



NISD To Organise Five-Day Geriatric Care Training Programme In Diu Tomorrow

Programme To Build Capacity Of Anganwadi Workers, Frontline Functionaries In Geriatric Care, Early Identification Of Care Needs And Referral Support To Strengthen Community-Based Support For Senior Citizens

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The **National Institute of Social Defence (NISD)**, under the **Ministry of Social Justice & Empowerment, Government of India**, in collaboration with the **Office of the Collector, Diu, Union Territory Administration of Dadra and Nagar Haveli and Daman and Diu**, will organise a **Five-Day Geriatric Care Training Programme** in Diu District from tomorrow.

Secretary, Ministry of Social Justice & Empowerment, Shri Sudhansh Pant, will inaugurate the training programme at Education Hub, Diu. He will also administer the *Pledge for Welfare of Senior Citizens* to the participants.

Director NISD, Shri Gaurav Singh Rajawat, will be coordinating the inaugural session. The Collector, Diu, Shri Rahul Dev Boora, will formally welcome the dignitaries and participants.

Around **50 Anganwadi Workers, frontline workers and grassroots-level functionaries** are expected to participate in the programme, which is aimed at strengthening community-based support systems for senior citizens and enhancing the capacity of personnel engaged in last-mile service delivery.

The initiative seeks to create a pool of **trained, sensitised and locally available frontline functionaries** capable of providing basic geriatric care, identifying emerging care requirements, facilitating access to appropriate Government schemes and services, and extending emotional and psychosocial support to senior citizens at the community level.

The programme assumes particular significance in view of the evolving needs of an ageing population, including senior citizens living alone, those requiring assistance with **Activities of Daily Living (ADLs)** and older persons with limited access to family-based care. The training will adopt a **practical, participatory and field-oriented approach**, enabling participants to translate the knowledge and skills acquired into effective support within their respective communities.

Focus on Holistic and Dignified Geriatric Care

The training will provide participants with an understanding of the **physical, psychological, emotional and social dimensions of ageing**, while equipping them with practical competencies for safe, dignified and compassionate care of older persons.



Key areas will include the ageing process and changing needs of senior citizens; rights, dignity and well-being of older persons; roles of families, communities and frontline caregivers; principles of basic geriatric care; assistance with routine activities and ADLs; personal hygiene; nutrition and hydration; medication-related support; mobility assistance; safe transfer techniques; fall prevention and home safety.

The programme will also cover **basic first aid and response to common emergencies, communication skills, psychosocial support, loneliness and social isolation, emotional well-being, and dementia awareness and basic caregiving approaches.**

Special emphasis will be placed on the **prevention, identification and reporting of neglect, abuse and exploitation of senior citizens**, while reinforcing the principles of privacy, dignity, respect and compassionate care.

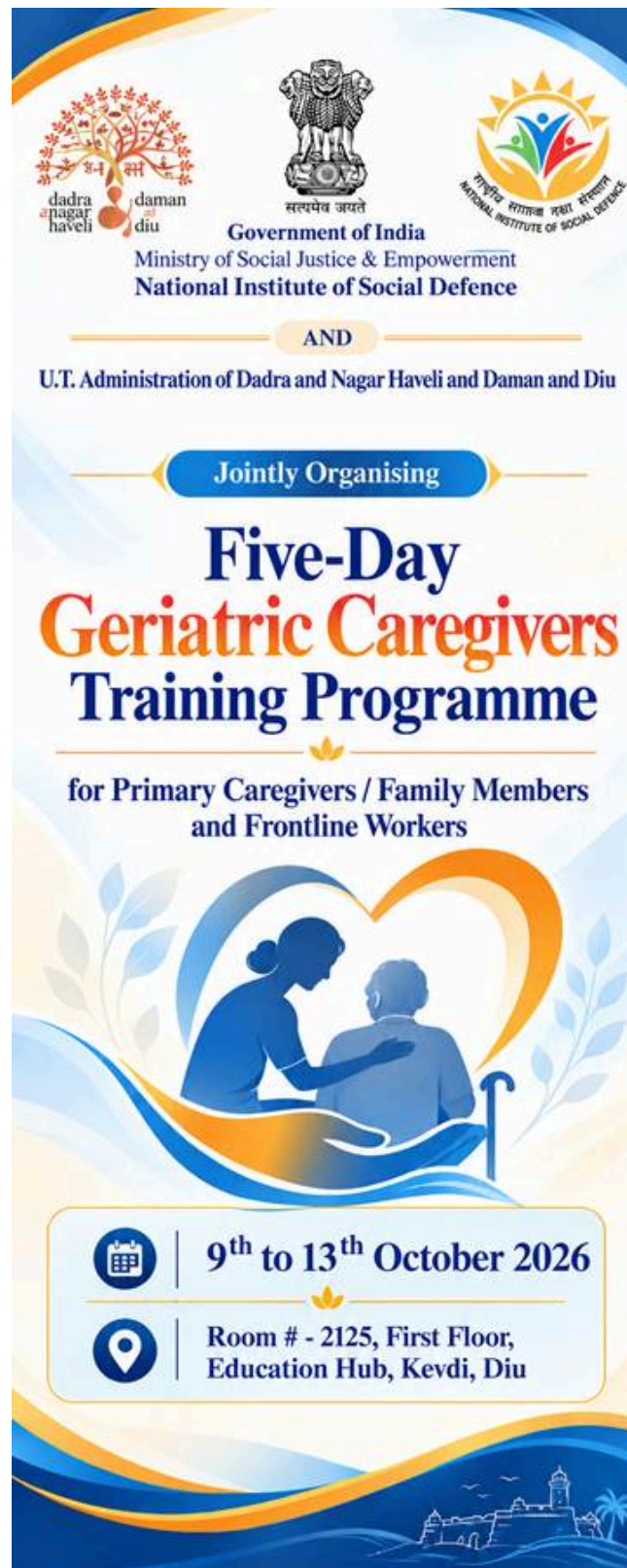
Participants will also be oriented to **Government schemes, programmes, institutional mechanisms and support services available for senior citizens**, enabling them to facilitate timely access to relevant benefits and services.

