



Model Curriculum

NOS Name: Alzheimer and Dementia Care - Fundamentals

NOS Code: HSS/N6017

NOS Version: 1.0

NSQF Level: 4

Model Curriculum Version: 1.0

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Training Parameters

Sector	Healthcare
Sub-Sector	Allied Health & Paramedics
Occupation	Special Care Services
Country	India
NSQF Level	4
Aligned to NCO/ISCO/ISIC Code	NCO-2015/5321
Minimum Educational Qualification And Experience	• Previous relevant Qualification of NSQF Level 4 with 1.5-year relevant experience - Or • Previous relevant Qualification of NSQF Level 3.5 with 1.5-year relevant experience - Or • Previous relevant qualification of NSQF Level 3 with 3 years of relevant experience - Or • ANM/Multipurpose Health Worker with 3-year relevant experience
Pre-Requisite License or Training	Not Applicable
Minimum Job Entry Age	20 Years in completed years, medically fit Preferred Age is 35 Years and above
Last Reviewed On	07/10/2025
Next Review Date	07/10/2028
NSQC Approval Date	07/10/2025
QP Version	3.0
Model Curriculum Creation Date	07/10/2025
Model Curriculum Valid Up to Date	07/10/2028
Minimum Duration of the Course	120 Hrs.
Maximum Duration of the Course	120 Hrs.

Program Overview

This section summarizes the end objectives of the program along with its duration.

Training Outcomes

At the end of the program, the learner should have acquired the listed knowledge and skills.

- Discuss & verbalize the role and responsibilities of a Geriatric Caregiver (Institutional & Home Care).
- Discuss about the basic qualities of a proficient geriatric caregiver.
- Discuss about National Program for healthcare of Elderly (NPHCE-NHM) program including Geriatric package of AB-HWC component.
- Demonstrate techniques to maintain the personal hygiene needs of an elderly patient.
- Demonstrate professional techniques in maintaining Daily Living Activities.
- Maintenance of perineal hygiene, Catheter care in catheterized patients.
- Support patient to eat and drink—orally/assisted feeds e.g., RT Feeds.
- Assist medication care of the immobile/semi or un-conscious patients under supervision/ guidance of Nurse professional or medical in-charge.
- Identify risk factors/events and inform doctor/nurse/family immediately.
- Understand the scope of work and act within the competence of authority.
- List the basic healthcare needs of ambulatory conscious elderly people, non-ambulatory / bed-ridden frail elderly people etc.
- Build a comprehensive knowledge base to be a companion and support home safety management.
- Understand national schemes and provisions related to geriatrics.
- Demonstrate the ability to perform skills is essential in providing basic healthcare to senior citizens.
- Promote safety, understand the usage of protective devices, and demonstrate precautions to be taken while using of equipment and assistive devices.
- Demonstrate technical skills in providing first aid care to victims as per the emergency condition.
- Demonstrate about universal precautions.
- Reporting signs of severe illness/ deterioration to higher authorities as per timelines.
- Follow biomedical waste disposal and infection control policies and procedures in the organization.

Compulsory Modules

The table lists the modules and their duration corresponding to the Compulsory NOS of the QP.

NOS and Module Details	Theory Duration	Practical Duration	On-the-Job Training Duration (Mandatory)	On-the-Job Training Duration (Recommended)	Total Duration
Alzheimer and Dementia care	45:00	30:00	45:00	00:00	120:00
Module 1: Alzheimer and Dementia Care	45:00	30:00	45:00	00:00	120:00
Total Duration	45:00	30:00	45:00	00:00	120:00

Module Detail

Module 1: Alzheimer and Dementia Care

Terminal Outcomes:

- Demonstrate the skills required for Dementia Care.
- Developing skills required for providing care to patients suffering from Alzheimer's disease which is a leading cause of dementia.

