednesday. 1st December 2021 from 11am onwards. The speakers included:

1. Ms. Amruta Lovekar – Gerontologist

2. Ms. Amrita Patil Pimpale – Founder – Echoing Healthy Ageing
3. Dr. N. N Prem – Consultant geriatric medicine, Eldercare specialist at Jaslok Hospital & Graceful Living.

The program started with Ms. Neeta giving some simple instructions to participants regarding the training program and giving an introductory welcome speech.



**Adv. Nirmala Samant Prabhavalkar
Chief Functionary, RRTC**

Later taken over by Adv. Nirmala Samant Prabhavalkar, who gave a vote of thanks to everyone who contributed to making the training program happen. She also spoke of the different situations due to which seniors find themselves with challenging mental and physical health.

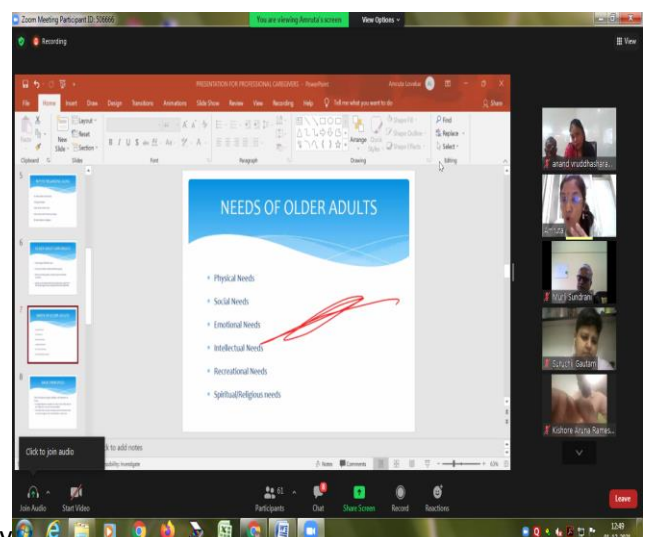
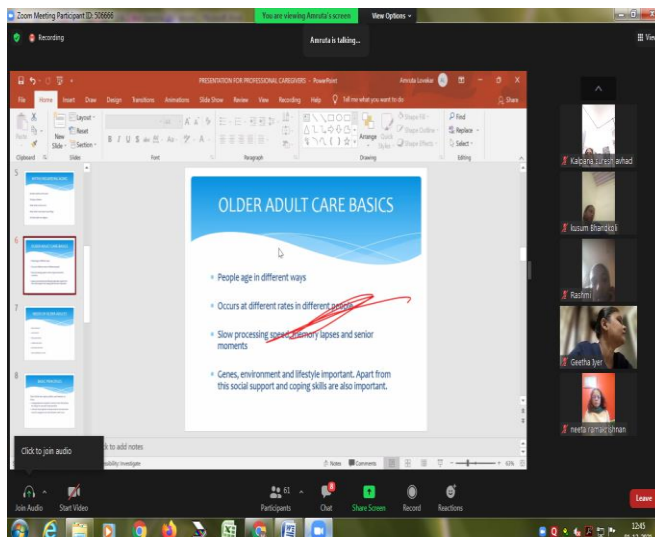
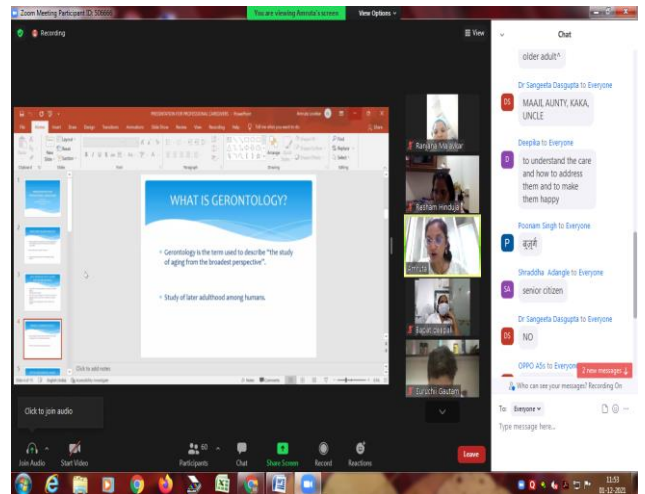
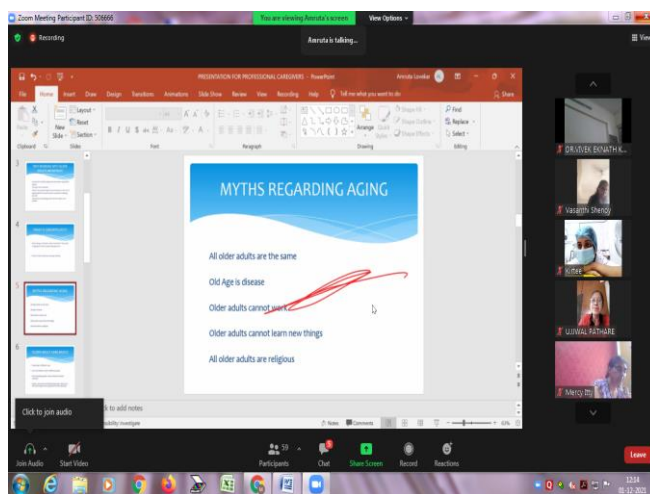
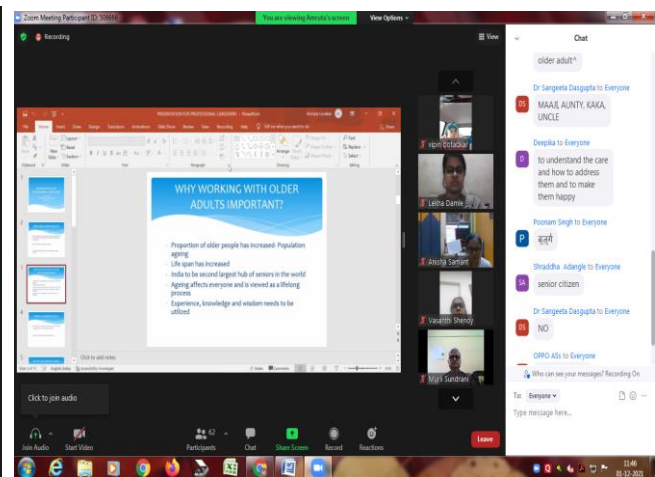
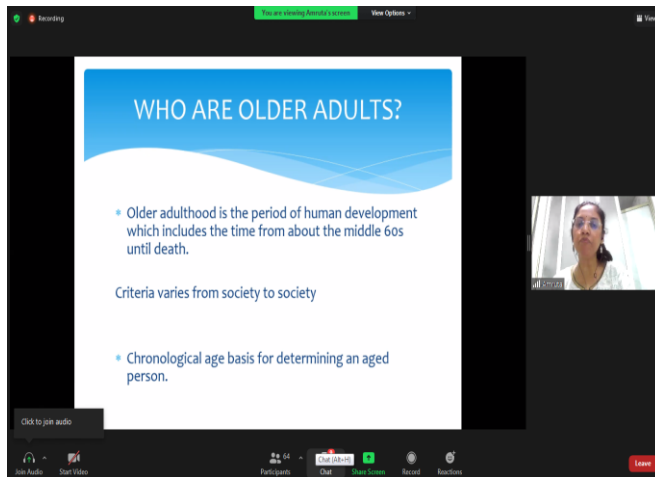
First Session



Amruta Lovekar, Gerontologist

Ms. Neeta introduced the first speaker for the day - Ms. Amruta Lovekar. She spoke about who older adults are societally and what ethical living for seniors is about along with busting myths regarding ageing. She highlighted the importance of working with older adults due to the increasing senior population in recent decades.

Few PPT's:



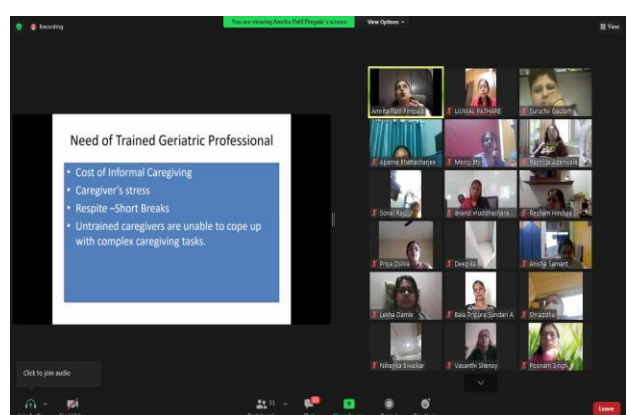
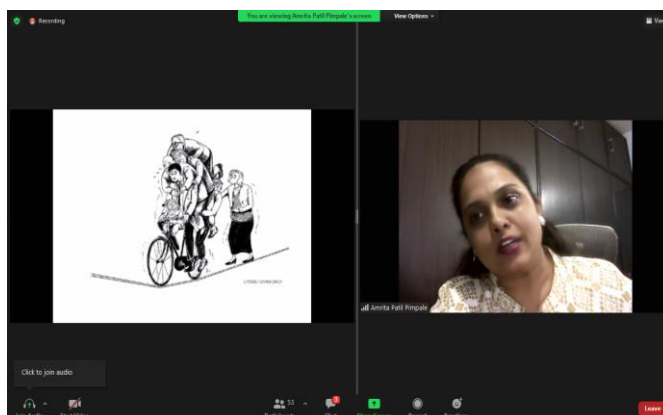
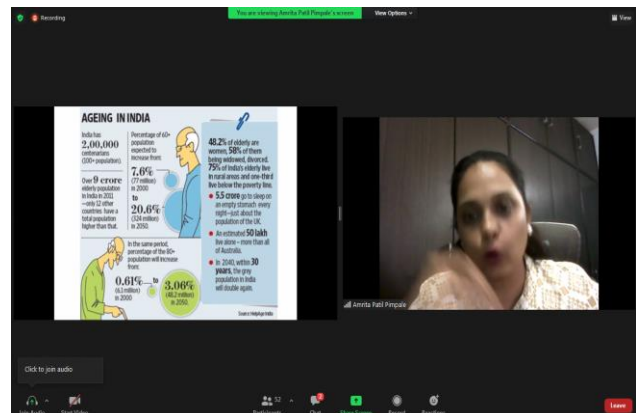
Second Session



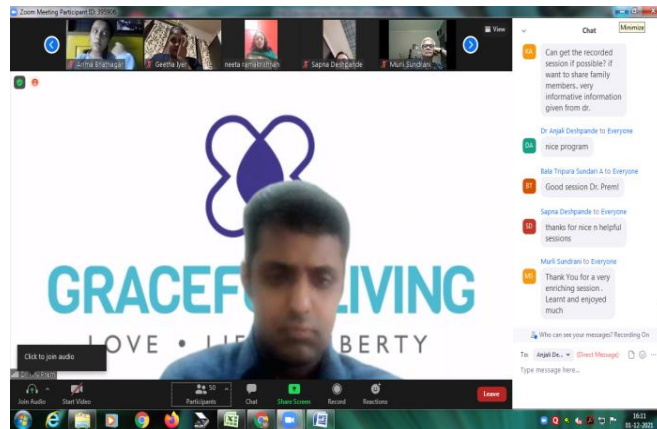
Mrs. Amrita Patil, Founder of Echoing Healthy Ageing

Post a lunch break, Ms. Amrita Patil Pimpale performed a short activity to start the next segment and interact with participants. Ms. Amrita explained the ideology around old age in recent times with reference to studies conducted on this topic. These studies focused upon how important social interaction is for seniors and how it promotes their mental health. Ms. Amrita highlighted some efforts that could be taken by caregivers, in order to keep seniors citizens engaged and make them feel needed along with giving examples for the same.

Few PPTs:



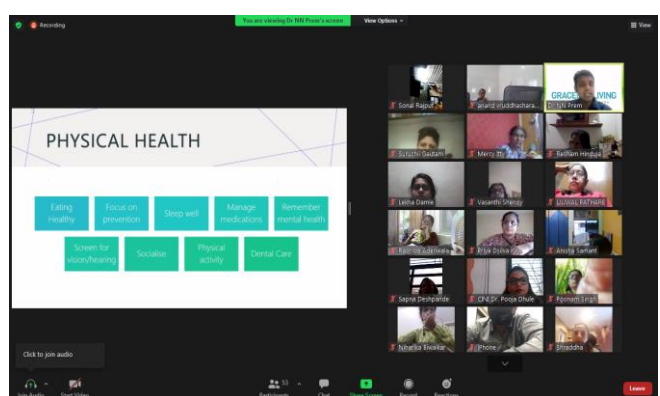
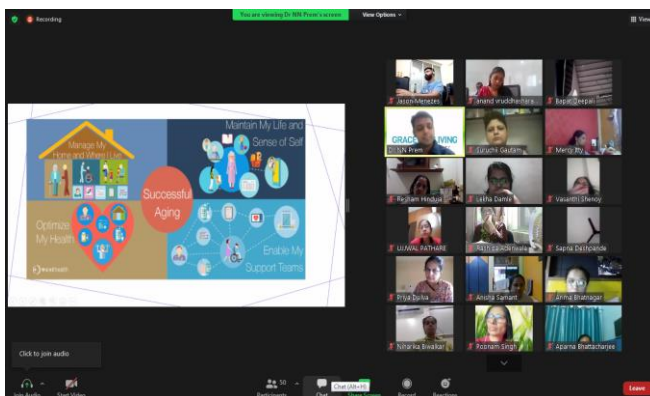
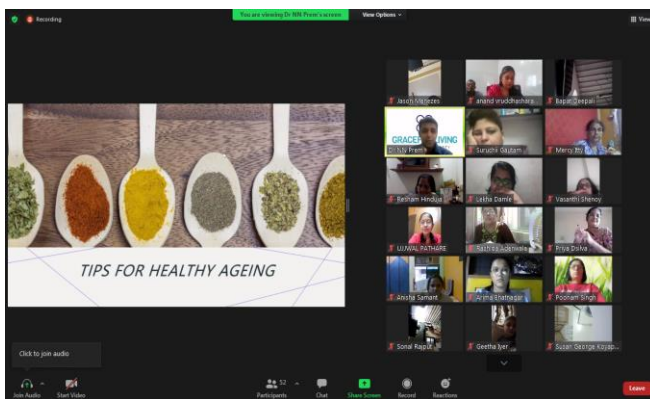
Fourth Session



Dr. N.N. Prem, MD Geriatric medicine

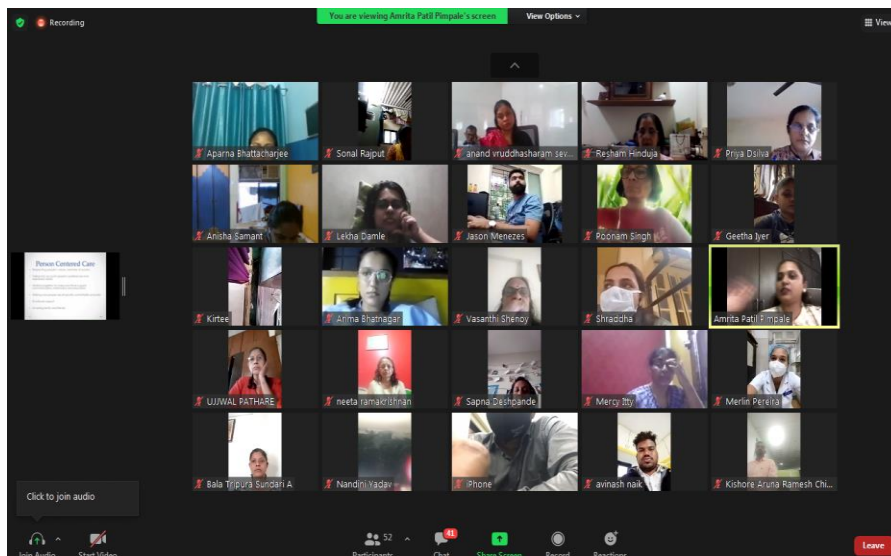
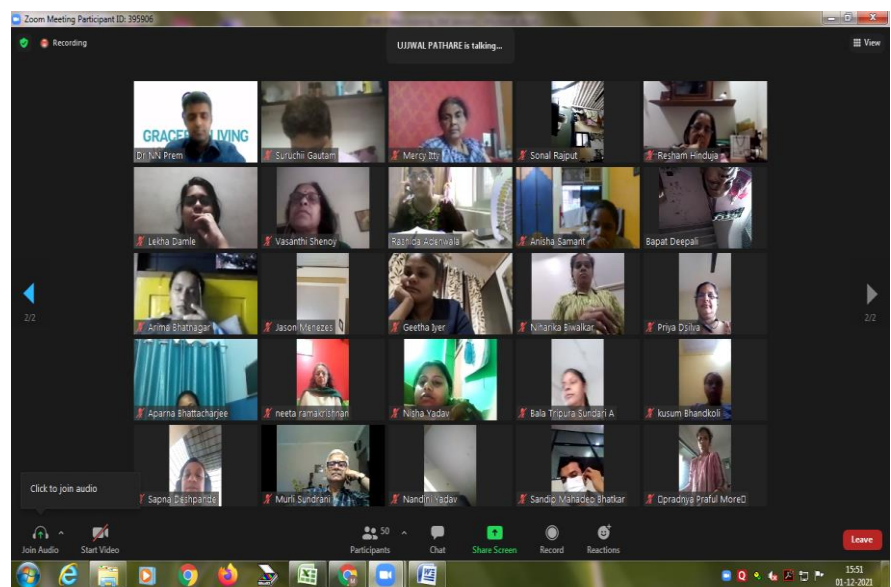
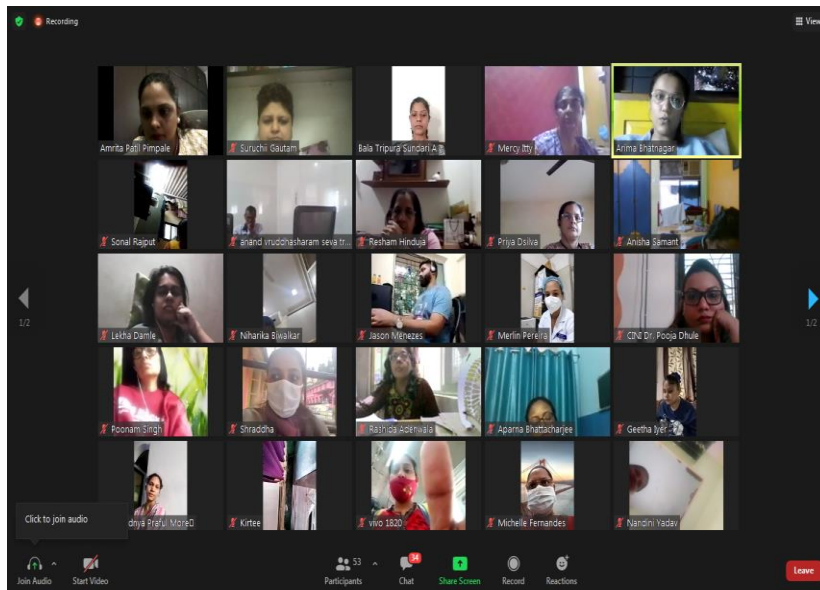
The next speaker introduced by moderator was Dr. N.N. Prem, MD Geriatric medicine, highly experienced in geriatric facilities, at present he is the Founder and Chief consultant geriatric medicine/eldercare specialist at Jaslok Hospital. Dr. Prem explained the importance of ageing and physical health with the help of PowerPoint presentations. The help of assisted technology was proposed and how it can be inculcated in the older adults' lives, such as walkers, lifts, hearing aids, dentures, senior friendly transportations and more. An insight into successful ageing was given, which included physical activity, social activity, balanced diet, maintaining sleep hygiene and dental hygiene. There was some interaction from the participants towards the end as well.

