

# OLD AGE MITRA

## Primary Health Care Education Module

Conduct by: Public Swsatha Mitra Medicine Council

BASED ON NSQF LEVEL: 3

DURATION: 200 Hours (Maximum 3 Month)

Theory: 140 Hours

Practical Internship: 60 Hours

ELIGIBILITY:

Minimum Qualification: VIII pass

Age: 18 years and above

Introduction:

Old age is a sensitive and important stage in a person's life. During this period, physical, mental, and social changes occur that can affect their daily living and overall comfort. The "OLD AGE MITRA" course is designed for learners who are interested in providing care for the elderly and want to develop professional competencies. This course teaches age-appropriate health care, mental support, social engagement, and ethical guidelines for caregiving.

Upon completing this course, learners will be able not only to assist elderly individuals with daily care but also to promote their mental well-being, social connection, and independence. They will gain practical skills in measuring vital signs, managing medications on time, conducting memory and

recreational activities, and providing ethical companionship. The practical internship component offers real-world caregiving experience, enhancing professional confidence and skill development.

## ◆ Module 1: Understanding Elderly and Aging Lifestyle

- What is Aging
- Age-Related Physical and Mental Changes.
- Common health and lifestyle challenges in old age and preventive measures.
- Personal care, hygiene, and maintaining independence.
- Communication techniques tailored for the elderly, including mindfulness and patient listening skills.
- Importance of family and community support, and ways to maintain healthy relationships.

## ◆ Module 2: Physical and Mental Care

- Measuring vital signs using simple manual and digital methods (BP, pulse, temperature).
- Timely medication management, medicine logbooks, and adherence tracking.
- Introduction to Alzheimer's, dementia, and depression: early identification and basic coping strategies.
- Engaging the elderly with music, storytelling, puzzles, memory games,

and light physical activities.

- Mobility support techniques: wheelchairs, walkers, walking sticks, and fall-prevention strategies.

### ◆ Module 3: Social Participation and Ethical Companion Care

- Guidance for enrolling in government schemes and community programs (with state-specific examples).
- Maintaining family contact, social networking, and reducing isolation.
- Principles of end-of-life care, respect, empathy, and ethical decision-making.
- Role as a companion: responsibilities, accountability, and promoting dignity and independence.

### ◆ Module 4: Practical Internship

- Hands-on experience in real-life elderly care settings (homes, day-care centers, or community programs).
- Monitoring and recording vital signs, assisting with mobility, and supporting daily activities.
- Conducting recreational activities: storytelling, music, memory games, and light exercise sessions.
- Applying ethical decision-making and communication skills in real scenarios.
- Preparing a care portfolio documenting experiences, progress

tracking, and reflective learning.

**THIS COURSE MODULE IS GOVERNED BY NOTARISED AGREEMENT.  
USE ONLY WITH PSMNC PERMISSION.**