Duration: 45:00	Duration 30:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
Alzheimer's Care • Define Alzheimer's and its causes. • Identify Alzheimer's disease as a leading cause of dementia. • Discuss the specialized memory care programs and environments to be adopted while providing Alzheimer's care. • Discuss the stimulating daily activities and routines to be followed for engaging Alzheimer's patients. Dementia Care • Define Dementia and list causes of dementia. • Describe the importance of giving dementia care by providing a safe and supportive environment, stimulating activities, and ensuring adequate physical and emotional needs are met. • Explain how to provide patient care that is compassionate, appropriate and effective related to dementia patients. • Explain how to communicate with patients and family caregivers in a compassionate, culturally sensitive manner to enrich interactions. • Ensuring that all equipment and environment are correctly cleaned, dried and stored safely out of the reach of patients • Describe the factors to be taken into consideration while providing support in maintaining activities of daily living for dementia patients. • Explain an approach to support patient following common symptoms: - Memory Loss - Confusion and Disorientation	• Demonstrate how to maintain activities of daily living for dementia patients. • Demonstrate a role play about home safety tips while caring for a dementia patient. • Demonstrate role plays on scenarios giving patient care suffering with following symptoms: - Memory Loss - Confusion and Disorientation - Behavioral Changes: Changes in personality, mood, or irritability. - Communication Problems: Difficulty finding words, understanding conversations, or expressing thoughts. - Trouble with Daily Tasks: Struggling with familiar tasks like cooking, dressing, or paying bills. - Visual and Spatial Difficulties - Hallucinations and Delusions • Difficulty falling asleep, staying asleep, or experiencing changes in sleep-wake cycles. • Demonstrate the role plays providing stimulating activities for enhancing memory and cognitive function for dementia patients. • Make a chart of strategies, devices and equipment to be used for keeping the patient's dementia oriented to time, place and person. • Make a chart listing dos and don'ts for dementia care. • Conduct a role play demonstrating the stimulating daily activities and routines to be followed for engaging Alzheimer's patient.

- Behavioral Changes: Changes in personality, mood, or irritability. - Communication Problems: Difficulty finding words, understanding conversations, or expressing thoughts. - Trouble with Daily Tasks: Struggling with familiar tasks like cooking, dressing, or paying bills. - Visual and Spatial Difficulties - Hallucinations and Delusions - Difficulty falling asleep, staying asleep, or experiencing changes in sleep-wake cycles. • Explain the importance of monitoring the patient's condition and informing the other health care providers who are also involved in their care. • Discuss how to Manage changes in communication and behavior of patients. • List the tips for maintaining personal care and hygiene. • List the home safety tips to be followed during dementia care • Describe the fall prevention strategies for patients. • Define the scope of caregiver in medication management. • Discuss how to respond to emergencies while providing care.	
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, B	
Tools, Equipment and Other Requirements	
Manikin, tools and equipment's to maintain activities of daily living	

On-the-Job Training

Mandatory Duration: 45:00	
Module Name: On-the-Job Training	
Location: On Site	
Terminal Outcomes • Discuss & verbalize the role of a basic care provider • Demonstrate basic healthcare needs of ambulatory conscious elderly people • Build a comprehensive knowledge base on basic issues in geriatric care • Demonstrate techniques to maintain the personal hygiene needs of an elderly patient • Demonstrate professional techniques in feeding • Promote safety, understand the usage of protective devices and demonstrate precautions to be taken while using equipment and devices • Build an understanding of various situations and innovative approaches in the field of ageing • Enhance knowledge in resource management, advocacy, and networking • Enhance skill and capacities in counseling and management of age care institutions • Enhance skill and capacities to provide care for a Dementia Patient • Enhance skill and capacities to provide care for Palliative Care • Enhance skill and capacities to provide care for a Alzheimer patient. • Demonstrate how to maintain activities of daily living for dementia patients. • Demonstrate a role play about home safety tips while caring for a dementia patient. • Demonstrate role plays on scenarios giving patient care suffering with following symptoms: - Memory Loss - Confusion and Disorientation - Behavioral Changes: Changes in personality, mood, or irritability. - Communication Problems: Difficulty finding words, understanding conversations, or expressing thoughts. - Trouble with Daily Tasks: Struggling with familiar tasks like cooking, dressing, or paying bills. - Visual and Spatial Difficulties - Hallucinations and Delusions • Demonstrate the role plays providing stimulating activities for enhancing memory and cognitive function for dementia patients.	

Trainer Requirements

Annexure

Trainer Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
MD	Physician Geriatrician	1				
Medical Graduate	MBBS	2	Experience working with geriatrics	1		
PhD	Nursing	3	Experience working with geriatrics	1		
M. Sc.	Nursing	4	Experience working with geriatrics	2		
B.Sc.	Nursing	5	Experience working with geriatrics	2		
Medical Social Worker	Geriatric Care	8	Experience working with geriatrics in facilities such as old age homes, care facilities etc.	3		
One Year PG Diploma in Integrated Geriatric Care Course	Geriatric Care	8	Experience working with geriatrics in facilities such as old age homes, care facilities etc.	3		
Trainer Certification						
Domain Certification			Platform Certification			
Certified for Job Role: "Alzheimer & dementia care- Fundamentals)" mapped to QP "HSS/N6017, V1.0" with minimum score of 80%.			Recommended that the Trainer is certified for the Job Role: "Trainer (VET and Skills)", mapped to the Qualification Pack: "MEP/Q2601, v2.0" with minimum score of 80%.			