Few PPTs:



The training program ended by 4pm.

Participants Photo's:



DAY 2

Date: 2st December, 2021

Time: 11am – 4pm

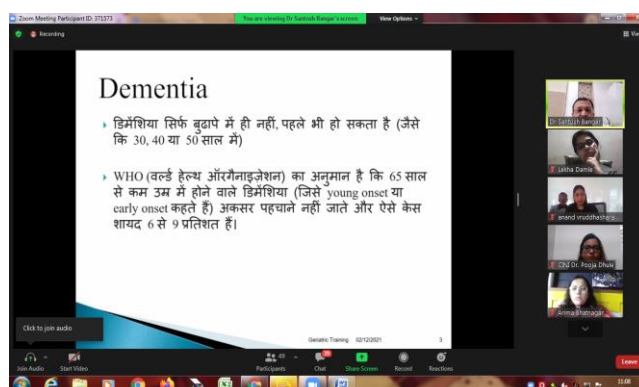
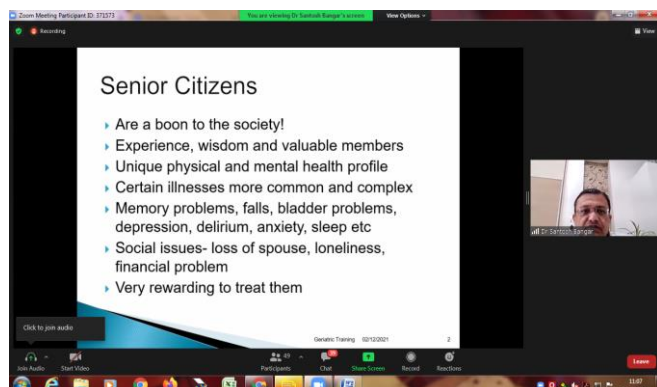
- Session 5: 11am to 12pm -- Mental health issues in elderly: Depressions, Dementia. Importance of Diagnosis
- Session 6: 12pm to 1pm -- Cognitive and emotional wellbeing of elderly. How to support elderly to improve quality of life.
- Lunch Break: 1pm to 1.45pm
- Session 7: 1.45pm to 2.45pm -- Activities of Daily Living, importance of routine. Environmental inclusions
- Session 8: 3pm to 4pm -- Age related physical health and medical issues in elderly, and Its management.

First Session



Dr. Santosh Bangar

Dr. Santosh Bangar is a Senior Consultant Geriatric Psychiatric & Dementia specialist. He believes in holistic patient care with emphasis on psychiatric therapy. Dr. Bangar started the session by introducing the different types of physical and psychiatric ailments common among seniors. He drew attention towards the commonality of the disease Dementia and its types along with the probability of its rise, by presenting statistical figures for a better understanding. Dr. Bangar also explained the etiology and symptomology of dementia and its types. He ended by giving some tips for management of the symptoms.



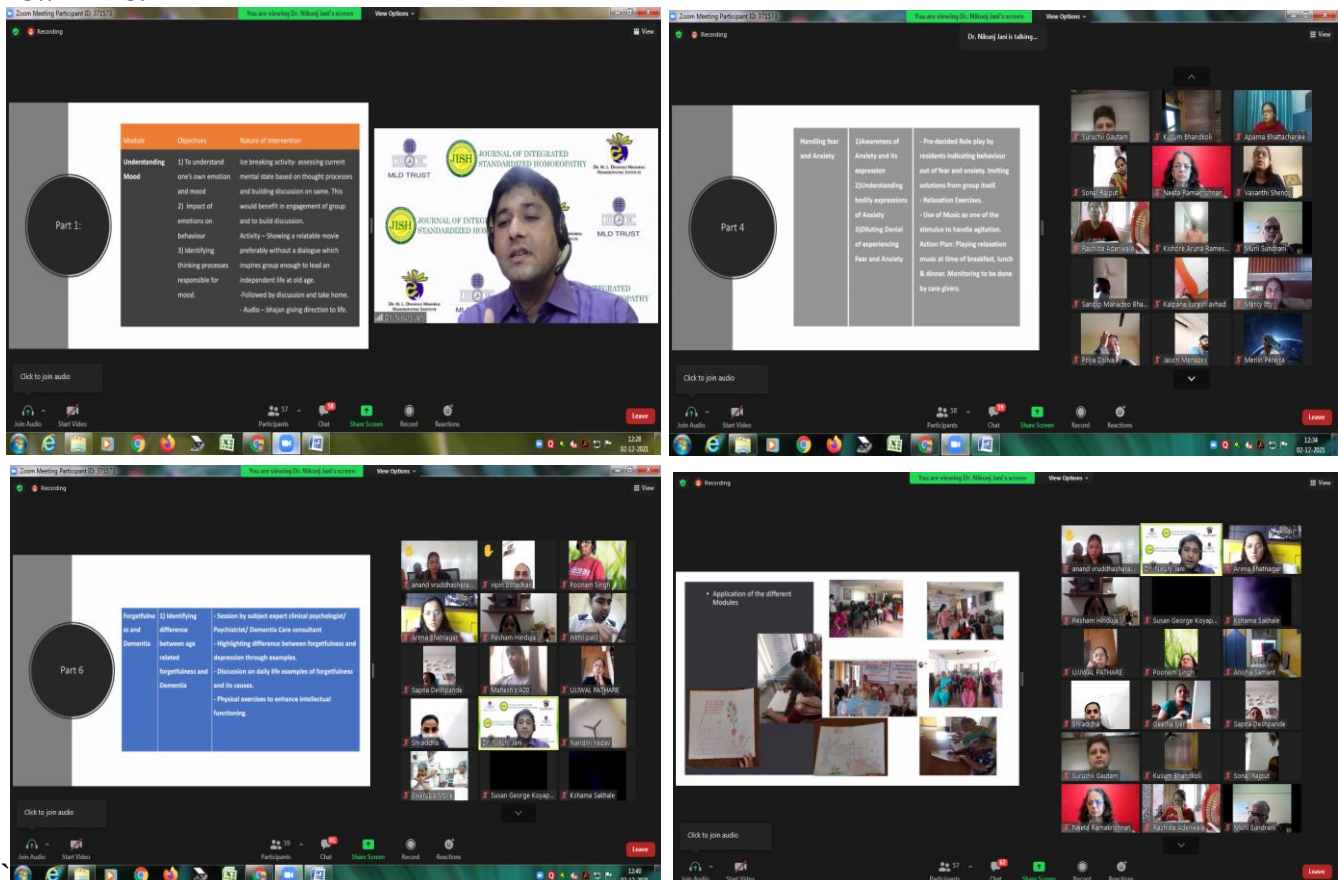
Second Session



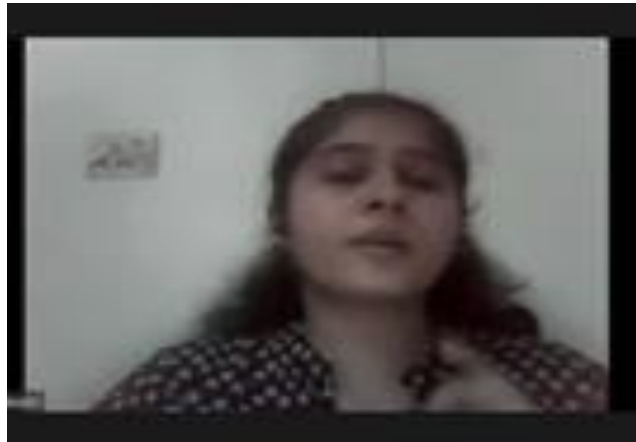
Dr. Nikunj Jani

The next speaker was Dr. Nikunj Jani who is an MD in homeopathy and an associate professor at Dr. M. L. Dhawale Memorial Homeopathic Institute. His focus was on the support for elderly and how to improve the quality of their life. He began by highlighting the rise in the emotional problems in elderly and went on to talk about various models that support the explain dignified living for older adults. This included elaboration on mood understanding, managing aggression and frustration, emotional wellbeing, handling fear and anxiety, identifying depression, forgetfulness and depression, and practicing exercise and meditation. Some reference images were shown for better understanding.

Few PPTs:



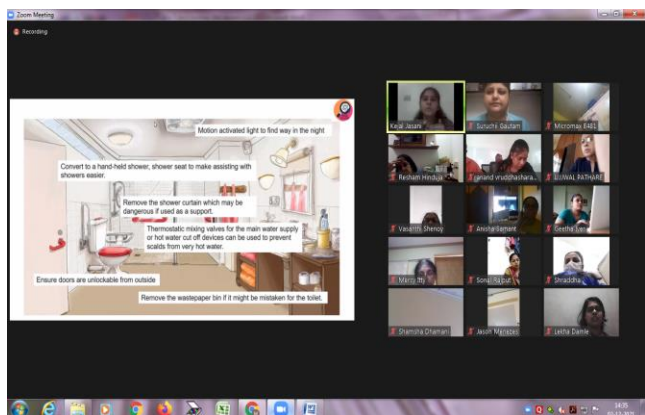
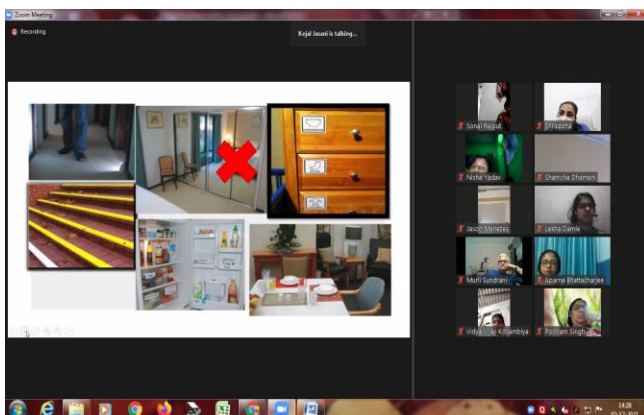
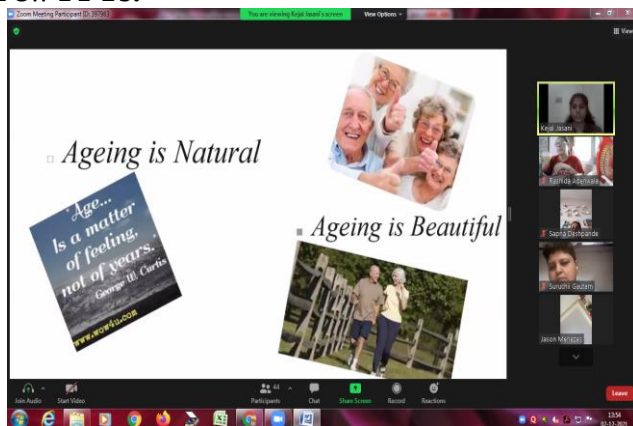
Third Session



Ms. Kejal Jasani

Ms. Kejal Jasani was the next speaker. She is an Occupational Therapist who has over nine years of experience in the field of pediatrics, mental health and senior care. She is also the founder of CoDe CARE which is an online non-profit online community development space for individuals with diverse needs in all stages of life. She commenced by bringing into attention the physical limitations of senior individuals due to natural ageing such as reduced joint mobility, injuries, post-surgery complications which affect movement. She also shares strategies such as energy conserving tricks of home modification and strategies to aid different senses (speaking, listening, vision) for a smoother daily life. Cognitive and behavioral limitations causing disturbances were also looked into.

Few PPTs:



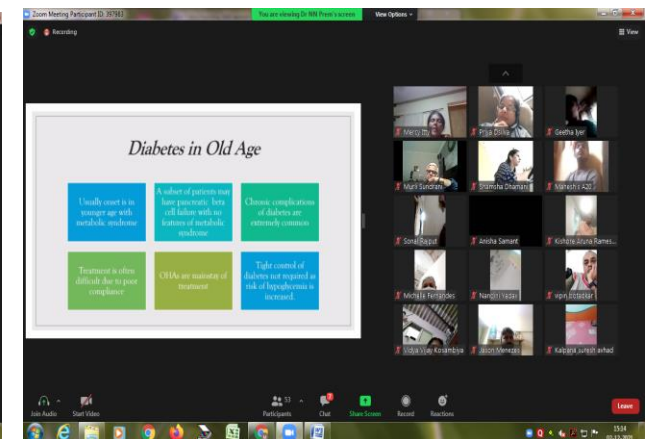
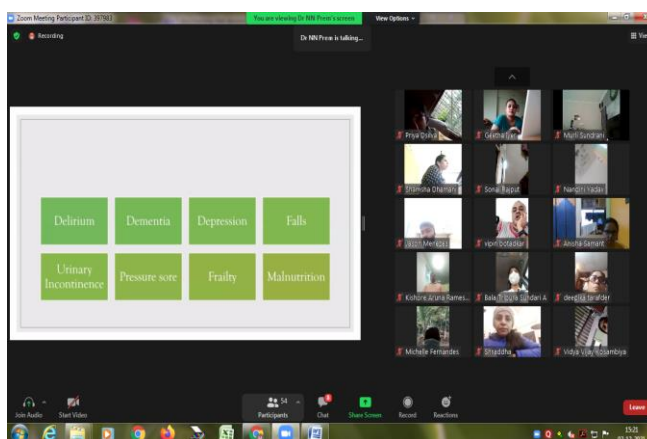
Fourth Session



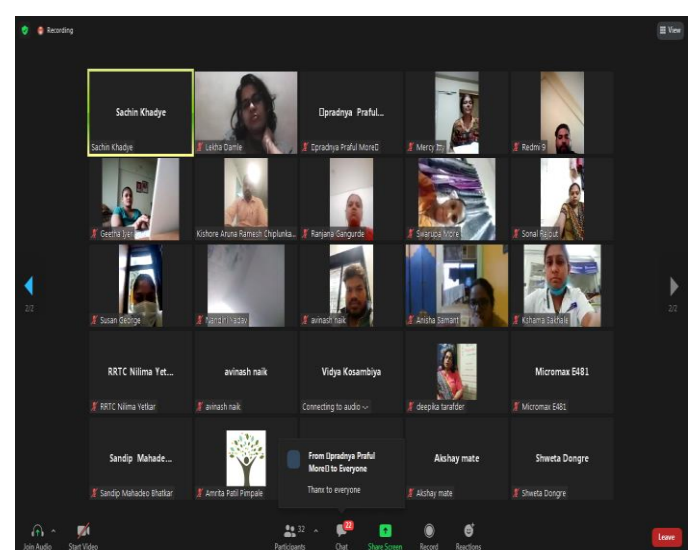
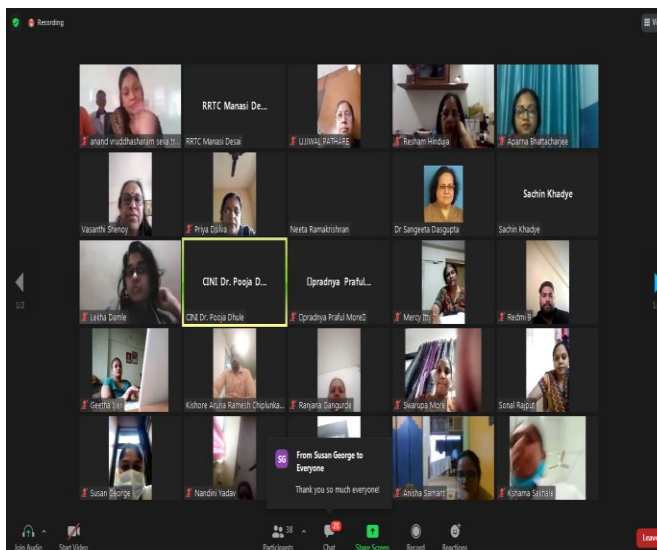
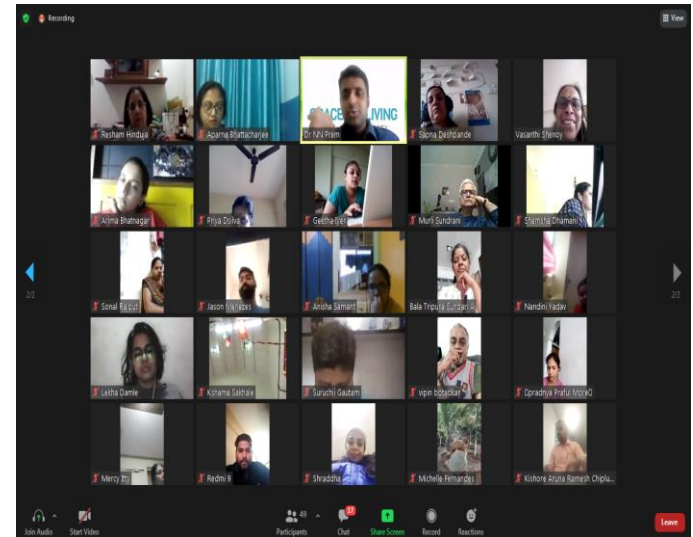
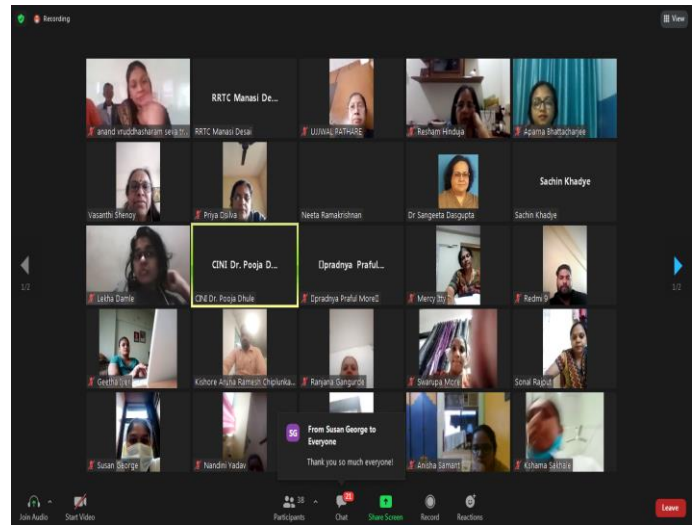
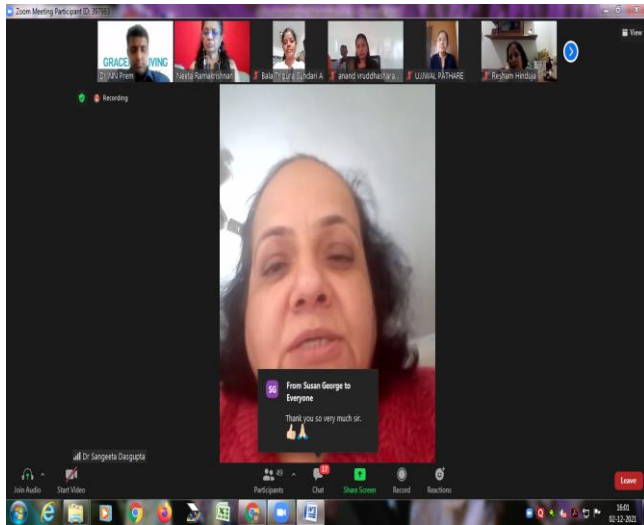
Dr. Prem Nagnath

Lastly, Dr. Prem spoke about the different medical issues that come with ageing and how to manage them. The consequences of ageing involve were discussed along with the pathological state such as sensory decline, osteoporosis, enhanced risk of infections, arthritis, diabetes and environmental exposure. The after effects of these diseases were discussed in detail as well. Dr. Prem also but emphasis on the mental and physical health of caregivers for individuals with dementia. A question-and-answer segment was carried out with Dr. Prem and the participants post presentation.

Few PPTs:



Participants Photo's



DAY 3

This event was organized under the banner of Ministry of Social Justice and Empowerment, Government of India. It was a NISD awareness program, titled ‘Understanding Ageing’, jointly organized by the Regional Resource and Training Center (RRTC), Center for Study of Social Change (CSSC) in association with Echoing Healthy Ageing.