Practical and Field-Oriented Training

The programme will combine **technical sessions, interactive lectures, demonstrations, practical exercises, case studies and field-oriented examples.** Group activities, experience-sharing and question-and-answer sessions will provide participants an opportunity to relate the training inputs to their field experience and develop practical responses to the diverse needs of older persons.

Practical exposure to basic caregiving techniques will form an important component of the programme, with emphasis on translating knowledge into effective community-level support.

The training has been suitably contextualised to address the **specific needs and circumstances of senior citizens in Diu District**, with a focus on strengthening locally available support systems.



Strengthening the Capacity of Frontline Functionaries

The programme will strengthen the ability of frontline functionaries to provide basic, safe and dignified geriatric care and support; understand the physical, psychological, emotional and social needs of senior citizens; assist older persons with routine activities and Activities of Daily Living; identify early signs of health, mobility, cognitive and psychosocial concerns and facilitate appropriate referral; promote prevention of falls, injuries, neglect, abuse and exploitation; provide appropriate communication and psychosocial support, particularly to

senior citizens living alone or with limited family support; facilitate access to Government schemes and institutional support mechanisms; and strengthen coordination among frontline workers, the District Administration and relevant service providers.

Programme Coordination

Ms. Asha Sharma, Course Coordinator, and **Ms. Ritu Dandriyal, Junior Consultant**, from the **Senior Citizen Division, NISD**, have been deputed to conduct the programme.

The **Deputy Director (Training) & Head, Senior Citizen Division, NISD**, is coordinating the programme in consultation with the **Office of the Collector, Diu**, and other concerned stakeholders for effective academic, administrative and logistical arrangements.

NISD has been undertaking capacity-building and training programmes in geriatric care and related areas as part of its continuing efforts to strengthen the availability of trained human resources for the care, welfare and protection of senior citizens.

Expected Outcomes

The programme is expected to create a pool of approximately **50 trained and sensitised frontline functionaries** in Diu District and enhance their capacity to provide basic care and support to older persons.

It is also expected to improve the **early identification of senior citizens requiring additional care or referral**, strengthen awareness of Government schemes and support mechanisms, and improve community-level support for elderly persons living alone or with limited family support.

The Five-Day Geriatric Care Training Programme represents a focused capacity-building intervention to strengthen the **local ecosystem of elderly care in Diu District**. By developing a locally available pool of trained and sensitised personnel, the initiative seeks to promote a more responsive, inclusive and supportive environment for senior citizens and contribute towards their **dignity, safety, independence, social inclusion and quality of life**.

The collaboration between the **NISD, Ministry of Social Justice & Empowerment, Government of India**, and the **Union Territory Administration of Dadra and Nagar Haveli and Daman and Diu, through the Office of the Collector, Diu**, reflects a coordinated approach towards strengthening geriatric care and community-based support mechanisms at the grassroots level.

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