



ANTARA

TRAINING IN GERIATRIC MENTAL HEALTH & DEMENTIA CARE

PROSPECTUS

Antara Institute of Health Sciences
A unit of Antara Society of Mental Health Sciences



INTRODUCTION



The global population is aging rapidly, with the World Health Organization (WHO) predicting that by 2050, 22% of the world's population will be over 60 years old. In India, the elderly population is increasing steadily, and by 2031, the old age dependency ratio is projected to reach 20.1%. As people age, many require assistance, often from family members, who may be unprepared for the challenges of caregiving. In cases where family support is unavailable, paid caregivers are often hired, although this can be financially burdensome.

In India, over 8.8 million people aged 60 and above live with dementia, a condition that affects memory, thinking, behavior, and emotions. Dementia is incurable, and as the elderly population grows, the number of dementia cases is expected to increase. This places significant pressure on caregivers, many of whom are family members, who may struggle with the emotional and physical demands of caregiving due to a lack of support and understanding.

The WHO recognizes the need for improved caregiver training, particularly for those caring for dementia patients. The Training in Geriatric Mental Health and Dementia Care course offered by Antara Institute of Health Sciences aims to address this gap by providing accessible, flexible learning for caregivers worldwide. This course helps caregivers understand dementia, manage their responsibilities, and prioritize their own well-being. It also fosters peer support and equips caregivers with the knowledge to care for dementia patients at home or in a clinical setting.

Antara Society of Mental Health Sciences, a non-profit organization established in 2021, is committed to promoting mental health education and training caregivers to support mentally ill patients. The course offers essential training for caregivers, ensuring that they are prepared to provide the best care for those living with dementia.



MAIN OBJECTIVE AND LEARNING OUTCOMES

Towards the end of this course, students will be able to,

- Describe the process of aging and outline the factors that contribute to aging.
- Discuss the importance of the elderly in shaping the future
- Describe the advantages of developing a good relationship with the elderly.
- Summarize which mental disorders are most damaging to seniors
- Identify the key roles and responsibilities of those who take care of the elderly.
- Outline the nursing care plan for mentally impaired patients
- Learn what is affected by the different types of dementia.
- Understand how dementia affects your loved one through their eyes.
- Learn the progressive stages of dementia and how they affect a person's ability to perform activities.
- Learn what dementia-related behaviors mean.
- Learn to understand the verbal and physical messages delivered by someone with dementia and identify strategies to help you connect and communicate at each stage.
- Learn the correct approaches to communicate, bathe, feed, dress, etc.
- Learn how to take care of yourself by using our caregiving stress tips.



COURSE STRUCTURE

- Duration: 6 months
- Training Delivery: Theory classes and 36 hours of practical sessions at Antara Psychiatric Hospital, Antaragram
- Medium of Instruction: English & Bengali
- Eligibility Criteria: High School
- Examination:

Grading is 30% formative, 30% summative, and 40% practical.

Formative assessment may include viva, presentation, or project.

Summative is a written exam. Practical exams are divided into 10% each for Psychiatry, Psychology, Social Work, and Nursing, with students submitting reports and attending a viva based on hospital tasks. Exams can be in English or Bengali.

- Course Fees: INR 6000 (Admission Fees: INR 1000, Tuition Fees: INR 5000)



COURSE CURRICULUM

Module	Topic	Hours	Marks
1 - Geriatric Mental Health This module is designed for learners to explore the nature of ageism, its various forms, and its manifestations in everyday life. Students will build upon this foundation by studying different methods to oppose ageist practices in various care settings.	1.1 Introduction to the Course <i>1.2 Introduction to Mental Health</i> <i>1.3 Being a caregiver</i> 1.4 What is 'Gerontology'? <i>1.5 What we consider as 'old age'</i> <i>1.6 What is 'ageing' and how it happens</i> <i>1.7 Common stereotypes of older people</i> <i>1.8 How stereotyping affects older people</i> <i>1.9 Life stages and Theories</i> <i>1.10 What do we look forward to in our older age?</i>	3	9
	1.11 Conceptualizing Needs 1.12 Physical & Material <i>1.13 The effects of exercising.</i> <i>1.14 Is it worth eating 'healthy' in older age?</i> 1.15 Psychological Needs <i>1.16 Fear of dying ('death anxiety')</i> <i>1.17 Social Needs</i> <i>1.18 Elder Abuse</i> <i>1.19 Caregiver Expectations</i>		
2 – Understanding Dementia In this module, we will explore the	2.1 What is Dementia <i>2.2 Why is it important to learn about dementia care?</i> <i>2.3 The types of Dementia</i>	3	9