Date: 3rd December, 2021

Time: 11am – 4pm

- Session 9: 11am to 12pm -- Food hygiene and nutrition for elderly
- Session 10: 12pm to 1pm -- Burnout for caregivers, signs and prevention and support for caregivers
- Lunch Break: 1pm to 1.45pm
- Session 11: 1.45pm to 2.45pm -- Taking care of Physical health of elderly, tips on manual handling.
- Session 12: 3pm to 4pm -- Physical care and importance of Yoga and exercise.

This event was conducted in on an Online Zoom platform, on Thursday. 2nd December 2021 from 11am onwards. The speakers include:

1. Bina Chhedda – Registered dietitian, Certified diabetes sports cancer, Nutritionist
2. Ms. Amrita Patil Pimpale – Founder – Echoing Healthy Ageing
3. Dr Aditi Kolge – Senior Physiotherapist and Yoga practitioner

First Session



Mrs. Bina Chhedda, Nutritionist

The first session was presented by Bina Chhedda who is a registered dietitian and founder of Bina Chhedda Amrut Centre. There are various dietary changes that occur with ageing such as malnutrition, for which a dietary plan was discussed. Meal plans for efficient digestion was shared. Tips to avoid dehydration was discussed along with sleep hygiene factors. Regular eye and dental check-ups were encouraged to make sure teeth and dentures are of in good shape for better food consumption.

Few PPTs:

Food pre preparations

- Soak rice dal early morning
- Wash veggies for salad and soups
- Pressure cook veggies Prepare soups in afternoon itself
- Cook dal for evening sambhar
- Soak pulses 25 hrs DO NOT SPROUT
- Remove cream from milk Set curds for evening Make paneer of low fat milk
- Soak dry fruits for morning
- Weekly menu helps better with time management
- Grate coconut for the week Roast peanuts
- Shadhbh DGLV for off season use (methi oudina, moringa, etc)



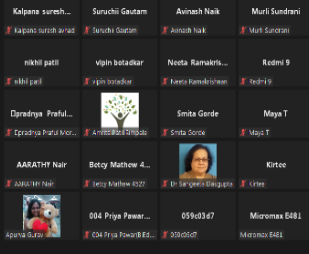

Signs of Malnutrition

- Unintentional weight loss
- Loss of muscle mass
- Delayed wound healing
- Digestive issues
- Hair loss
- Brittle nails
- Depression




Nutrient dense meals

- Increase milk in the tea/ coffee
- Knead chappati paratha thela bhakri dough with milk
- Thick buttermilk
- Milkshakes instead of fruit juices
- Buttermilk instead of water/ soda/ Eno for better digestion
- Flat poha/ left over rice/ methi seeds/ isabgol
- Dilute dals and soups with veg stock or whey water
- Make thick dals
- Halim seeds dried fruits laddoo



Digestion

- Early, timely meals
- Adequate hydration but Avoid water with meals
- Nutrient dense, not calorie dense
- Adequate fibre (whole grains, salads/ home made unstrained soups)
- Avoid packaged processed foods
- Baking soda blocks ATP for energy utilisation
- Prefer natural fermentation
- Nutrition labels
- Shatpavli post meals
- Get up from seat every 30 minutes



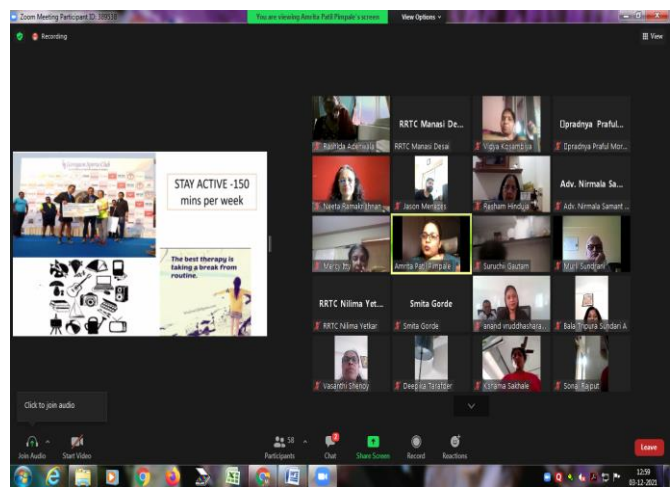
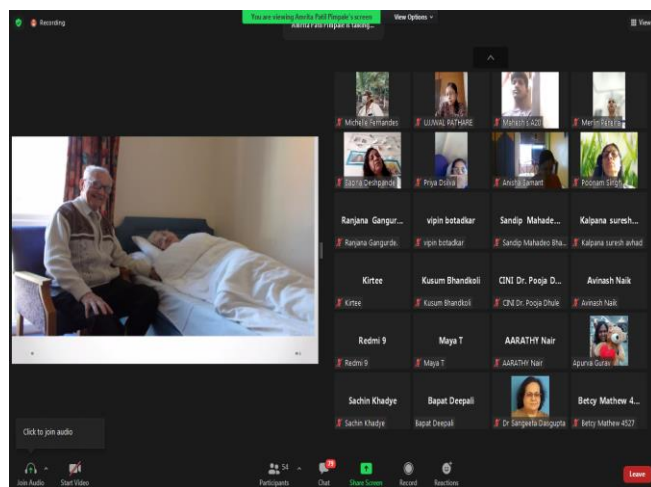
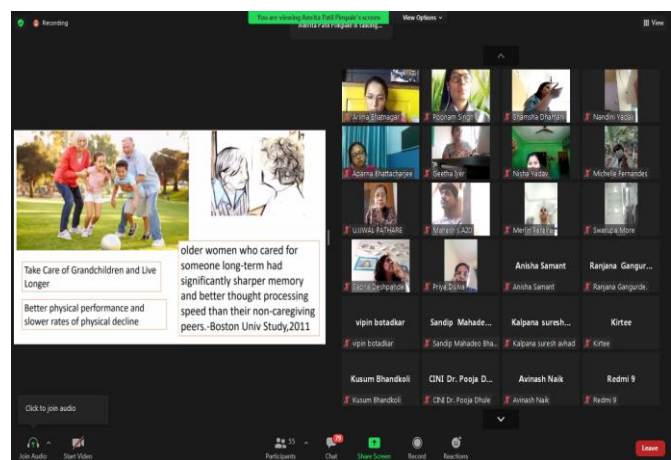
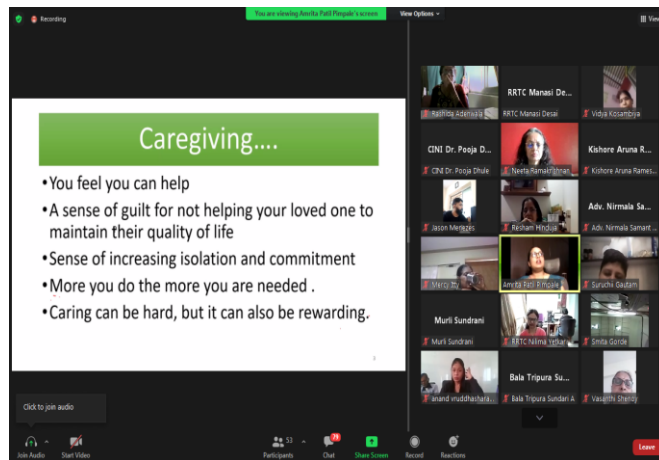

Second Session



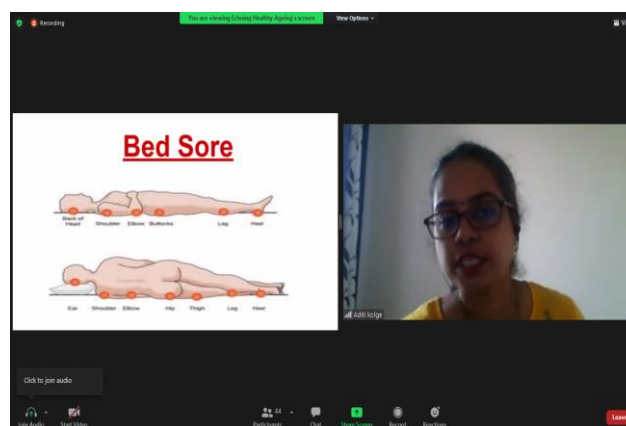
Ms. Amrita Patil Pimpale

The next speaker was Ms. Amrita Patil Pimpale who was there to talk about caregivers and the burnouts they face. There was active participation from the members present, who discussed their caregiving journeys which was heartwarming and overwhelming at the same time. Ms. Amrita shared the reference of a study where majority of the caregivers viewed their experience to be positive. Images of caregivers and their loved ones were shown for reference's sake. Symptoms and signs of burnout were shown and its effects on their loved ones were talked about. Self-care was highly encouraged for caregivers for a better mental health and seeking help when needed was portrayed to be crucial.

Few PPT's:



Third & Fourth Session



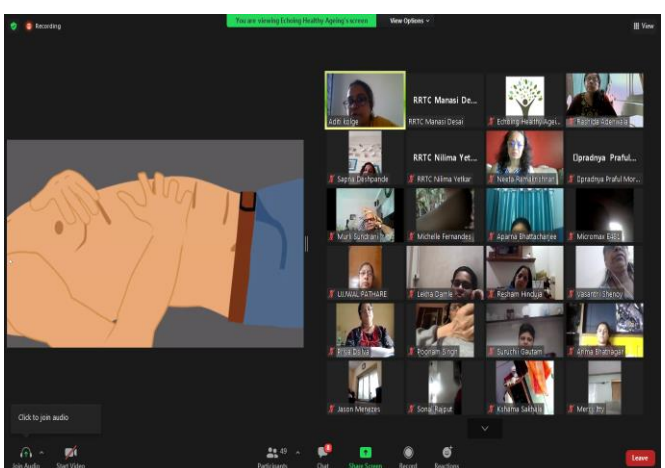
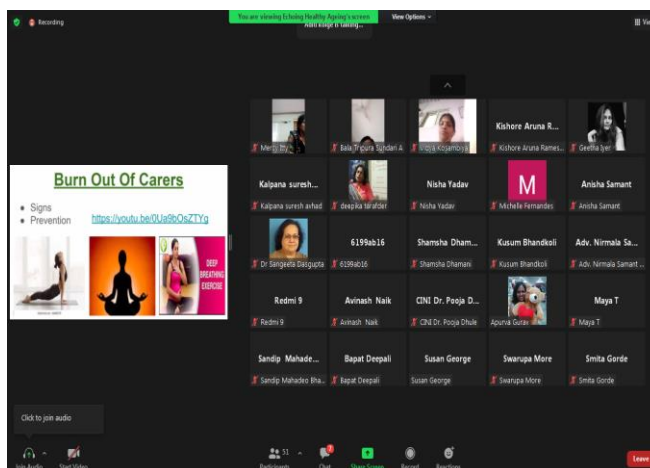
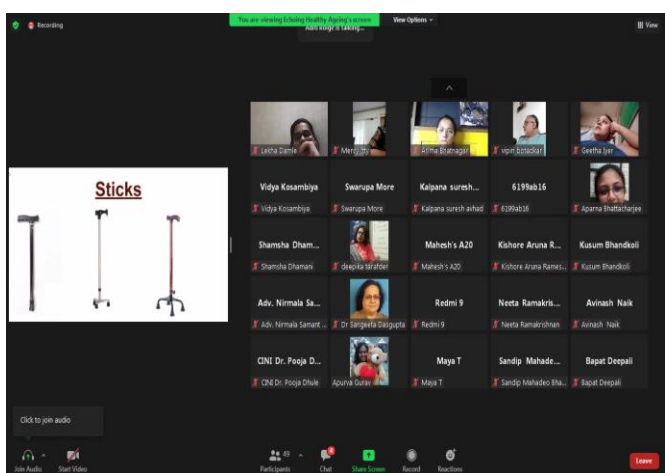
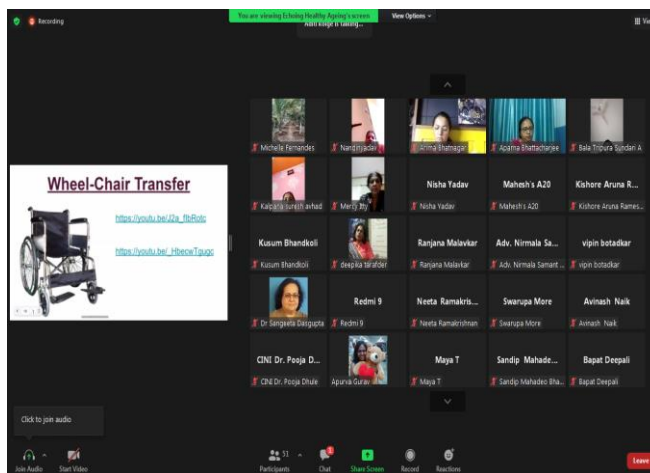
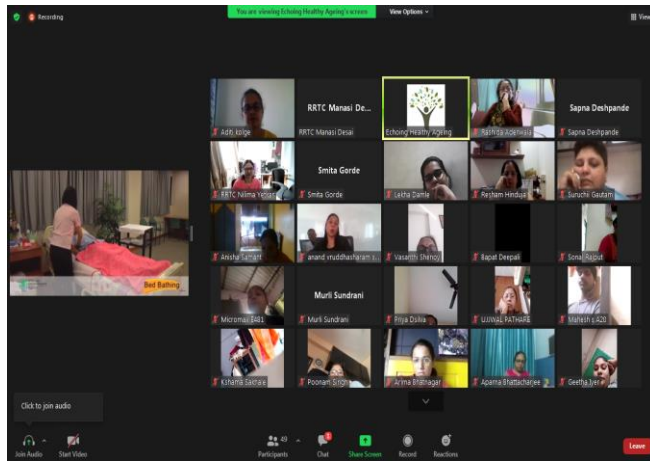
Dr. Aditi Sawant

The speaker for the final session was Dr. Aditi Sawant who presented physical caretaking of seniors and manually handling them. Different joint and muscle deformities and the importance of exercise to avoid them were discussed, with photos for reference. Positions to avoid bed sores were shown for individuals who are bed ridden. Techniques for personal hygiene such as giving bed baths and changing diapers in bed were demonstrated through video clips. Transferring individuals to wheel chairs was also shown

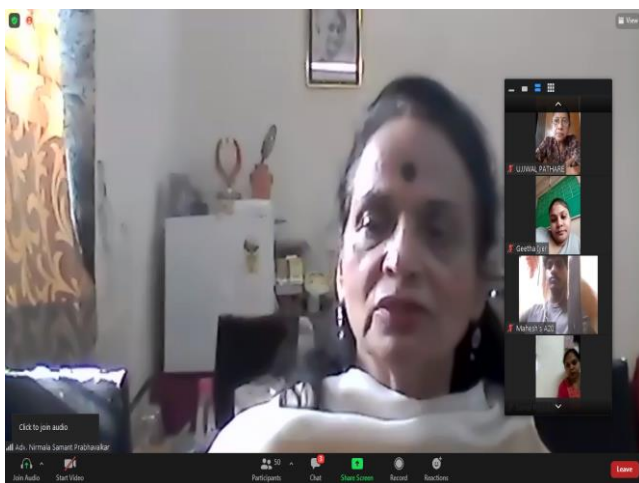
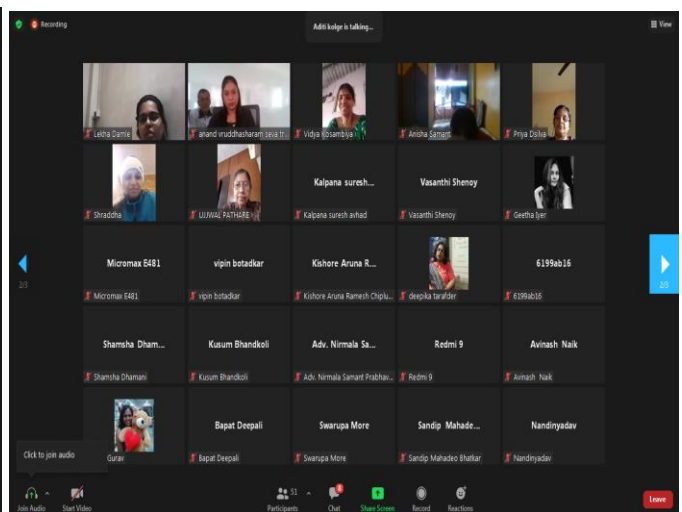
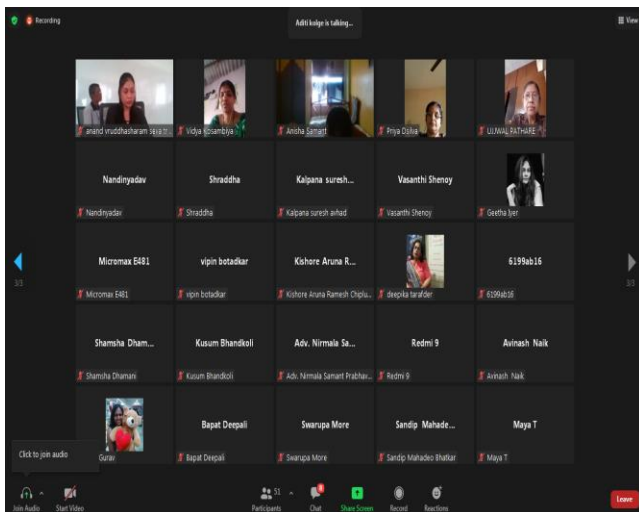
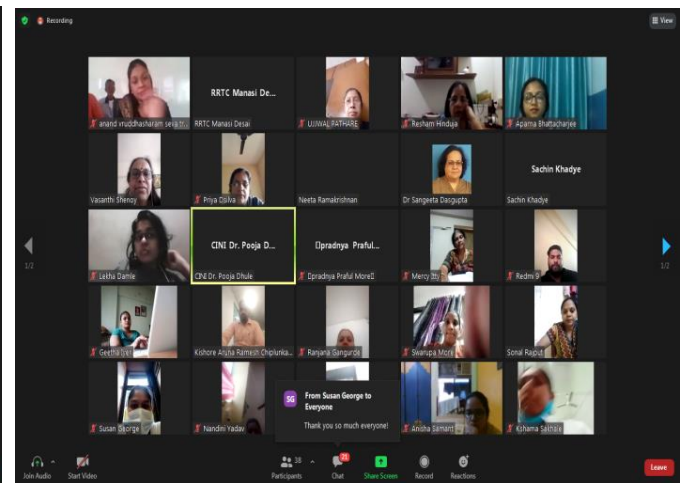
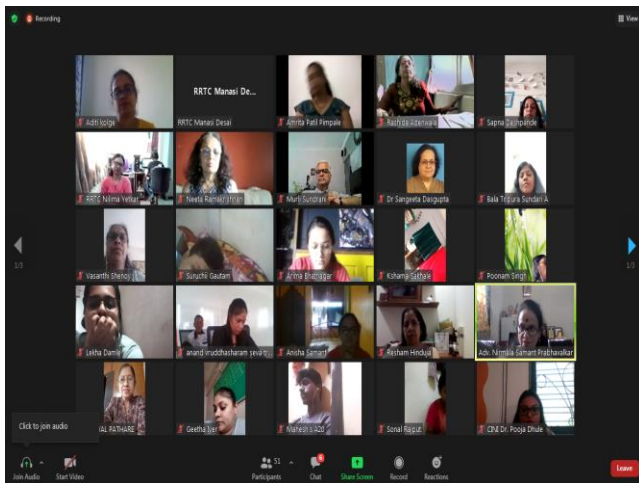
through video. Mobilization was encouraged with the use of walking sticks and walkers. For those individuals who are unable to mobilize independently, physiotherapy exercises were shown. Caretakers' self-care tips were also shared by Dr. Aditi.

