



# GERIATRIC CARE & COUNSELLING

**Name of Course:** GERIATRIC CARE & COUNSELLING

**Duration:** 30 Hrs.

**Offered by:** Ramakrishna Sarada Mission Vivekananda Vidyabhavan

**Eligibility:** 10 + 2 Passed and RKSMVV Students

**Fee Structure:**

Admission Fee – Nil

Course Fee – 200/-

**Course Overview:**

This course is designed for professionals and enthusiasts seeking to deepen their knowledge of geriatric care. Through a flexible and self-paced format, participants will acquire the skills needed to navigate the psychological complexities of aging and contribute to the mental health and well-being of the elderly.

**Course Objectives:**

The objective of the course is to enable the students:

- To impart knowledge on concepts of Geriatric Care and counselling

- To create sensitive processes and essentials for the older adult people.
- To understand and connect to the older adult with respect at home as well as in the Society.
- To create/ increase awareness about the scientific process of ageing and its natural decline of health & Mind with ageing.
- To create Dementia awareness and to identify the early symptom of Dementia
- To sensitize good practices for supporting a huge no. of Older Adults and celebrating a healthy ageing for self, loved ones and society

### Syllabus in Modules:

<b>Geriatric Care &amp; Counselling</b>		
<b>Module</b>	<b>Content</b>	<b>Duration(Hrs.)</b>
1	Introduction of Gerontology. Concept of Family – Indian and others. Origin of Geriatric. Why world is worried about the geriatric population. Indian scenario. Problems facing by geriatric people and their family. Misconception of ageing and its natural process	2
2	Effective Communication – what is communication means; types of communication and its importance in daily communication. How to communicate with elderly person	2

	keeping in mind their age, education and respect by role play	
3	How to understand the need of an elderly person by using a simple questionnaire. What all psychological steps people go through to accept his/her present status specially those who are diagnosed as terminal patient. At that time what all psychological behaviour they do and how to manage those behaviour /anxiety / depression and provide mental support	2
4	Importance of looking after our parents/elderly persons in the family and in the society. What all benefits we can get from older adult. Common health issues once age increase along with mental issues	2
5	What is the meaning of Palliative care, hospice, etc. Why special care is necessary and how we can provide the same either personally or taking help from trained people. What all facilities are there by the India Govt. and State Govt. Laws to protect the interest of Senior people. Rights of Senior citizens	2
6	Diet and age / disease specific diet – to	2

	keep mentally and physically healthy of the older adults.	
7	A burning problem around the world is Dementia. Types of dementia, treatment, care, protection etc. Indian scenario comparing to world. Importance of early diagnosis.	2
8	Therapies like Yoga, music and dance and other modes to help the senior people overcome many mental and physical ailments	2
9	Case study and Role Play Mindfulness meditation, person centered care with interesting creative ways. 3 Ls and 3UA for Older Adults and 5 rights for seniors	2
10	Why one should study Gerontology? Career opportunities as a professional and entrepreneur. Questions – Answers session / doubts clear	2
11	Practical – to meet elderly person who needs help	4
12	Case study and analysis	2
13	Writing assignments based on the given case - their condition, etc. and according to the participant's what measures to take to improve the quality of life of	2

	the elderly person she met	
Revision classes , Assignments		2
Total duration		30

**Resource Person:**

**Ms. Supriya Chakraborty**, General Manager, Human Resource and Training,  
Pacific international Hospital

**Learning Outcomes:**

After the completion of the course, students will be able:

- To open the door for a bright prospective future.
- To connect the world’s most demanded science – the Geriatric science, which in turn give them the sharp edge in their future professional career in India and abroad as well.
- To become a psychological counsellor, Gerontologist, or do any other form of Social Work. This knowledge will help to proceed further with hands on knowledge and experience in advance. Even this will help everyone to understand self and how to keep balance between the generations.
- To earn while pursuing studies without putting much financial pressures on parents.
- To open an NGO, or to join with any Social welfare organization. This will provide the knowledge and some experience to understand how to proceed.
- To analyze and interpret the most complex situation they might handle at home/society.

- To understand self and create strength and confidence to help aged people professionally.

**Assessment Procedure:**

Three Formative Assessments' scores are provided as percentages. The Total Grade is determined based on the overall performance across all assessments. The Continuous Assessment column provides a general evaluation of the students' participation, engagement and adherence to deadlines throughout the course.

Grading criteria along with the corresponding percentage ranges:

A: 90%-100%

B: 80%-89%

C: 70%-79%

D: 60% - 69%

F : Below 60%