<p>distinct mental health, psychosocial, and behavioral challenges of caring for individuals living with dementia.</p>	<p><i>2.4 Causes of Dementia</i></p> <p><i>2.5 Diagnosing Dementia</i></p> <p>2.6 Living with Dementia</p> <p><i>2.7 Dementia: The Personal Subjective Experience</i></p> <p><i>2.8 Dementia: The Emotional Experience</i></p>		
	<p>2.9 Dementia Treatment</p> <p><i>2.10 Introduction to Psychosocial Interventions</i></p> <p><i>2.11 SSLD and other intervention models</i></p> <p><i>2.12 Medication Use in Dementia Care</i></p> <p>2.13 Working With Patients' Families</p> <p>2.14 Communicating with Clients with Dementia</p> <p><i>2.15 Verbal and non-verbal strategies of communication</i></p> <p>2.16 Behavioral Traits of Clients with Dementia</p> <p>2.17 Planning Activities for Clients with Dementia</p> <p><i>2.18 Establishing Routine</i></p>	3	9
<p>3 – Dementia: Impact on the person</p> <p>The focus of this module is on the impact of dementia on individuals. You will gain knowledge about the typical unmet needs of individuals with dementia, as well as the effect of basic clinical features,</p>	<p>3.1 Emotional Factors:</p> <p><i>3.2 Notion of Optimism and Hope</i></p> <p><i>3.3 Personhood</i></p> <p><i>3.4 Attachment, Intimacy, and Sexuality</i></p>	2	8
	<p>3.5 Physical Factors:</p> <p><i>3.6 Sundowning</i></p> <p><i>3.7 Food and Eating</i></p> <p><i>3.8 Bathing and Hygiene</i></p> <p><i>3.9 Sleep</i></p>	3	8



<p>such as behavioral and psychological symptoms. Additionally, you will acquire knowledge on how to enhance the quality of life of a person with dementia.</p>	<p>3.10 Cultural Factors 3.11 Aesthetics, Spirituality and Dementia</p>		
<p>4 – Dementia: Caregiving and the Home Environment</p> <p>In this module, we expand our perspective to consider the needs of family caregivers. You will learn about the psychosocial impact of caring for someone with dementia and the role of stress. We give examples of how to reduce stress and utilize the physical environment to support caring tasks and well-being.</p>	<p>4.1 Living with Dementia as a Family Caregiver <i>4.2 Psychosocial Processes in Families Managing Dementia: The Stress response</i> <i>4.3 Enhancing Social Connection & Intergenerational Exchange</i></p>	2	8
<p>4.4 Using the Physical Environment to Support Quality of Life: Psychosocial environmental processes <i>4.5 Home Safety</i> 4.6 Financial Concerns 4.7 Legal matters <i>4.8 What is a Power of Attorney?</i> <i>4.9 Substitute Decision Maker</i> 4.10 Palliative Care to Manage End Stage Dementia</p>	3	8	



Certificate of Completion

CERTIFICATION AND EVALUATION

Upon successful completion of the Certificate Course in Training in Geriatric Mental Health and Dementia Care, participants will receive an AIHS-accredited certificate. The evaluation process includes written exams, field reports, case submissions, practicum, and viva exams. The certificate will confirm that the candidate has completed the course, gained clinical experience in a hospital setting, and passed the required examinations.



Job Opportunity

EMPLOYMENT

SCOPE OF EMPLOYMENT

After completion of the course, the candidates will be equipped to work as caregivers for elderly patients with dementia in settings such as: Households, Hospitals(government/private), clinics (government/private) and independent health care centres



ADMINISTRATIVE DETAILS

- Course Coordinator: Ms. Bincy Mary George
- Location: Antara Institute of Health Sciences, Antaragram, P.O- Dakshin Gobindapur, P.S- Baruipur, Kolkata – 700145

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The Certificate Course in Training in Geriatric Mental Health and Dementia Care at Antara Institute of Health Sciences is designed to provide individuals with the fundamental skills necessary to offer essential care and support to those with geriatric mental health conditions such as Dementia. Aligned with the mission of Antara Society of Mental Health Sciences, the course focuses on improving mental health education and promoting rights-based approaches. This program aims to empower caregivers and health professionals to address the growing mental health challenges in various settings, ensuring better care and outcomes for individuals across India.

**For further details and application, visit
www.antaraglobal.org or contact
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