An engaging conversation between Dr. Aditi and some of the participants occurred towards the end of the session. The participants expressed their gratitude for the informative sessions and the training program ended at 4pm.

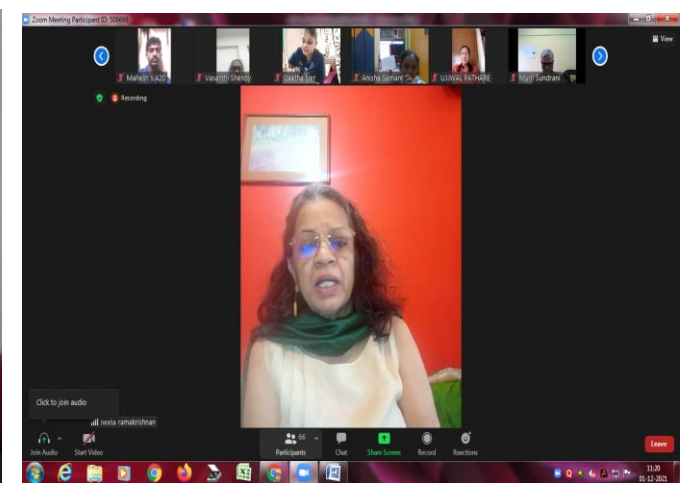
Few PPT's:



Participant Photos:



Adv. Nirmala Samant Prabhavalkar
Chief Functionary, CSSC, RRTC
 (Closing Remarks at the end of course)



Ms. Neeta Ramakrishnan
Moderator

Report of Third 'Geriatric Care' Training
In collaboration with Yes I Can Foundation



**WELCOME TO PARTICIPATE IN THE
ONLINE TRAINING OF GERIATRIC CARE**

sanctioned by
**NATIONAL INSTITUTE OF SOCIAL DEFENSE
MINISTRY OF SOCIAL JUSTICE AND EMPOWERMENT -
GOVT. OF INDIA**

in collaboration with
**REGIONAL RESOURCE & TRAINING CENTRE,
CENTRE FOR THE STUDY OF SOCIAL CHANGE**

Training partner:
YES I CAN FOUNDATION.

The Training focus is on - Skills and Strategies in Geriatric care
to work with senior citizens in a professional manner.

This training will help you to increase your scope of work
in geriatric settings.

Period : 15th to 17th December, 2021

Time : 11am to 4pm (with 1 to 2pm lunch break)

Mode - online - Zoom • No training fees

Registration Mandatory

Register your name with neha.yesicanfoundation@gmail.com

Zoom Link: Three different link for one training

15th December,2021

Topic: Geriatric Care Training 11am to 1pm and 2pm to 4pm

Time: Dec 15, 2021 11:00 AM India

Join Zoom Meeting

<https://us06web.zoom.us/j/2386341916>

Meeting ID: 238 634 1916

there is no passcode generated for this session.

16th December,2021

Topic: Geriatric Care Training 11am to 1pm and 2pm to 4pm

Time: Dec 16, 2021 11:00 AM India

Join Zoom Meeting

<https://us06web.zoom.us/j/84833675335?pwd=azBOL3B2OENJWDhMRDZ5ZW9XYmlNZz09>

Meeting ID: 848 3367 5335

Passcode: 864915

17th December,2021

Topic: Geriatric Care Training 11am to 1pm and 2pm to 4pm

Time: Dec 17, 2021 11:00 AM India

Join Zoom Meeting

<https://us06web.zoom.us/j/86980750079?pwd=dzVHUUFnZk5FY1ZsNVFJRdJXWVdEUT09>

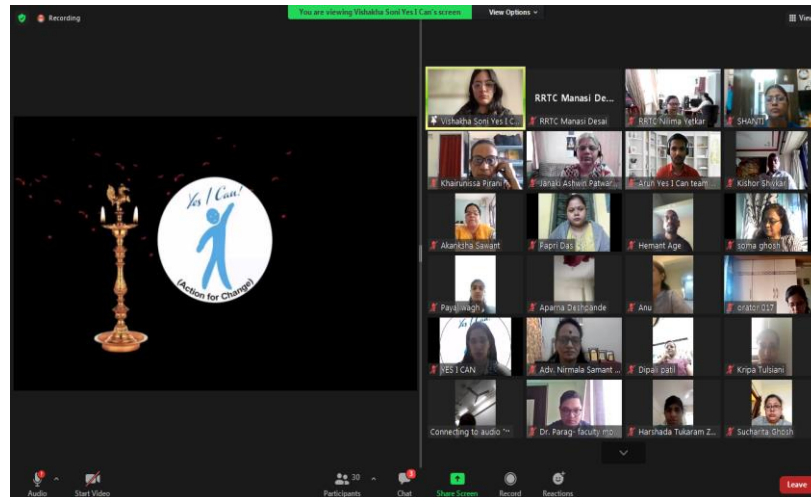
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Training schedule – 15th to 17th DEC 21- online mode

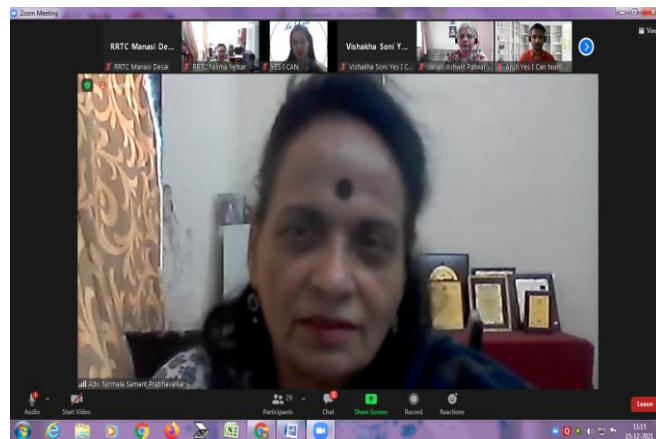
Date	Time	Resource person	Topic title
DAY ONE- 15 th Dec 21	11am to 12pm	Dr. Parag	Concept and physiology of Aging
	12.pm to 1pm	Dr. Parag	Management of senior citizens issues in absence of doctor
	1.pm to 2pm – LUNCH BREAK		
	2.pm to 3pm	Ms. Kajal	Psychology of aging
	3pm to 4pm	Ms. Kajal	Management of mental health issues for senior citizens.
DAY TWO- 16 th DEC 21	11am to 12pm	Ms. Gayatri	Gender perspective in aging
	12.pm to 1pm	Ms. Gayatri	Role of caregiver in aging population
	1.pm to 2pm – LUNCH BREAK		
	2.pm to 3pm	Ms. Ankita	Safety audit for elderly and chair activities
	3pm to 4pm	Ms. Ankita	Nutrition for elderly and menu planning
DAY THREE-17 th DEC 21	11am to 12pm	Dr. Pallavi	Dealing with emergency situations
	12.pm to 1pm	Dr. Pallavi	Life support techniques for elderly in emergency situations
	1.pm to 2pm – LUNCH BREAK		
	2.pm to 3pm	Dr. Nikita	Case history taking and patient management in geriatric care
	3pm to 4pm	Dr. Nikita	Abuse and role of a caregiver.

Training started with lighting the lamp

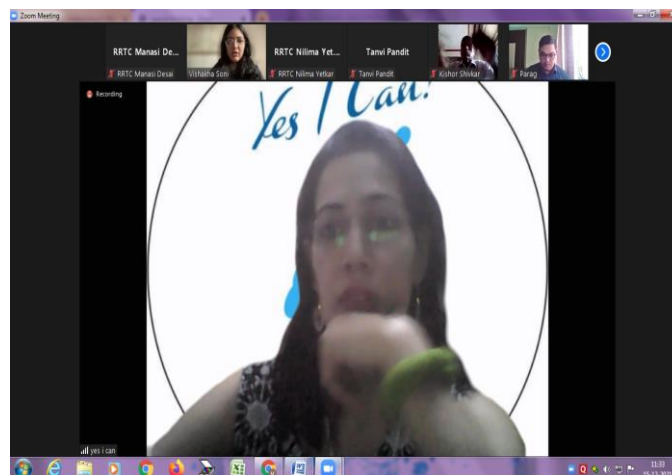


Day 1- Summery

Training started with welcome speech of Chief Functionary of RRTC.

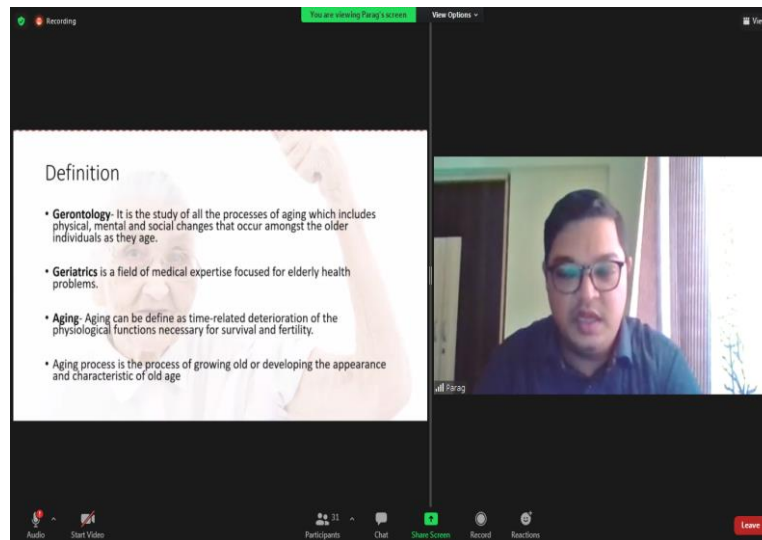


Chief Functionary, Adv. Nirmala Samant Prabhavalkar



Neha Khare, Founder Yes I Can Foundation

Session-I & II



Dr. Parag Afuwale

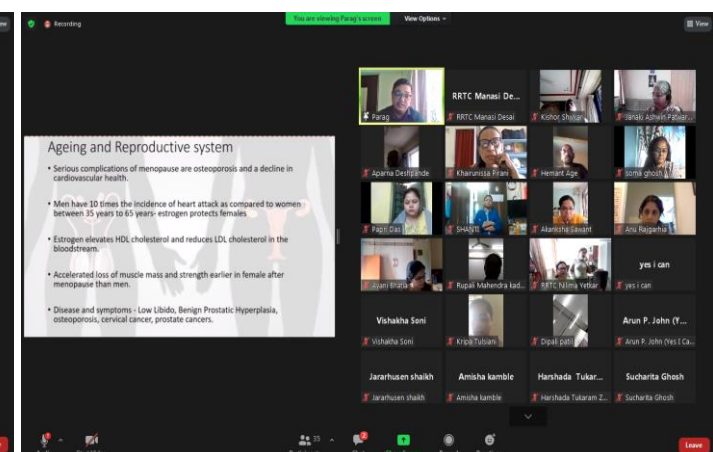
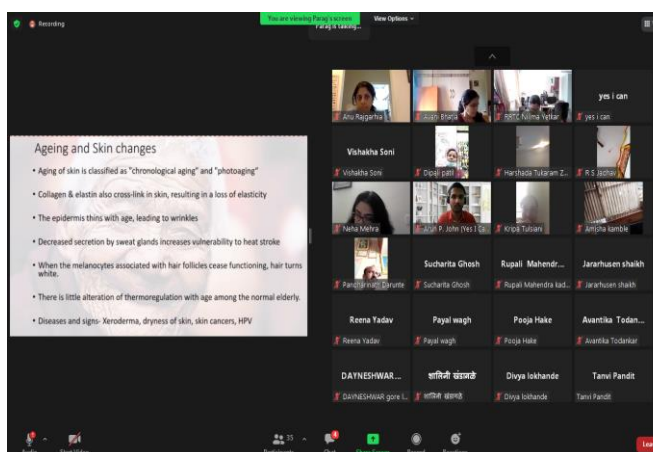
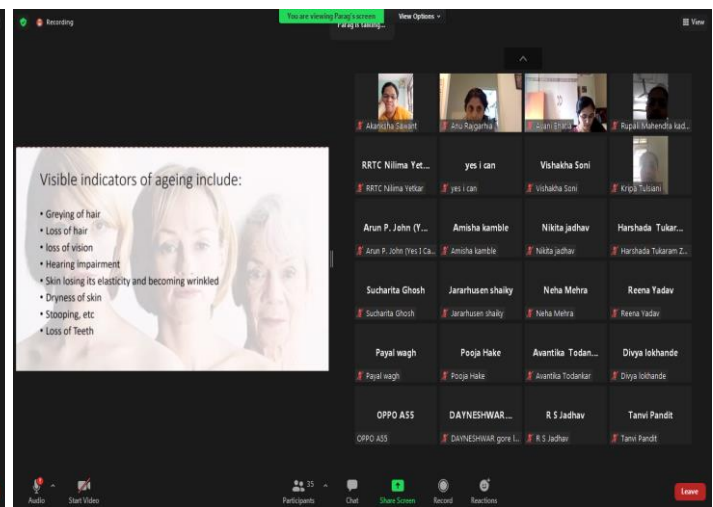
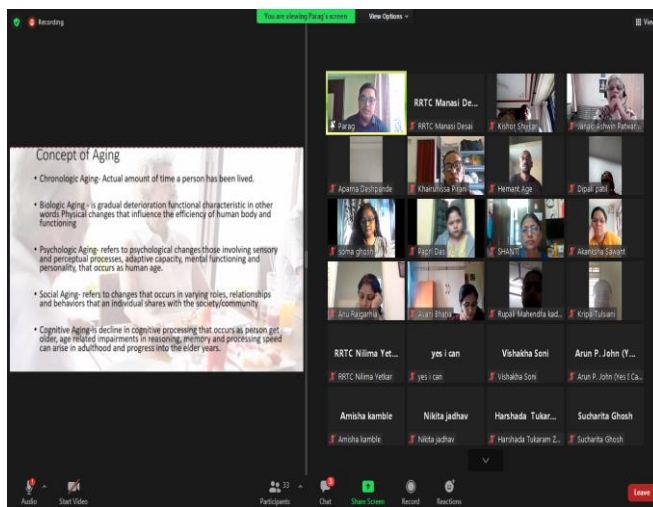
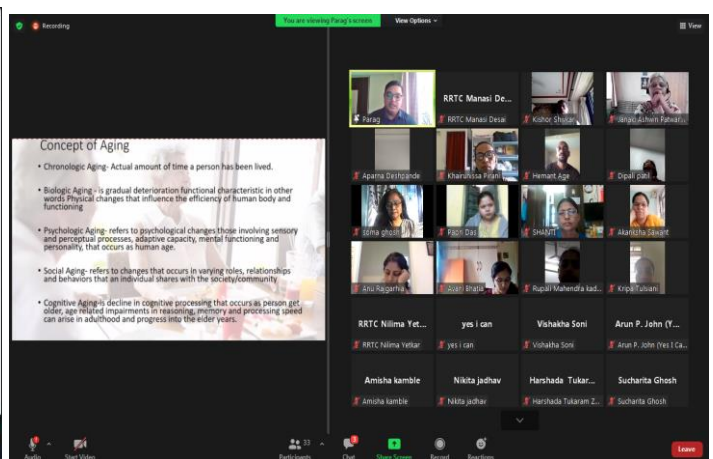
In Session 1 dealt with the definitions and difference between gerontology and geriatrics. The following aspects were also discussed in the first session.

- The concept of aging and the changes and challenges that takes place as a person becomes advanced in age
- The population growth and the shift in the age composition in the age pyramid.
- The life expectancy of people have now increased due to the implications of the medical care and facilities that are available.
- The needs for the study of gerontology
- The different types of aging: the chronological, biological. Physiological and cognitive aging.
- The visible physical aspects of aging like hair loss, loss of vision and hearing, grey hair, skin wrinkles, loss of teeth, weakening of muscles, weakening of internal organs and all.
- The internal organ failures and other issues like the capacity of stomach decreases and the decrease in the appetite and the changes in the body muscles. The changes in the ability to move freely and do daily routine, the capacity of the urinary bladder changes and people becomes fragile, loses bone density and there are chances for accidents and broken bones
- The reduction of water content in the body and the dryness of skin.
- The imbalance in the nutrition and related disorders
- In the psychological realm also the people undergoes different changes, the changes in the endocrine system and the hormonal imbalances and the improper metabolism causes other diseases and illness. The lack of insulin, and the other diseases that related to diabetes that affects kidneys and other body organs as co morbidity
- The brain loses size and gain weight. The heart muscles weaken in the aging process
- The aging also affects the reproductive health. The hormonal changes and the changes in the interest of the individual.
- The Aging and the cognitive changes that occurs along with the changes in the cardiovascular muscles.
- The need of proper exercise and workouts.
- The aging and skin changes that happens during this period.
- The aging affects all the system of the body
- The issues of Alzheimer's and other types of dementia
- How to care those people and the care that is needed for the people who are under dementia and for the care givers. The special care needs to be given for the care givers as they are getting the care

fatigue.

- The need for proper nutrition is needed and the accurate medications are necessary.
- The care that is given for the people who faces the cardio vascular issues and the osteoarthritis, the pain and other issues for the people at old age.
- The elderly people has to engage in the exercise and other physical activities to keep the body calm and confident
- The different first aids that are available for the immediate care of the people. the first aid treatment that can be given for the people who have the convulsive disorders. There are several Ayurveda medicines available for the common old age illness which are proven to be having good result without any side effects.

