

RasaCare Training Content
Basic Caregiver Training Programme
Home based – 2 hours



Introduction

1. Who needs a Caregiver?
2. Roles of Caregiver
 - What is expected in this special role?
 - Handling of different opinions/suggestions from different people
 - Who to listen to? Qualification of person giving suggestions
 - Taking a stand, and how to stand firm?

Physical Care

1. **Proper Hand Washing Techniques**
 - Infection Control

2. **Personal Hygiene Management**
 - Hygiene - to show difference between normal and infected oral cavity
 - Bed Bath or Showering assistance
 - Grooming – Hair/Foot/Nail Care
 - Skin Care

3. **Waste Management**
 - Difference methods of excretion
 - (Toilet / Diapers / Indwelling Catheter / In-Out Catheterization / Stoma bag)
 - Handling of waste

4. **Transfer & Movement / Massage**
 - Methods to assist in ambulation
 - Methods of transfer
 - Passive exercise / massage with explanation of benefits

5. **Nutrition & Oral / NGT Feeding**
 - Choosing the right type of diet
 - How to recognize / prevent aspiration
 - Technique of oral / tube feeding

6. **Safety and Fall Prevention**
 - How to prevent falls? Identify fall risks
 - Home Safety - Clutters / Furniture, Flooring, Grab bars, Lighting
 - Managing incidents of Fall - Things to do when a fall happens

Common Symptoms Management

Identify, manage and prevent below symptoms:

1. Fever
2. Cough
3. Urine Retention
4. Constipation
5. Itchiness
6. Pressure Sores

Medication Management

1. Organisation and storage of medications
2. Types of medication and regimes
3. Preparation of Medication (Cut / soak / pound to dissolve)
4. Importance of medication compliance

Emotional Care

1. Communication with Elderly
2. How to have a 'FIT' Mentally?
3. Sense of Touch
4. How to prevent Caregiver Burnout?