

Document IV After us- Caregiver

The National Trust of India has mentioned certain points which our caregiver should have prior knowledge or to be imparted both (Theoretical and practical) before taking the responsibility of caregiving job in our residential accommodation. The important points are enumerated hereunder:-

| Sl | | Particulars |
|--------|---|--|
| 1 | | Educational Qualification of Caregiver Class VIII Age 18+ Knowledge to be imparted either in local language or in Hindi or in English. |
| 2 | | Faculty Requirement:- |
| | a | One Bachelor in nursing/ Psychiatric Nursing/ Social worker/ Rehabilitation Professional or General Nursing. |
| | b | One RCI Registered Professional in related disabilities. |
| | c | One Demonstrator or Co-trainer- RCI registered personal - with 3 years experience. |
| 3 | | Courses:- |
| | a | Definition:- impairment=== Disability===and Handicap. |
| | b | Types of Disability under National Trust Act (1999) and PWD Act 1995. Mental Retardation===Autism===Cerebral Palsy===Multiple Disabilities===Locomotor Disability===Intellectual Disability===Mental Illness and Mental Disorder Differences. |
| 3 a | | In our residential accommodation we are accepting the admission of 1) Locomotor Disability 2) Cerebral Palsy 3) speech and Language Disability 4) Intellectual Disability 5) Specific Learning |

| | | |
|---|---|--|
| | | Disability 6) Autism Spectrum Disorder 7) Any other disorders as approved by the Board of Trustees. |
| 4 | | Health and Personal Hygiene.:- |
| | | Definition of Health===physical and mental illness.=== Personal Hygiene=== Oral Diseases and Dental Hygiene. |
| 5 | | Caregiving. |
| | | Maintaining personal hygiene=== Bed making=== Prevention of Bed sores===Bed bath (Sponge bath)=== Mouth care===Taking and recording of temperature, pulse, Respiration, Blood Pressure in take, output Record.===Simple sterilization methods=== cleanliness=== Regular bowel movement and urination===assisting in exercise, Rest and Sleep. |
| 6 | | Health Education |
| | | First Aid=== Use of Bandage and first Aid Medicines===Cardio Pulmonary Resuscitation===Immobility of severely Disabled and critically ill persons. |
| | | Handling Emergencies===Recognising and responding to emergencies=== How to administer medicines=== Care during fever, loss of consciousness, breathlessness.===Give first aid to burns. |
| 7 | | Networking skills for referral purpose to the Management=== Developing positive attitudes. |
| 8 | | Code of Conduct:- |
| | | Exercising sensitively to Gender issue===Managing Peer relationship and responding to privacy related issue.===Enhancing positive attitude in parents, Prevention of using derogatory remarks. |
| 9 | | Categories:- |
| | A | Mental Retardation and Autism Spectrum Disorder. |
| | | Basic Management in Activities of daily living (The caregiver will |

| | | |
|--|---|--|
| | | act as per the information supplied by the parents (positive or negative) on the daily living activities of the residents at the time of admission.) |
| | | Dressing===Bathing and Grooming===Toileting and brushing===Management of Menstruation===Personal Hygiene. |
| | | Leisure and Recreational skills===Orientation and Mobility===assistive Devices and barrier free environment. |
| | | Language and Communication===Basic in Sign Language===Social Interaction. |
| | B | Cerebral Palsy===Associated Problems. |
| | | Basic Management in Activities of Daily Living=== Positioning/ lifting/ Carrying and Transferring=====Dressing. All other activities as specified in ASD section. |
| | c | Multiple Disabilities. Same as mentioned in ASD section. |
| | D | Locomotor Disabilities. |
| | | Basic Management in activities in daily living===Positioning===Lifting and transfer with appropriate use of Adaptive Devices===== Dressing. |
| | | Leisure and Recreational skills=====Orientation and Mobility===Assistive Devices and Barrier free environment.===Social interaction and field visit. |

Caregiver Course Advance.

| | | |
|----|--|-----------------------------------|
| SL | | Particulars |
| | | Entry Level Minimum 10 Class Pass |

| | | |
|---|--|---|
| | | Age 18+ |
| | | Faculty:- Same as mentioned in Point 2 (a,b,c) |
| 1 | | Orientation in a) Mental Retardation b) Autism Spectrum Disorder c) Cerebral Palsy d) Multiple Disabilities. |
| | | Courses:- Method of Functional Assessment====Fundamental of Functional Abilities====Activities of Daily Living (ADL)====Basic Knowledge of Body Parts and their Functions====Basic Musculo Skeletal==== Nervous System |
| | | Diet and Nutrition. |
| 2 | | Health Education:- |
| | | Management of Fits and Seizure====Management of Burns, Wound, Cuts====Administration of Medicine====Handling Emergencies====Care during fever, loss of consciousness, Breathlessness. |
| | | Shock====Cardio Pulmonary Resuscitation====Awareness of Disaster Management Strategies for Pwd's====Coping with stress and need for support of the caregivers. |
| | | Developing Positive attitude and Leadership. |
| 3 | | Ethics of Caregivers |
| | | Role and responsibilities of a caregiver====Prevention and Protection against abuses (verbal, Sexual, Physical and Financial) |
| | | Exercising sensitivity to Gender issue====Disability Labeling====Managing peer Relationship ====Responding to Privacy related issue==== Skill in effective Communication in situation of Abuse. |
| | | Orientation to Disability related National Laws. |
| | | |

| | | |
|--|---|---|
| | | Unit -B |
| | 1 | Orientation to Mental Retardation Autism spectrum Disorder Associated Problems in ASD |
| | 2 | Structure and Function of Brain |
| | 3 | Assessment and Programming. |
| | 4 | Involvement of Family — Critical issues in caregiving and its impact on family life. |
| | 5 | Basic Management of Problem Behaviour |
| | 6 | Basic Management in Activities in Daily Life. |
| | 7 | Leisure— recreation—Independent living Skills/ life Skills. |
| | 8 | Field Visit (Home Visit) |
| | | |
| | | Unit —C |
| | | Cerebral Palsy As mentioned in earlier in Caregiver 3 months course. |
| | | Cerebral Palsy |
| | 1 | Assessment and Programming. |
| | 2 | Basic Management of activities of Daily Living. |
| | 3 | Positioning—lifting—carrying— and transferring. |
| | 4 | To help in daily living activities. |
| | 5 | Concept of self image and positive attitude. |
| | 6 | Nutrition and Food. |
| | 7 | Family Need Assessment. |
| | 8 | Assistive devices/ adaptive furnishing/ Re structuring |

| | | |
|--|----|---|
| | | environment. Barrier free environment. |
| | 9 | Social Emotional Management— Motivation — Self esteem |
| | 10 | Leisure and Recreation Skills. |
| | 11 | Field visit (Home Visit). |
| | | |
| | | Training in Orientation and Mobility. |
| | | <ul style="list-style-type: none"> —Place of Public gathering. —River/ Pond / Sea or any other place of water collection. —Access on Road— Crossing busy road— Seat management in Public Transport. — Bank Branch— ATM — Money withdrawal. — Small Money Transaction — Purchasing of goods for consumption. — Training in Independent living skills. — Monitoring medicine and Nutrition —Personal Management. |
| | | |
| | | <p>Training in Behaviour Management</p> <ul style="list-style-type: none"> — Assessment of Problem Behaviour. — Method of Re- enforcement — Relaxation Strategy. |
| | | |
| | | <p>Self Employment.</p> <p>Establishment of small tiny units.</p> <p>Such as Paper Glass Making Unit</p> <p style="padding-left: 40px;">Paper Plate Making Unit.</p> |