Few PPT's:



Session -III & IV



Ms. Kajal Sagar Chandra

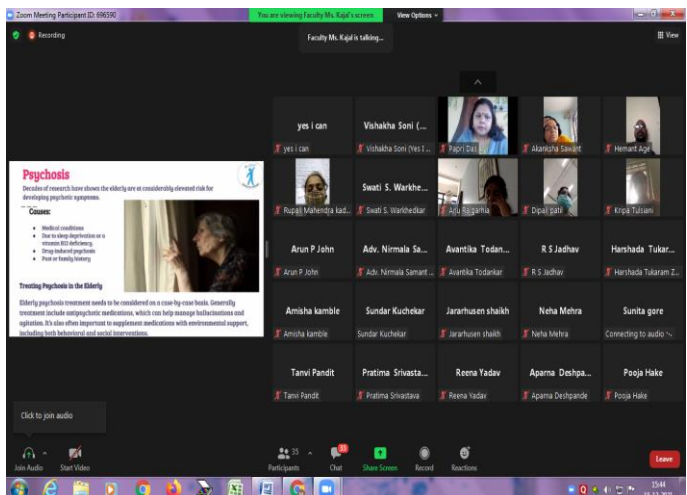
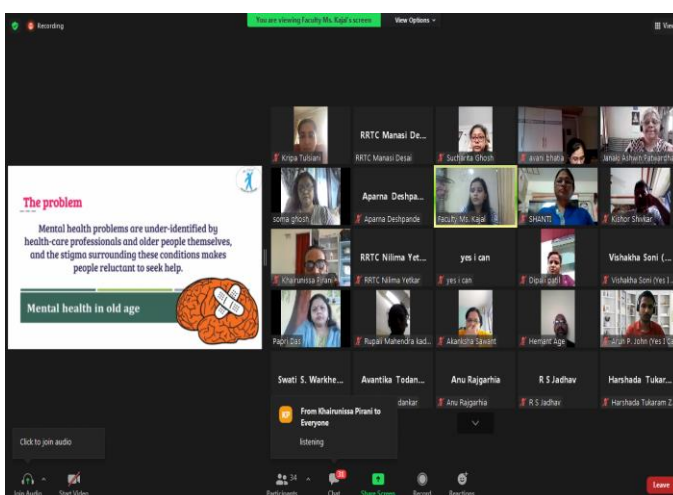
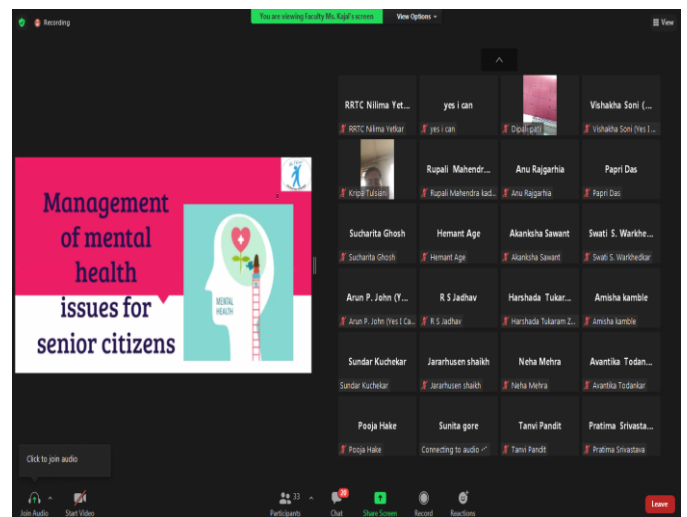
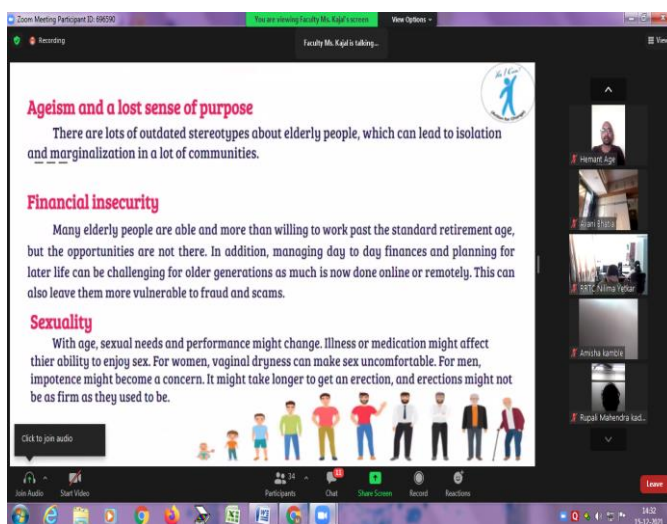
This session was mainly dealing with the challenges that are faced by people in the old age. the psychological factors and the psychosocial aspects of issues were discussed. Themajor focus of the topics are as follows

- The changes in the thought pattern of the aged people
- The feeling of rejection and the changes in the thought pattern
- What is gerontology and the process of aging
- The myths that are related to the aging especially in an Indian context. The people are more religious at this period, they feels depression and loneliness. The changes in the desire of the person to live
- There theories that deals with these are the psychological theories, theories of aging, the activity theory. The disengagement theory and the continuity theory.
- The stages of aging include
 - Stage 1: independence
 - Stage 2 : interdependence
 - Stage 3 : dependency
 - Stage 4&5: Crisis management and the end of life
- There is a steep decline of biological and psychological functioning
- The issues with the bladders and the urinating issues
- The issues related to Dementia.
- The financial insecurity that they face as they lack the job and becomes dependent on the others
- The changing concepts of sexuality
- A video on the problems of the senior citizens were shown
- There needs to have methods to manage the mental health of the individuals.
- The mental health issues that are related to the old age are
 - Dementia
 - Depression
 - Parkinson's
 - Insomnia
 - Psychosis
- Dementia
 - The people faces different types of memory loss, the ability to recognise and comprehend decreases by age
- In case of Parkinson's disease the symptoms of tremor, shivering hands and jaws and

the slowness of movement will be evident.

- The depression can also take place as the people becomes widowed or stays unmarried
- During this stage they needs the social support and care. The lack of this causes the issues for the people. They needs the social networks to have a better life. the loss of loved ones form life caused deep agony and pain in life.
- The symptoms of depression includes
 - Tiredness
 - Feeling of confusion
 - Hopelessness
 - Feeling of worthlessness
 - Feeling of guilt
 - Suicidal ideation
- The personal doubts of the participant were also cleared. The social concept and openness to psychology and counselling and the importance of professional psychological support was explained.
- The difference between the psychiatry and psychological support was also explained.

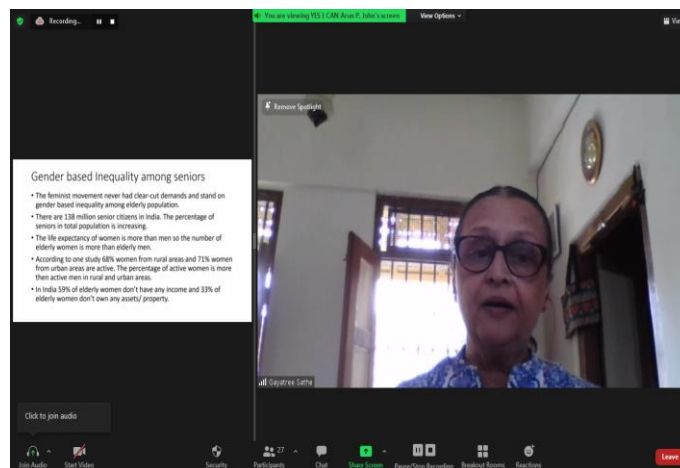
Few PPT's:



Day 2- Summery

Session- I & II

The Geriatric Care training first half of the second day began with session on **Gender Perspective in Ageing**. Our Trainer Ms. Gayatri touched on topics like - Differences in status in gender, gender-based inequality among seniors, specific issues faced by the elderly, common health issues. She also discussed the condition of elder care services in India. The system is full of shortcomings.



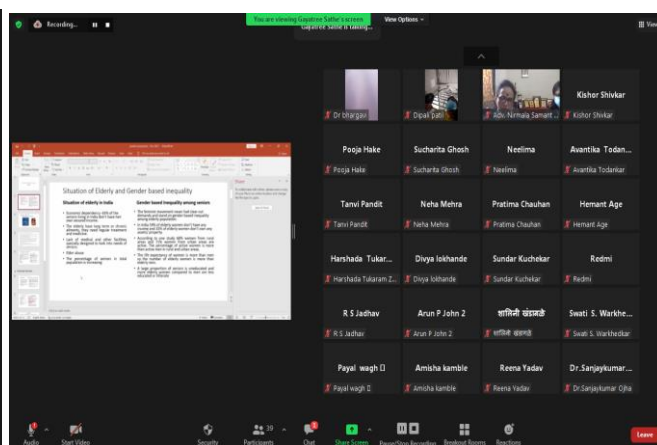
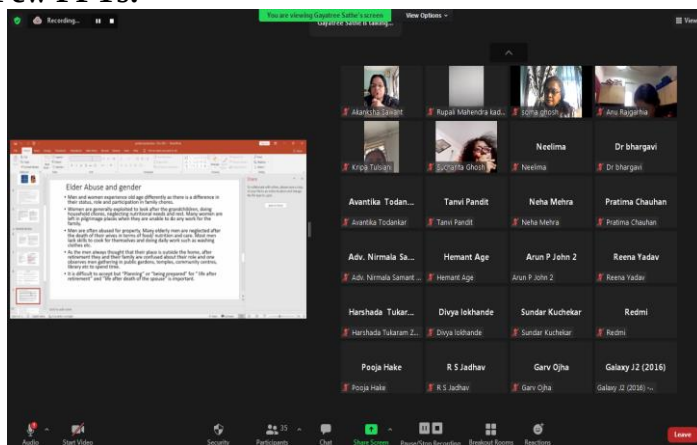
Mrs. Gayatri Vivek Sathe

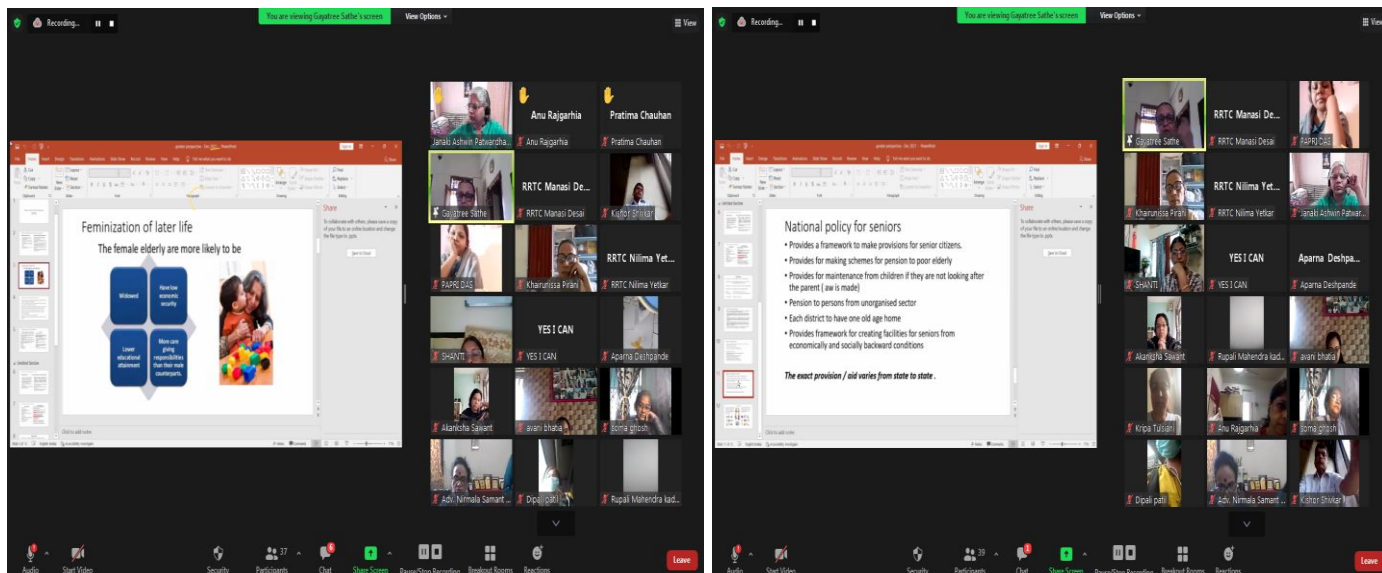
Ms. Gayatri shed some light on elder abuse biased to a specific gender. The abuse then becomes contingent of stress, fear, lack of interest, etc. This leads to a lack of security among seniors. She discussed various national policies for elder welfare and the gap in their implementation. She also discussed the role of individuals as senior citizens.

Another session was on the topic **Role of Caregivers in Senior Citizens or Senior Care**. In the session, trainer Ms. Gayatri discussed - who is a caregiver, need of caregivers, the facilities that are provided to senior citizens by a caregiver, health and non-health related services, etc. She pinpointed the objectives of geriatric care and role of a caregiver.

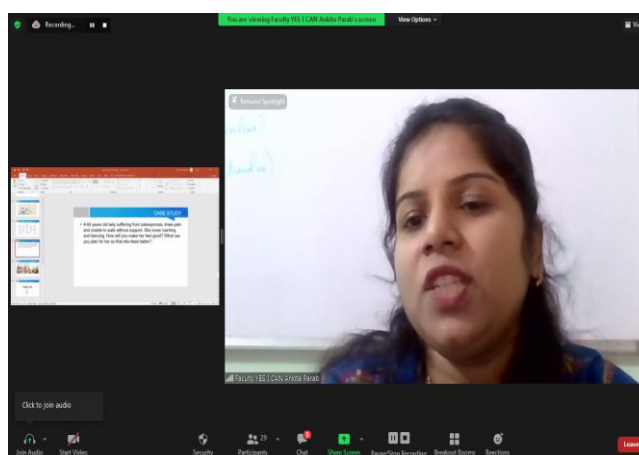
Ms. Gayatri also talked about the factors that influence the nature of assistance, how training and skill play an important role in caregiving. She laid emphasis on ideal caregiving situations for the elderly and provided some tips needed by caregivers for efficient working. She also brought to light how NGOs and caregivers provide quality services in this field.

Few PPTs:





Session-III & IV



Ms. Ankita

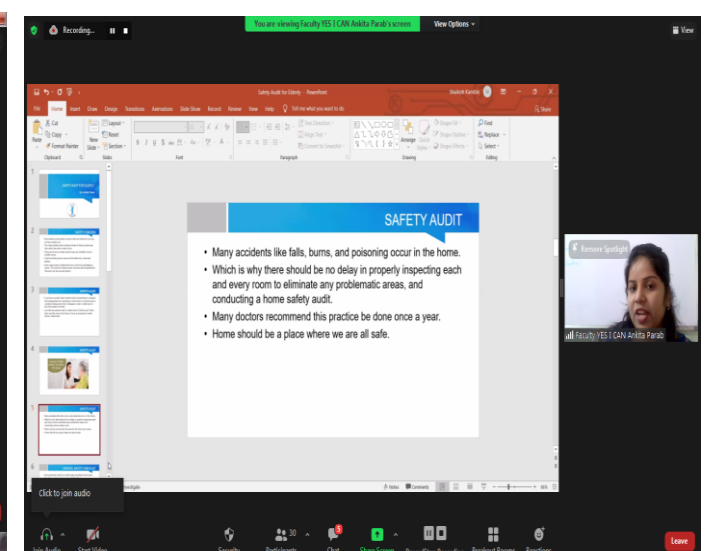
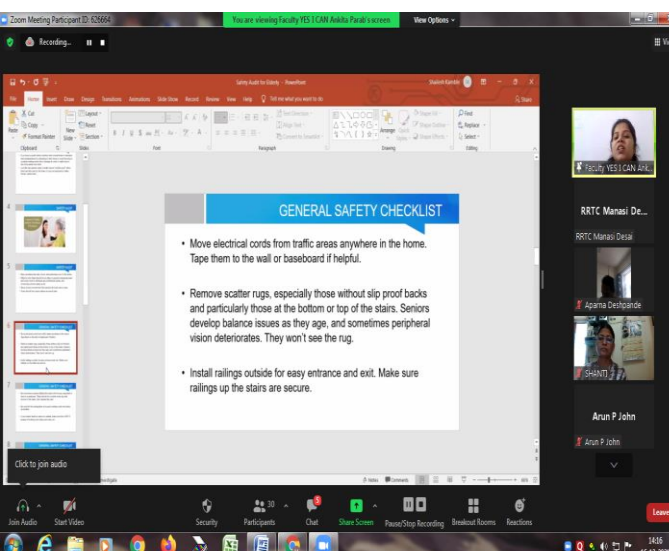
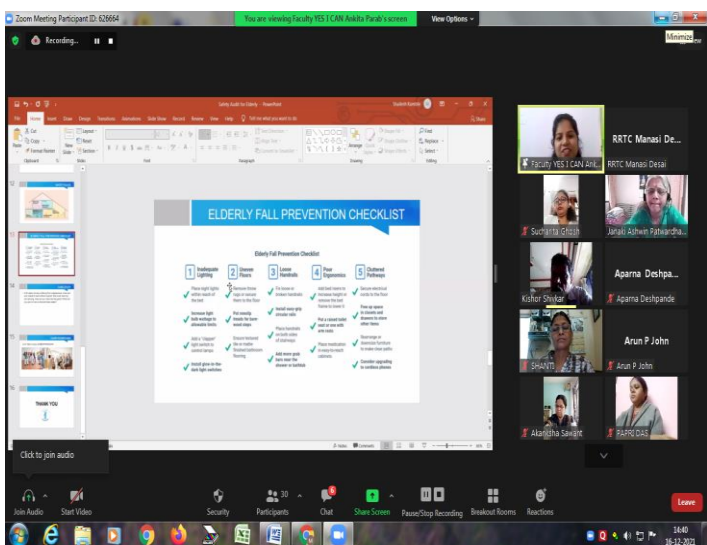
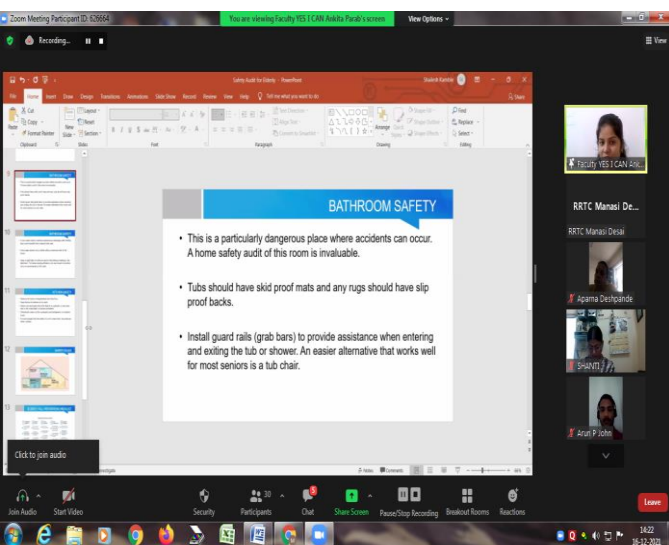
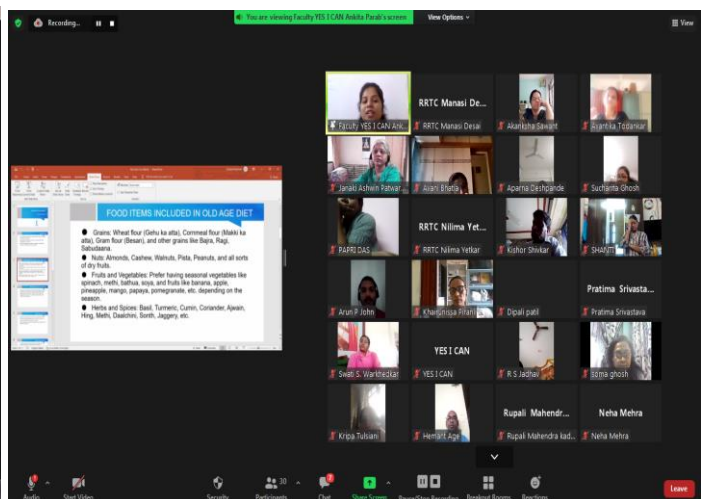
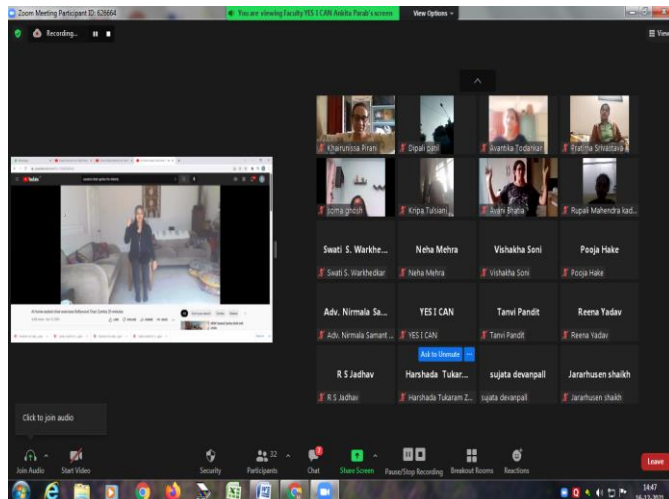
The second half of the workshop was taken by our trainer Ms. Ankita. She took a session on **Safety Audit for Elderly**. She discussed - safety concerns for the elderly, safety audits, general safety checklists, bathroom safety, etc.

She laid emphasis on avoiding mobility issues, kitchen safety, and general safety at home. Ms. Ankita explained the situation through a case study with active participation by the attendees. She conducted chair exercises during the session to indulge attendees to have fun.

