Elderly Care and Community Support Training Course

Professional Development Training Course Outline

Category	Community Development	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Elderly Care and Community Support Training Course is designed to equip healthcare professionals, social workers, and community volunteers with comprehensive knowledge and practical skills to enhance the well-being of older adults. This course emphasizes evidence-based practices, compassionate care, and innovative community engagement strategies to address the evolving needs of the elderly population. Participants will explore topics such as age-related health challenges, mental and emotional support, personalized care planning, and the integration of technology in elderly care services. By the end of the course, learners will be capable of delivering holistic, high-quality care that fosters independence, dignity, and community inclusion for senior citizens.

With a strong focus on professional development and practical application, this course also highlights the importance of ethical standards, cultural sensitivity, and collaborative approaches in elderly care. Participants will engage in interactive sessions, real-life case studies, and hands-on exercises to strengthen their capacity in creating safe, supportive, and inclusive environments. The training fosters leadership, problem-solving, and decision-making skills essential for community support programs and healthcare institutions, ensuring that the elderly receive care that is respectful, effective, and responsive to their unique needs.

Programme Curriculum

Elderly Care and Community Support Training Course

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Course Objectives

1. Understand the physical, psychological, and social aspects of aging.
2. Identify common health conditions and preventive care strategies for older adults.
3. Develop person-centered care plans tailored to individual needs.
4. Apply effective communication techniques for elderly care and family interactions.
5. Enhance skills in mental health support and emotional well-being.
6. Integrate technology and assistive devices into elderly care programs.
7. Promote community engagement and social inclusion initiatives.
8. Implement safety protocols and risk management in elderly care settings.
9. Foster interprofessional collaboration and team-based approaches.
10. Address ethical, legal, and cultural considerations in care provision.
11. Strengthen leadership and advocacy skills in elderly care programs.
12. Utilize evidence-based practices for improved health outcomes.
13. Evaluate and monitor elderly care services to ensure quality and compliance.

Organizational Benefits

- Improved service delivery and care quality for elderly clients.
- Enhanced staff competence and confidence in handling age-related challenges.
- Strengthened community relations and public trust.
- Reduced risk of health complications through preventive strategies.
- Increased employee engagement and retention.
- Streamlined processes and improved operational efficiency.

- Better compliance with regulatory and ethical standards.
- Enhanced organizational reputation in elderly care services.
- Promotion of a culture of compassion, dignity, and respect.
- Development of innovative community support initiatives.

Target Audiences

1. Healthcare professionals and nurses.
2. Social workers and community care coordinators.
3. Family caregivers of elderly individuals.
4. Volunteer coordinators and senior center staff.
5. Policy makers and program managers in elder care.
6. Non-profit organizations supporting senior citizens.
7. Rehabilitation therapists and mental health counselors.
8. Home health aides and personal support workers.

Course Duration: 5 days

Course Modules

Module 1: Introduction to Aging and Elderly Care

- Understanding the biological and psychological changes in aging.
- Common challenges and needs of the elderly population.
- Principles of person-centered care.
- Ethical considerations in elderly support.
- Overview of global elderly care trends.
- Case Study: Improving daily living for independent seniors.

Module 2: Health Assessment and Preventive Care

- Conducting comprehensive health assessments.
- Identifying early signs of common age-related conditions.
- Preventive healthcare strategies for older adults.
- Nutrition and physical activity planning.
- Monitoring and evaluation of health outcomes.
- Case Study: Reducing falls through proactive interventions.

Module 3: Mental Health and Emotional Well-Being

- Recognizing depression, anxiety, and cognitive decline.
- Strategies for mental health support and counseling.
- Techniques for enhancing emotional resilience.
- Social engagement and activity planning.
- Addressing grief and loss among the elderly.
- Case Study: Community-based mental health programs.

Module 4: Communication and Relationship Management

- Effective communication with seniors and families.
- Conflict resolution and negotiation skills.
- Culturally sensitive communication strategies.
- Building trust and rapport in care settings.
- Collaborative approaches for multi-disciplinary teams.
- Case Study: Enhancing family engagement in care decisions.

Module 5: Technology and Assistive Devices

- Use of digital health tools in elderly care.
- Mobility aids and assistive devices.
- Telehealth applications for remote monitoring.
- Training seniors in technology adoption.
- Assessing the impact of technology on quality of life.
- Case Study: Implementing telecare for homebound seniors.

Module 6: Safety, Risk Management, and Emergency Preparedness

- Developing safety protocols for care settings.
- Identifying and mitigating common risks.
- Emergency response planning for elderly populations.
- Infection control and hygiene practices.
- Legal compliance and reporting standards.
- Case Study: Reducing accidents in assisted living facilities.

Module 7: Community Engagement and Social Inclusion

- Designing programs that foster community participation.
- Collaboration with local organizations and stakeholders.
- Volunteer management and training.
- Promoting social and recreational activities.
- Advocacy for elderly rights and services.
- Case Study: Creating inclusive senior clubs in urban communities.

Module 8: Quality Monitoring, Leadership, and Advocacy

- Tools for evaluating elderly care services.
- Leadership development in community support programs.
- Advocating for policy improvements and resources.
- Continuous improvement and innovation in care provision.
- Staff development and mentorship strategies.
- Case Study: Implementing a community quality improvement initiative.

Training Methodology

- Interactive lectures and group discussions.
- Practical demonstrations and hands-on exercises.
- Real-life case study analysis.
- Role plays and scenario-based learning.
- Peer-to-peer learning and collaborative projects.
- Continuous assessment and feedback sessions.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com