Assessor Requirements

Assessor Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training/Assessment Experience		Remarks
		Years	Specialization	Years	Specialization	
MD	Physician Geriatrician	2				
Medical Graduate	MBBS	3	Experience working with geriatrics	1		
PhD	Nursing	4	Experience working with geriatrics	2		
M. Sc.	Nursing	5	Experience working with geriatrics	3		
B.Sc.	Nursing	6	Experience working with geriatrics	3		
Medical Social Worker	Geriatric Care	10	Experience working with geriatrics in facilities such as old age homes, care facilities etc	4		
One Year PG Diploma in Integrated Geriatric Care Course	Geriatric Care	10	Experience working with geriatrics in facilities such as old age home, care facilities etc	4		

Assessor Certification

Domain Certification	Platform Certification
Certified for Job Role: “ Alzheimer & dementia care-Fundamentals” mapped to the Qualification Pack: “HSS/N6017, V1.0” with minimum score of 80%.	Recommended that the Assessor is certified for the Job Role: “Assessor (VET and Skills)”, mapped to the Qualification Pack: “MEP/Q/2701, V2.0” with minimum score of 80%.

Assessment Strategy

The emphasis is on 'learning-by-doing' and practical demonstration of skills and knowledge based on the performance criteria. Accordingly, assessment criteria for each job role is set and made available in the qualification pack.

The assessment papers for both theory and practical would be developed by Subject Matter Experts (SME) hired by Healthcare Sector Skill Council or with the HSSC accredited Assessment Agency as per the assessment criteria mentioned in the Qualification Pack. The assessments' papers would also be checked for the various outcome-based parameters such as quality, time taken, precision, tools and equipment requirement etc.

Each NOS in the Qualification Pack (QP) is assigned a relative weightage for assessment based on the criticality of the NOS. Therein each Element/Performance Criteria in the NOS is assigned marks on relative importance, criticality of function and training infrastructure.

The following tools would be used for final assessment:

1. Practical Assessment: This comprises of the creation of a mock environment in the skill lab which is equipped with all equipment required for the qualification pack.

Candidate's soft skills, communication, aptitude, safety consciousness, quality consciousness etc. is ascertained by observation and marked in observation checklist. The outcome is measured against the specified dimensions and standards to gauge the level of their skill achievements.

2. Viva/Structured Interview: This tool is used to assess conceptual understanding and the behavioral aspects regarding the job role and the specific task at hand. It also includes questions on safety, quality, environment, and equipment etc.

3. Written Test: Question paper consisting of 100 MCQs (Hard:40, Medium:30 and Easy: 30) with questions from each element of each NOS. The written assessment paper is comprised of the following types of questions:

- i. True / False Statements
- ii. Multiple Choice Questions
- iii. Matching Type Questions.
- iv. Fill in the blanks.
- v. Scenario based Questions.
- vi. Identification Questions

QA Regarding Assessors:

Assessors are selected as per the "eligibility criteria" laid down by HSSC for assessing each job role. The assessors selected by Assessment Agencies are scrutinized and made to undergo training and introduction to HSSC Assessment Framework, competency-based assessments, assessors guide etc. HSSC conducts "Training of Assessors" program from time to time for each job role and sensitize assessors regarding assessment process and strategy which is outlined on following mandatory parameters:

- 1) Guidance regarding NSQF
- 2) Qualification Pack Structure
- 3) Guidance for the assessor to conduct theory, practical and viva assessments
- 4) Guidance for trainees to be given by the assessor before the start of the assessments.
- 5) Guidance on assessments process, practical brief with steps of operations practical observation checklist and mark sheet
- 6) Viva guidance for uniformity and consistency across the batch.
- 7) Mock assessments
- 8) Sample question paper and practical demonstration

References

Glossary

Sector	Sector is a conglomeration of different business operations having similar business and interests. It may also be defined as a distinct subset of the economy whose components share similar characteristics and interests.
Sub-sector	The sub-sector is derived from a further breakdown based on the characteristics and interests of its components.
Occupation	Occupation is a set of job roles, which perform similar/ related set of functions in an industry.
National Occupational Standards (NOS)	NOS are occupational standards which apply uniquely in the Indian context.
Qualifications Pack (QP)	QP comprises the set of OS, together with the educational, training and other criteria required to perform a job role. A QP is assigned a unique qualifications pack code.

Acronyms and Abbreviations

NOS	National Occupational Standard(s)
NSQF	National Skills Qualifications Framework
QP	Qualifications Pack
PPE	Personal Protective Equipment
SOP	Standard Operating Procedure