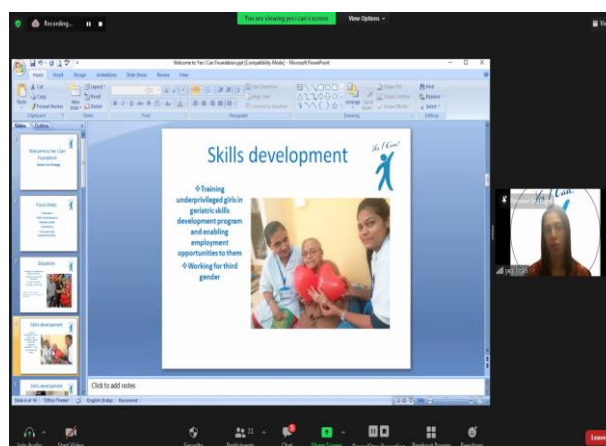
Another session on **Nutrition for Elderly** was also taken by Ms. Ankita. In the session, she explained why nutrition is important and what the process of the body is to absorb nutrition. She also talked about the nutritional stages that include ingestion, digestion, absorption, assimilation, and excretion.

She discussed food items that the elderly should eat, how to maintain a healthy diet, a balanced diet, etc. Ms. Ankita emphasized how the food should be served and discussed menu planning. With the help of a case study, she explained how the real-life situation works.

Few PPTs:



Day 3-Summary



Day 3 of the Geriatric training workshop began with **Yes I Can Foundation's** founder, Ms. Neha Khare's opening note, where she talked about the foundation and the kind of work 'Yes I Can' does.

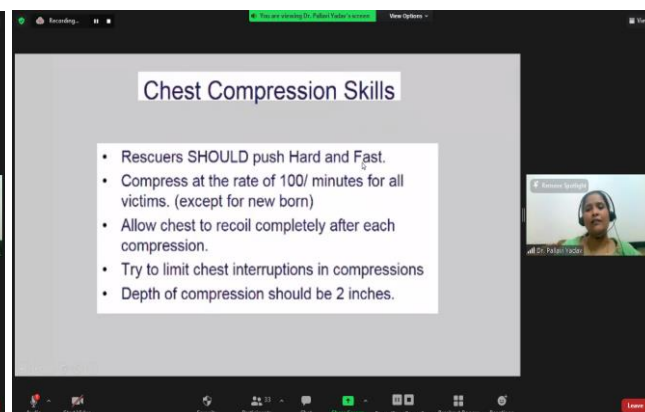
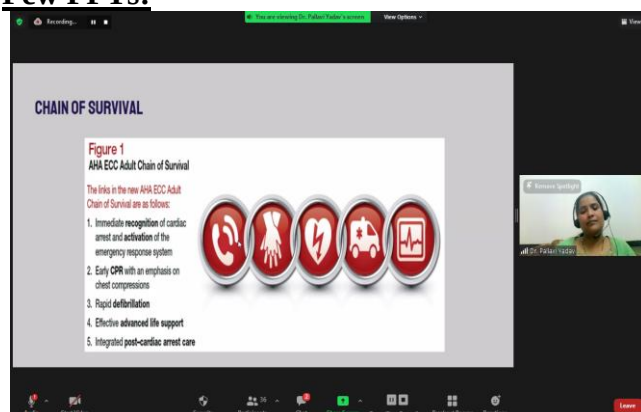
Session-I & II

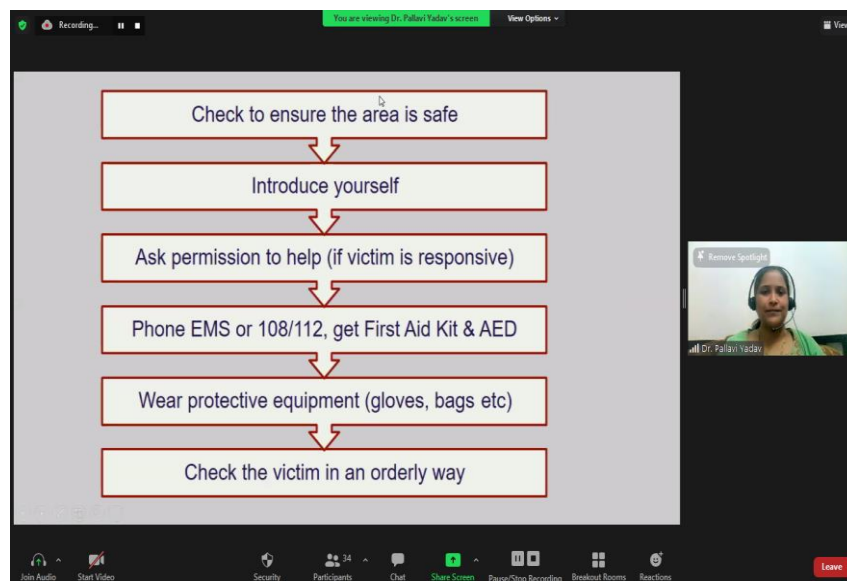
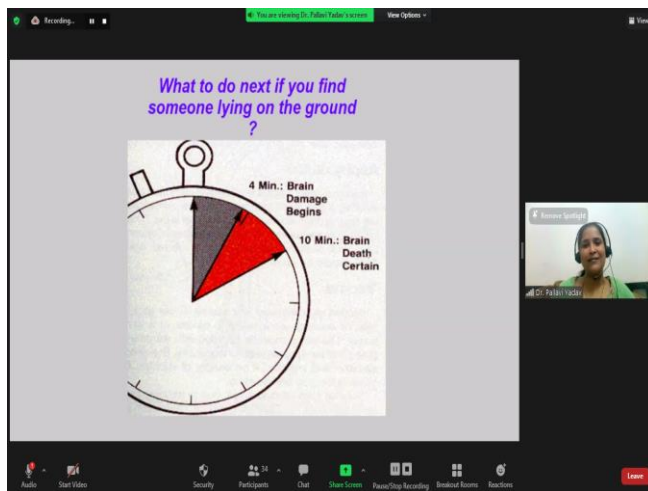


Dr. Pallavi Yadav

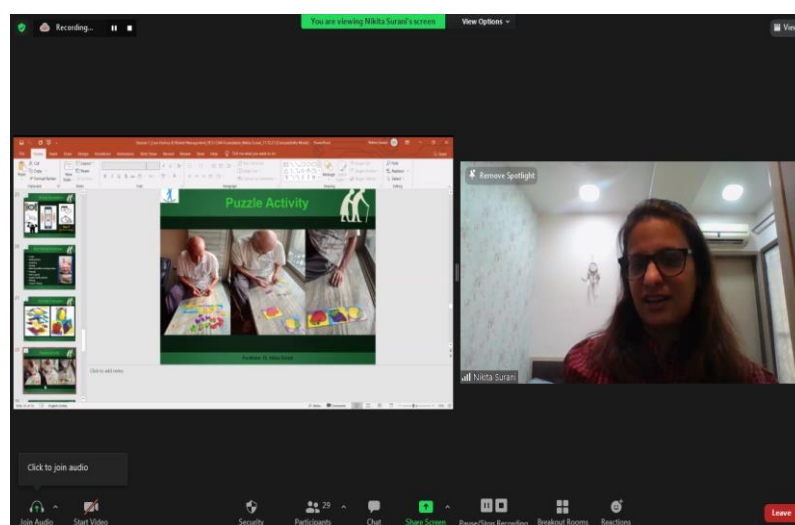
First half of the day began with sessions on **Dealing with Emergency Situations & Life support techniques for elderly in emergency**, which was conducted by our trainer Dr. Pallavi. She talked about the identification of signs when a person is experiencing a heart attack. She explained differences between cardiac arrest and heart attack. She also explained life support techniques like CPR and AED for when a person is in a serious situation. Dr. Pallavi also touched topics like choking and how to help a person in that state. While choking can happen to anyone it is more common in elderly. She discussed some preventative techniques for the same.

Few PPTs:





Session -III & IV



Dr. Nikita

Second half of the day began at 2 pm. Our next trainer Dr. Nikita took a session on **Case History Taking and Patient Management in Geriatric Care**. she began with a case study and patient management. She made it clear that, to care for the elderly one needs good knowledge about their surroundings and should be able to access their problems and needs.

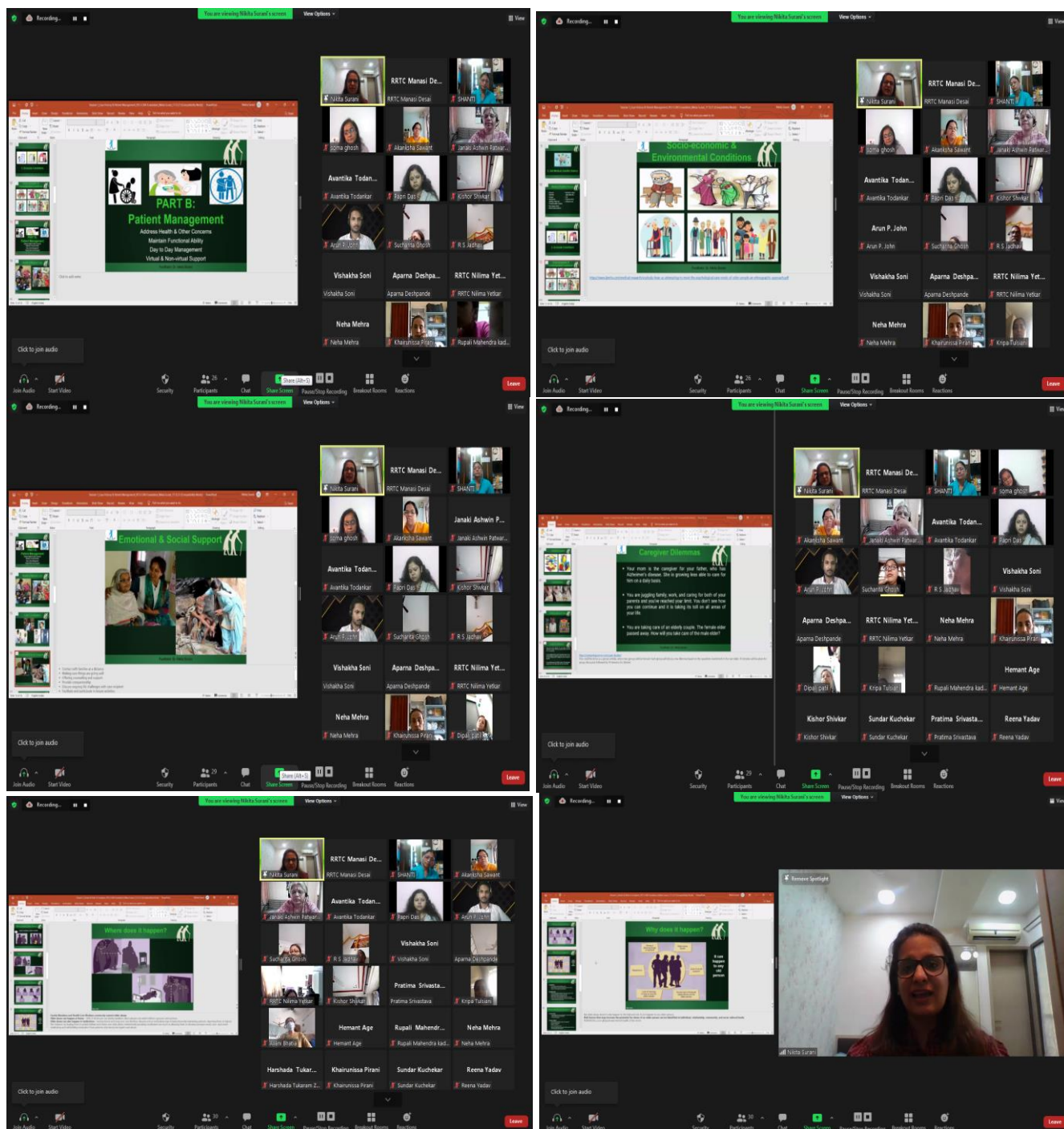
She talked about making them feel comfortable and happy.

Dr. Nikita also talked about nutritional issues faced by the elderly, reduction in their functional ability, diet management, patient management and such. She explained the importance of virtual meetings and exercises, virtual reminders in the era of a pandemic.

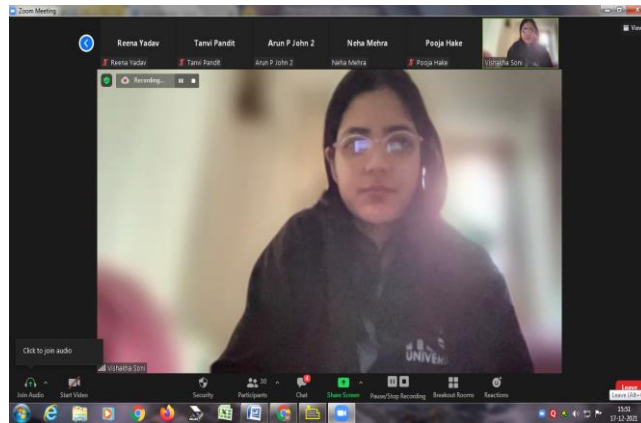
Dr. Nikita took another session on **Elder Abuse & Role of a Caregiver**. She talked about types of abuse suffered by the elderly. She explained that usually elder abuse is done by members of the family or health care workers. It can happen at places like home or hospitals. The victims of abuse can be physical as well as mental.

She laid emphasis on sensitization of these issues and also informed about the new elder line for senior citizens.

Few PPTs:

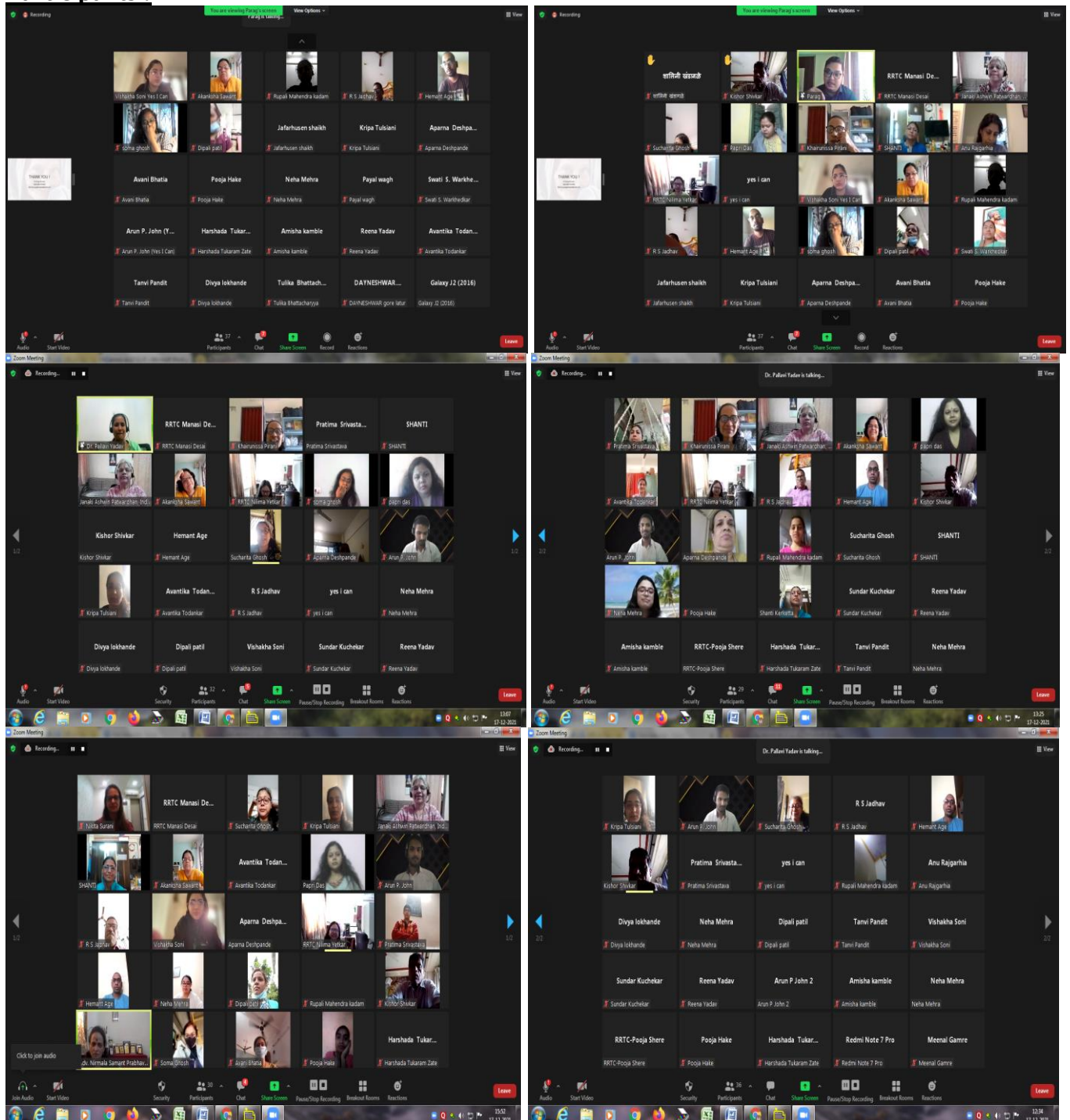


Lastly, a closing note was given by our honorable Advocate Nirmala Samant Prabhavalkar



Ms. Vishaka -Moderator

Participants :



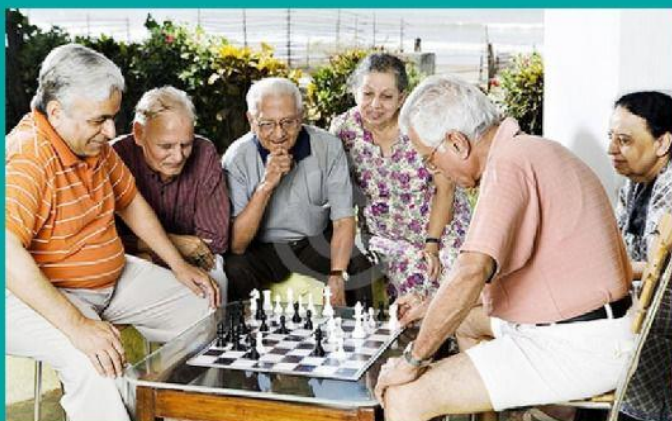
Report of Fourth 'Geriatric Care' Training **In collaboration with Echoing Healthy Ageing**



ONLINE TRAINING OF GERIATRIC CARE

Sanctioned by
**NATIONAL INSTITUTE OF SOCIAL DEFENCE,
MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT- GOVT. OF INDIA**

In collaboration with
**REGIONAL RESOURCE & TRAINING CENTRE
CENTRE FOR THE STUDY OF SOCIAL CHANGE**



Training Partner: Echoing Healthy Ageing
Training focus on: Geriatric Care (Especially for Old Age Homes)

Mode: online, Platform: Zoom

Period - 3 days • Date - 5th January to 7th January, 2022

**Time - 11:00 am to 4 pm • Language - Marathi,
Free Training Course.**

Certificate on completion of the training.

Who can participate: Aged 18 years & above.

