



Sathya Educare Competency Trust

Vision and Caregiver Training Initiatives

Sathya Educare Competency Trust is committed to fostering a society where elder care is delivered with expertise, compassion, and dignity. Our vision is to address the critical need for skilled caregivers, ensuring that the elderly population receives the highest standard of care.

Initiatives

The Trust's flagship initiative is an 8-week intensive training program in elder care management. This program is free of cost and includes accommodation and meals, making it accessible to young adults aged 18 to 30 who have completed their SSLC. The program not only equips participants with the necessary skills to excel in elder care but also guarantees job placement upon successful completion.



Training Curriculum

The training program is comprehensive, covering a wide range of topics essential for effective caregiving:

- **Introduction to Caregiving:** Fundamentals of caregiving and the role of a caregiver.
- **Medical Terminology:** Understanding medical terms commonly used in elder care.
- **Infection Control and Precautions:** Techniques for preventing the spread of infections.
- **Human Anatomy and Physiology:** Basic knowledge of the human body and its functions.
- **Introduction to Aging:** Understanding the aging process and its impact on the body and mind.

- **Mental Health:** Approaches to supporting mental health in the elderly.
- **Death and Dying:** Providing compassionate care during end-of-life situations.
- **Working with People with Disabilities:** Adapting care techniques for individuals with disabilities.
- **Communication:** Effective communication skills for interacting with patients and their families.
- **Introduction to Activities of Daily Living (ADLs):** Assisting with essential daily tasks like bathing, dressing, and eating.
- **Introduction to Rehabilitation:** Supporting elderly patients in their rehabilitation processes.
- **Nutrition and Hydration:** Ensuring proper nutrition and hydration in elder care. Advanced Care Topics:
- **Diagnostic Tests:** Understanding and assisting with common diagnostic tests.
- **Vitals:** Monitoring and recording vital signs accurately.
- **Medication Administration:** Safe practices for administering medications.
- **Wound Care:** Techniques for caring for wounds and preventing infections.
- **First Aid and Choking:** Basic first aid skills, including how to respond to choking incidents.
- **Introduction to CPR:** Basics of cardiopulmonary resuscitation.
- **Healthcare Safety:** Ensuring safety in healthcare settings.
- **Caregiver Self-care:** Strategies for maintaining the caregiver's own well-being.
- **Asking for Help:** Recognizing when and how to seek additional support.
- **Resume and Job Interview Preparation:** Preparing for employment opportunities after training.



Impact

- 1. Empowering Individuals:** The training offers a clear career pathway for young adults, providing them with marketable skills and employment opportunities in the growing field of elder care.
- 2. Enhancing Elder Care Quality:** Graduates of the program will bring a high level of professionalism and competence to elder care, significantly improving the standard of care available to the elderly.
- 3. Supporting Elder Care Facilities:** By supplying a steady stream of trained caregivers, the initiative alleviates staffing challenges for elder care facilities, enabling them to offer better care to more people.
- 4. Strengthening Communities:** Through partnerships with local NGOs, elder care homes, and healthcare providers, the program creates a robust support network, enhancing elder care access and quality across Karnataka.

Larger Impact: This initiative addresses a critical societal need by creating a sustainable elder care ecosystem. It not only supports the elderly and their families but also empowers young individuals with meaningful careers. The program is a model for how targeted training and employment initiatives can drive social change, leading to a more caring, supportive, and inclusive society.