Education qualification: 8th std and above

Registration Mandatory:

For Registration Call: 98208 74622 / 91586 56665

Zoom Link: <https://us02web.zoom.us/j/81121307615>

Geriatric Care Training especially for Old Age Home

Sr.No.	Date	Time	Session	Topic	Trainer (availability to be confirmed)
1	5th Jan,2022	11 am to 12pm	Session 1	Understanding Ageing 1.1 Who are older adults ,relevant statistics 1.2 Why working with them is important 1.3 Myths regarding Ageing	Amruta Lovekar - Gerontologist
2		12 to 1 pm	Session 2	1.4 Elder Care basics,ethics of caring for residents	Amruta Lovekar - Gerontologist
		1 pm to 1.45pm	Lunch		
3		1.45 to 2.45	Session 3	Communication with elderly, Swallowing, feeding ,hearing impairments	Surabhi Parte
4		3pm to 4pm	Session 4	Physical health of elderly	Dr Girish Rajadkhshya
1	6th Jan,2022	11 am to 12pm	Session 5	good care home practices	Mr. Sailesh Mishra
2		12 to 1 pm	Session 6	Good care home practice	Mr. Sailesh Mishra
		1 pm to 1.45pm			
3		1.45 to 2.45	Session 7	Physical care, exercises, manual handling	Dr Aditi Kolge
4		3pm to 4pm	Session 8	Caregiver Burnout	Dr Aditi Kolge
1	7th Jan,2022	11 pm to 12pm	Session 9	Mental health of edelry	Amrita Patil
2		12 to 1 pm	Session 10	Food and Nutrition	Aditi Deshkar
		1 pm to 1.45pm			
3		1.45 to 2.45	Session 11	Activities of Daily Living, importance of routine. environmental inclusions	Dr Jahagirdar
4		3pm to 4pm	Session 12	Activities of Daily Living, importance of routine. environmental inclusions	Dr Jahagirdar

DAY 1

TIME: 11AM – 4PM

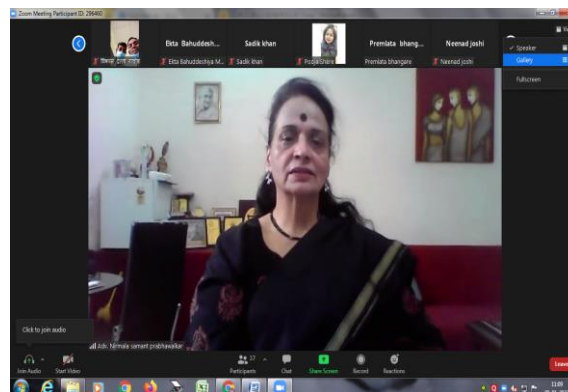
- SESSION 1: 11AM TO 12PM – Understanding Ageing
- SESSION 2: 12PM – 1PM – Elder Care basics, Ethics of caring for residents
- 1PM TO 1: 45PM – Lunch Time
- SESSION 3: 1:45PM TO 2:45 PM - Communication with Elderly, Nursing Care basics
- SESSION 4: 3PM TO 4PM – Physical Health of Elderly

This event was sanctioned by National Institute of Self Defence, Ministry of Social Justice and Empowerment – Govt. Of India (NISD) and in collaboration with Regional Resource and Training Centre for The Study of Social Change (RRTC). The training partner for this event was Echoing Healthy Ageing. The event was conducted on online zoom platform 5th January 2022 from 11am onwards.

The speaker included in this event were:

- 1) Mrs. Amruta Lovekar – Gerontologist
- 2) Mrs. Surabhi Parte – Sister Tutor at School for Nursing
- 3) Dr Girish. C. Rajadhyaksha – HOD at oncology dept and Professor dept of Medicine

The program started with Miss Heer giving a small introductory speech about the online training of program geriatric care.



Adv. Nirmala Samant Prabhavalkar

After that Advocate Nirmala Samant Prabhavalkar gave a speech regarding the program and thanking speakers for their contribution. She also spoke of how its important for the caregivers at the old age home facility to work with them and help them.



Mrs. Amrita Patil, Founder of EHA

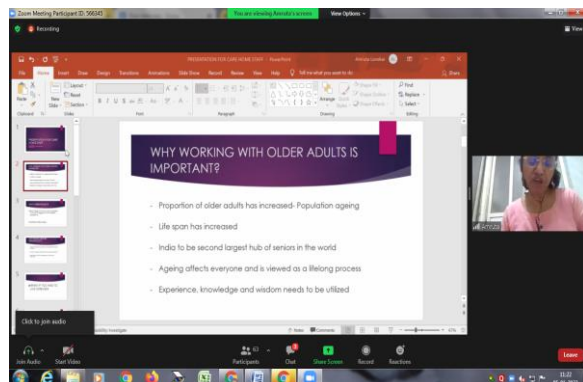
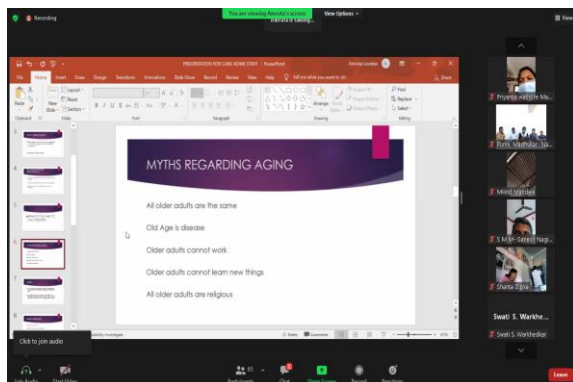
She gave welcome address to all participants.

Session-I & II

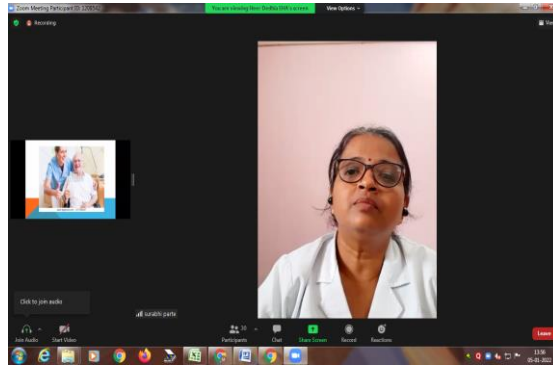


Ms. Amruta Lovekar

The first speaker for the day Ms Amruta Lovekar was introduced by Miss Heer. Amruta Lovekar ma'am gave a detailed information about ageing and the reason of why it's important to work with old people. She explained about the field and sub fields of gerontology. She also explained and busted the myths that everyone has regarding ageing. Explaining what the ethical living for seniors is about. With certain excerpts from her life, she spoke how she wanted to work with the senior citizens.

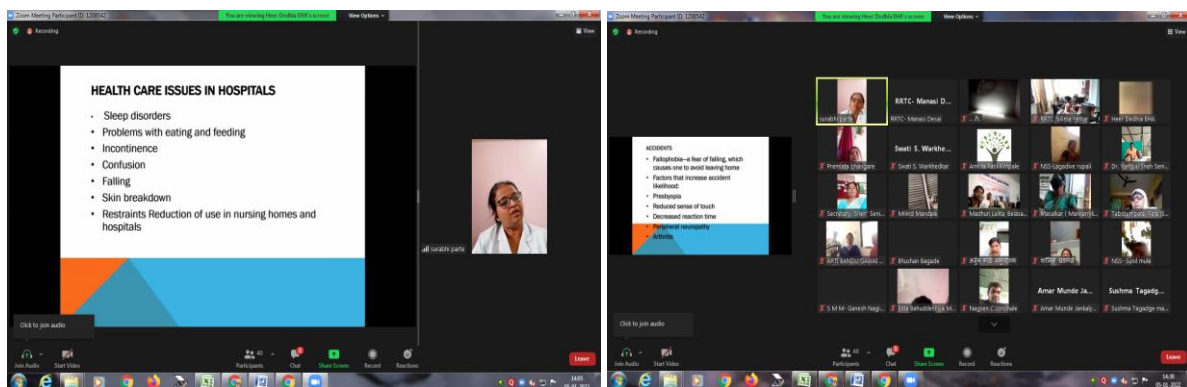


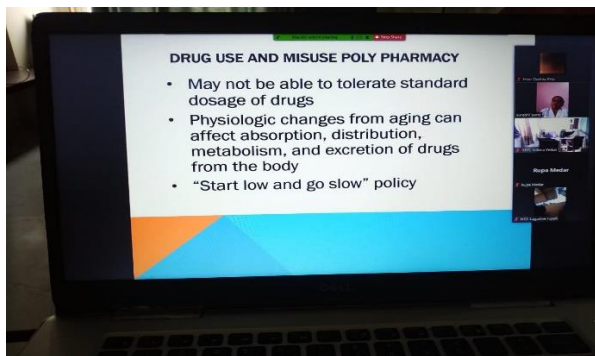
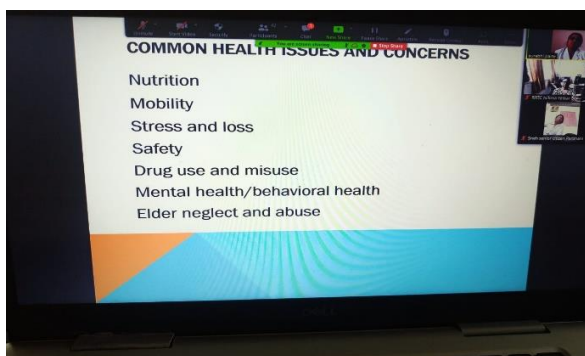
Session- II



Ms. Surabhi Parte

Post lunch break required instruction were given to the participants and the second speaker was introduced i.e., Ms Surabhi Parte spoke about the common problems that old age people face. Various Physical, cognitive and mental health issues they go through and how as a caregiver you can help through it. She also explained about the important food nutrients that the seniors need for their better health. Seniors are so many times neglected by their own families and abused for a variety of reasons, she told why it's important for them to care for them and be empathetic towards them. She ended the session with a really beautiful quote that said be careful when you walk on the dried leaves because in the scorching sun you took shade under these leaves only. In the same way explained that they are the ones who taught you everything you know be empathetic with them and love them just the way they did. After the session there was a quick question answer round and then the session ended. No break was given and the next sessions started.





Session-IV



Dr. Girish Rajadhakshya

The speaker for next sessions was Dr Girish. C. under who gave in detail information about the physical health in elderly. A topic that's very close to his heart he spoke about the common health problems that are faced by the elderly and how as caregiver you can help them through it. He spoke about the different preventive measures to be taken if anyone has a specific physical problem or any diseases. A series of questions were asked from the participants about the required safety measures to be taken when the elderly or anyone has a heart attack or seizures. Dr Girish explained these measures in really simple language which really helped the participants to understand the action to be taken when anything happens. With this the session ended and the day and required instructions were given for next day's session.

DAY 2

TIME: 11AM – 4PM

- SESSION 1: 11AM TO 12PM – Good care home practices
- SESSION 2: 12PM – 1PM – Good home care practices
- 1PM TO 1: 45PM – Lunch Time
- SESSION 3: 1:45PM TO 2:45 PM – Physical care, Exercise and manual handling
- SESSION 4: 3PM TO 4PM – Care giver Burnout

This event is sanctioned by National Institute of Self Defence, Ministry of Social Justice and Empowerment – Govt. Of India and in collaboration with Regional Resource and Training Centre for The Study of Social Change. The training partner for this event was Echoing Healthy Ageing. The event was conducted on online zoom platform 6th January 2022 from 11am onwards.

Speakers:

- 1) Sailesh Mishra - Social entrepreneur and international social activist working for welfare of senior citizens
- 2) Dr Aditi Kolge – Physiotherapist

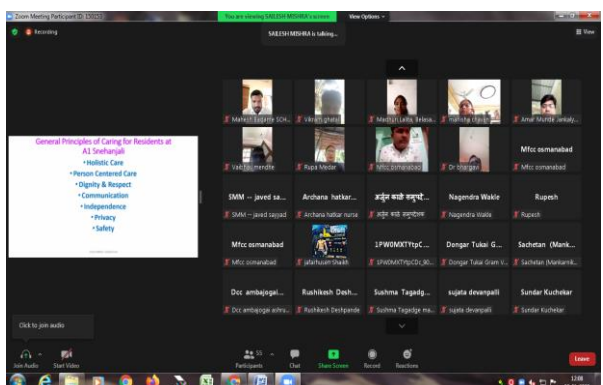
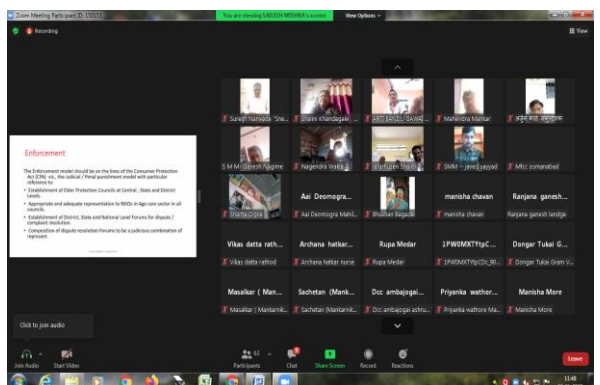
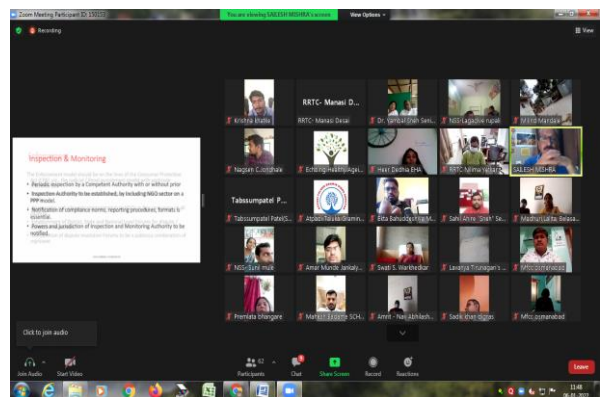
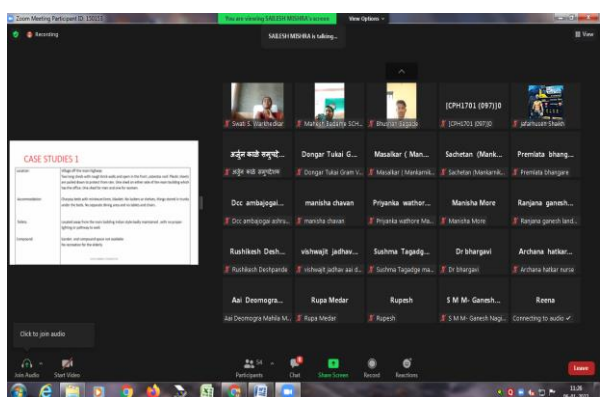
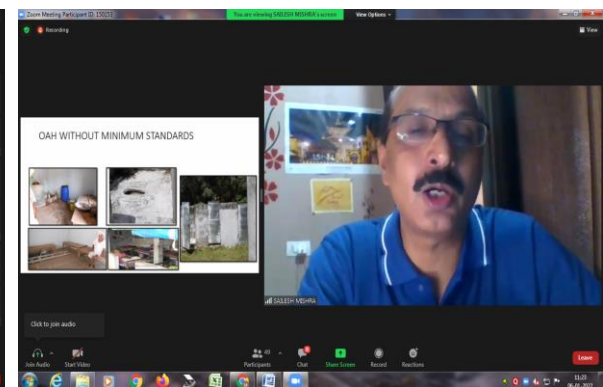
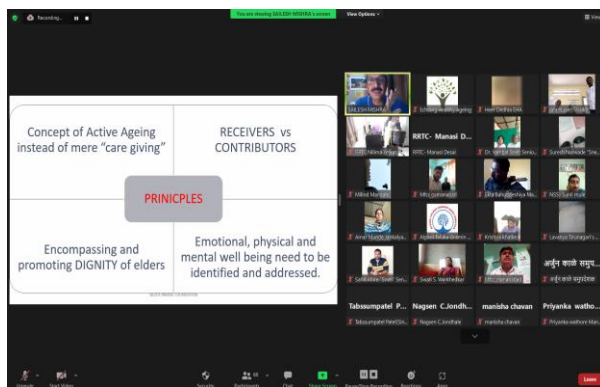
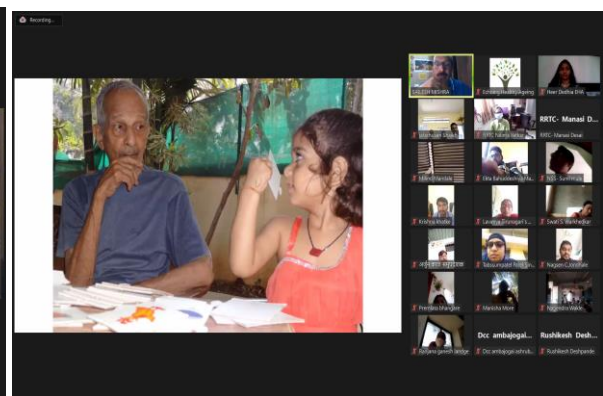
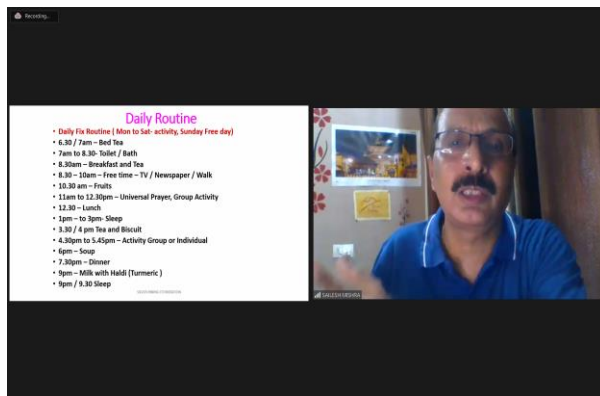
Session I



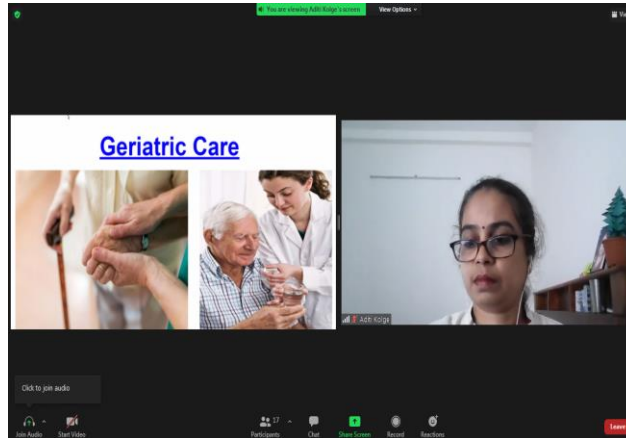
Mr. Sailesh Mishra

The second day of the training started with giving information about the training program and introducing the first speaker for the day i.e., Sailesh Mishra. He spoke about good home care practices. Since last 10 years his work with the seniors is really commendable. He spoke about why is daily routine important for elders and as caregivers at the old age home what all care you should take to make them comfortable and feel like home. He spoke about care facility he has made for seniors and how warmly they are welcomed and different activities they do there. Incorporating different activities related to art and bringing children to play with them so they feel lively. Through the slides he spoke about how its important to welcome the elders and

accept them just the way they are. With different principles he explained what all does an institution needs for the seniors to make them feel like home.



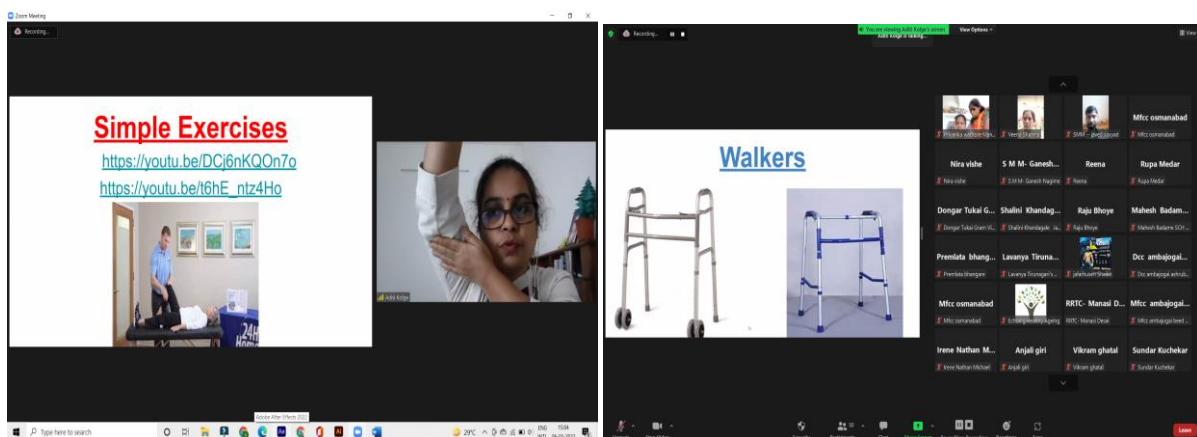
Session-II

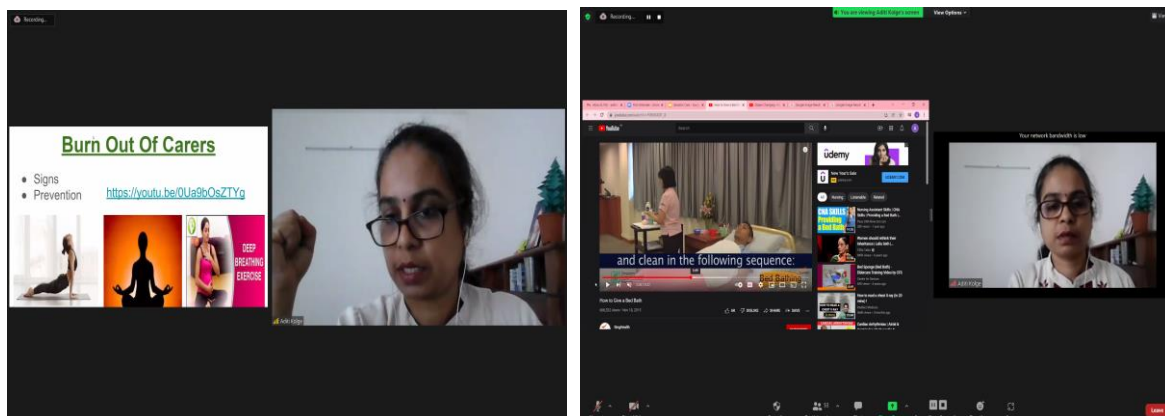


Ms. Aditi Kolge

The second speaker for the day post lunch was Aditi Kolge who is a Physiotherapist. Dr Kolge explained about geriatric care in physical terms. With the reference of the photos joint and muscle deformities were discussed. Through a series of video and photos she explained about the correct way to help the elders get up from the bed on to their wheel chair. The positions to avoid bed sores bedridden individuals were shown. For individuals who are bedridden how to make them bath and change their diapers was explained through the video clips.

The information about the different kinds of walker and stick and the use for each of them really helped in understanding of which kind of walker or stick really helped the senior citizens. Different exercises and how physical care should be taken was explained by her through videos. A very important topic she touched upon was the caregiver burnout. She explained how sometimes it gets difficult to work with elder and how as a caregiver they can take care of themselves while taking care of the elders. Certain self-care tips and breathing exercise were demonstrated by her to the participants which were the done by everyone. The session ended with questions from the participants.





PROGRAM DAY 3:

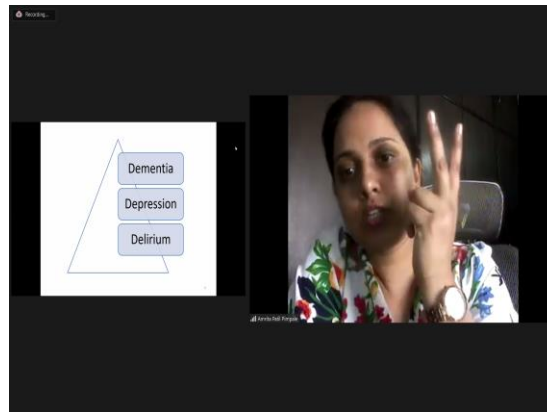
TIME: 11AM – 4PM

- SESSION 1: 11AM TO 12PM – Mental Health of Elderly
- SESSION 2: 12PM – 1PM – Food and Nutrition
- 1PM TO 1: 45PM – Lunch Time
- SESSION 3: 1:45PM TO 2:45 PM – Activities of Daily living, importance of routine and environmental inclusion.
- SESSION 4: 3PM TO 4PM – Activities of Daily living, importance of routine and environmental inclusion.

This event is sanctioned by National Institute of Self Defence, Ministry of Social Justice and Empowerment – Govt. Of India and in collaboration with Regional Resource and Training Centre for The Study of Social Change. The training partner for this event was Echoing Healthy Ageing. The event was conducted on online zoom platform 7th January 2022 from 11am onwards

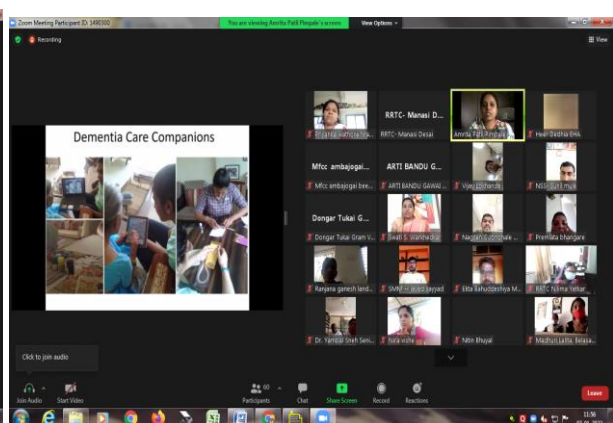
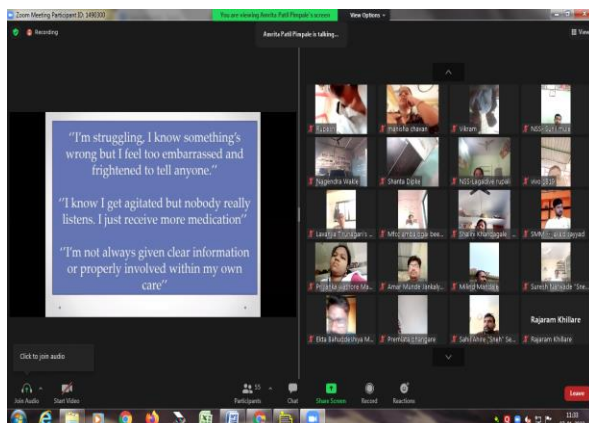
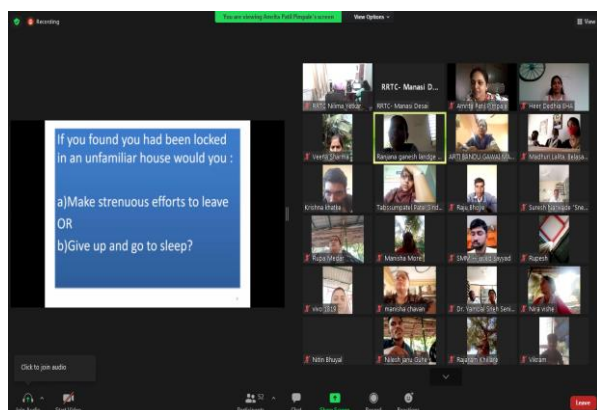
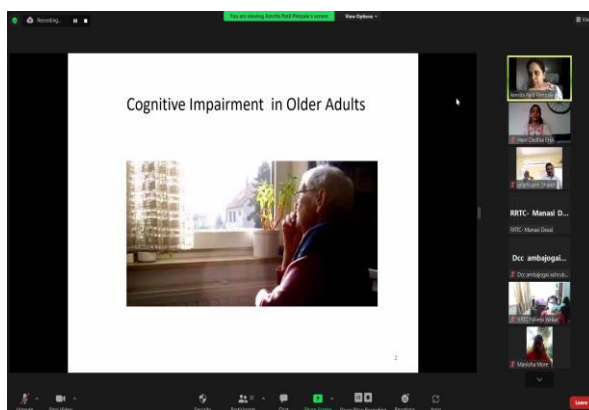
- 1) Ms. Amrita Patil Pimpale – Founder – echoing Healthy Ageing
- 2) Dr Aditi Deshkar Ajarekar – Practising Homeopath and Nutritionist
- 3) Dr Sriharsh Jahagirdar – Assistant Professor and Occupational therapist

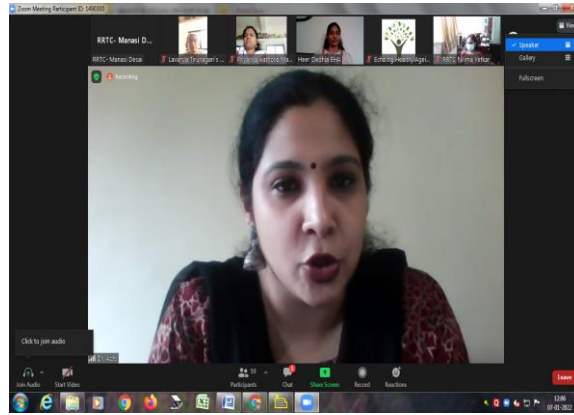
The last day of the training session started with giving the required instruction to the participants by Miss Heer and then introducing the first speaker for the day Ms Amrita Patil Pimpale the founder of Echoing Healthy Ageing.



Ms. Amrita Patil

Ms Amrita spoke about the mental health of the elderly. She spoke about the 3D’S, what are the symptoms and factors that contribute to three 3D’s. She also gave information about how being empathetic becomes a key to the healing of the seniors. The session was a really interactive and informative session that gave in brief information about the mental wellness of the elders and how as a care giver of the old age home one can be there for them emotionally when they need them.

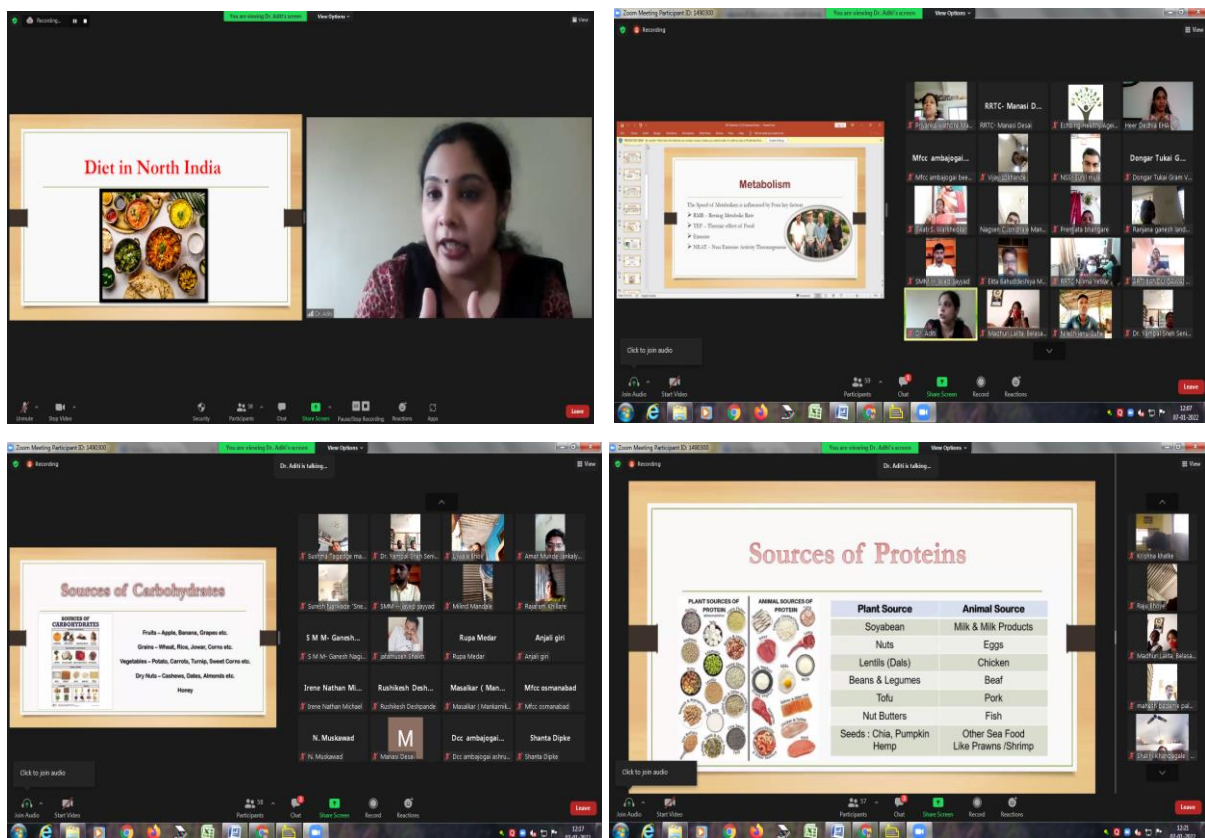




Dr. Aditi Deshkar

The second speaker for the day was Dr Aditi Deshkar Ajarekar a practising homeopath and nutritionist. Dr Aditi gave a detailed information about the required food and nutrients that are important for the seniors. She also spoke about the specific food items that have high amount of nutrients, carbohydrates and minerals. She also busted some of the common food related myth that all of us have. She also explained how different local food or the food we have everyday is healthy. The session ended with a series of questions asked by the participants.

Few snapshots from the session:



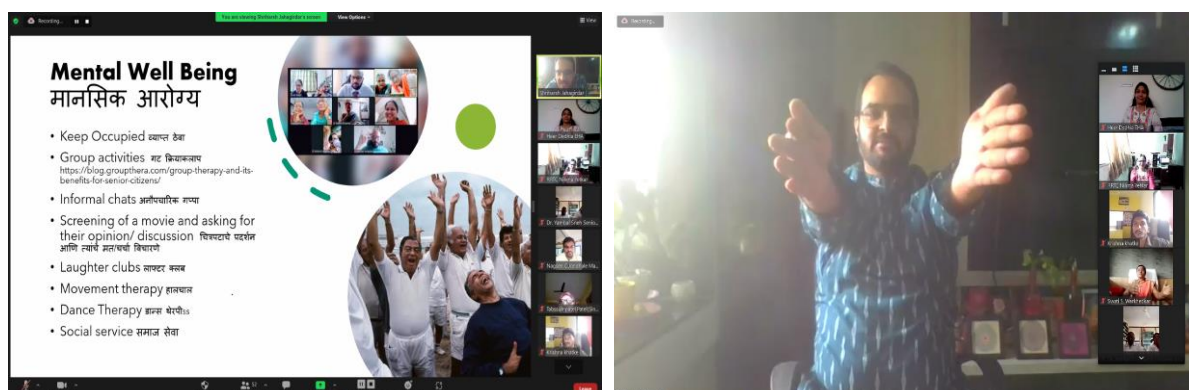


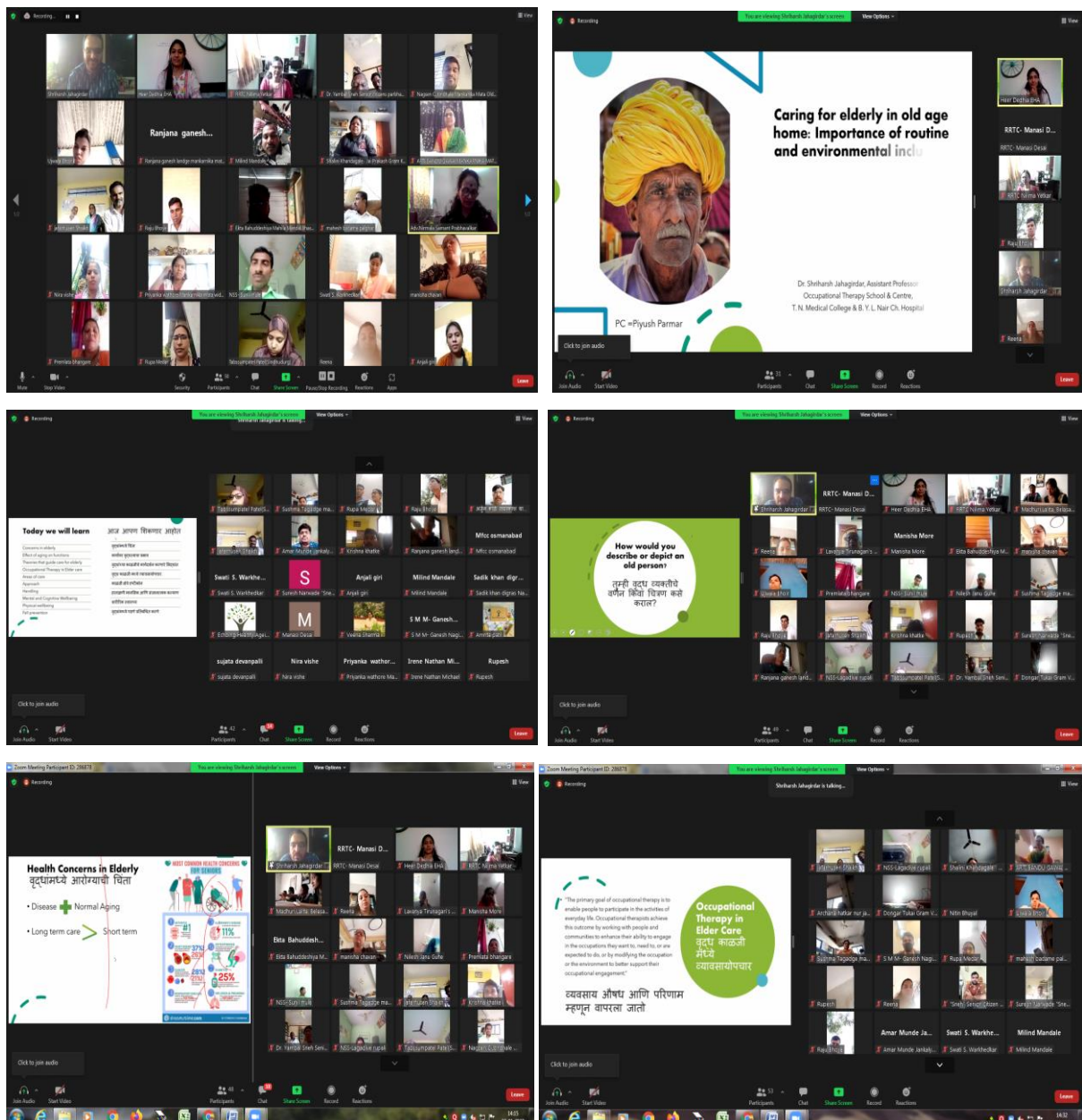
Dr Sriharsh Jahagirdar

Post Lunch last speaker for the 3-day training program was Dr Sriharsh Jahagirdar who is an occupational therapist. He started a session with a light activity and then went ahead explaining the importance of daily routine and why it is important to include it. Using the annotations on zoom he interactively explained different concepts. He demonstrated different exercise that help the senior citizens to activate different parts of their body. He explained different activities that we can do with the seniors that can help in uplifting them physically and emotionally. He explained the various principles of communication that are important to understand for clear communication with the elderly. Through videos and certain photos gait transfer and also the correct way to walk while using the walker were discussed. Also, different activities other than the normal exercise were spoken about that would help the mental wellbeing of the seniors.

The session ended with a series of questions answer and thanking Dr Sriharsh for such an engaging session. Later Miss Heer invited Adv. Nirmala Samant Prabhavalkar for Vote of Thanks. She thanked the participants for participating in all the sessions and the speakers for conducting such engaging sessions that were so informative which increased the knowledge of the participants. Later Ms Tabassum Patel spoke a few words about how she felt after attending the training and what she learnt from it. Later the session ended by thanking everyone at 4:30pm.

Sharing few photos from the session:





LINK FOR JOINING:

RRTC & Echoing Healthy Ageing is inviting you to a scheduled Zoom meeting.
Topic: Geriatric Care Training -Old age homes

Time: Jan 5, 2022 11:00 AM India
Every day, until Jan 7, 2022, 3 occurrence(s)
Jan 5, 2022 11:00 AM
Jan 6, 2022 11:00 AM
Jan 7, 2022 11:00 AM

Join Zoom Meeting
<https://us02web.zoom.us/j/81121307615>