

Caring for API Older Adults: Caregiver Training Manual

Introduction of Topics

Topic 1 Caring for API Older Adults

This topic introduces basic concepts of “aging” from a culturally sensitive perspective, clarifies misconceptions of “aging” and helps API caregivers to develop appropriate attitudes towards API older adults. The topic also focuses on formal and informal caregiver roles, such as caregiver responsibilities, their relationships with care recipients and ways to improve quality of care.

Topic 2 Common Knowledge on Aging

The main objective of this section is to provide caregivers with an understanding of the physical, cognitive, social and psychological changes that occur in the later stage of life. This topic will explore social functioning and common health issues that impact the daily living of older adults. Mental health and cognitive impairment issues such as depression, dementia and Alzheimer’s will also be discussed. Caregivers will learn about ways to help older adults adapt and cope with health and emotional issues in an effort to optimize healthy aging and enhance their quality of life.

Topic 3 Basic Caregiving Skills

This topic includes a range of instructions on basic caregiving skills, including various verbal and non-verbal communication skills, techniques of assisting older adults with activities of daily living (ADLs) such as bathing, dressing, eating, toileting, lifting and transferring.

Topic 4 Specific Issues in Care

This topic examines specific issues in providing care for API older adults. It aims to educate caregivers about nutrition and food safety, mobility and exercise, medication

management, emergency procedure and fall prevention. It also examines elder abuse, older adult protection and varying types of legal issues related to aging.

Topic 5 Stress Management and Self-Care

This topic discusses the challenges that caregivers face when providing care for older adults. It explores the physical, emotional, financial and social stress that caregivers experience and the impact it has on the care provider and care recipient relationship. Caregivers will learn about varying types of stress management techniques, and the importance of engaging in self-care.

Topic 6 Support System

This topic aims to educate caregivers about the importance of seeking support and maintaining a healthy support system. Both formal and informal support, such as reaching out to family and friends and utilizing community-based resources, will be discussed. Caregivers will also learn how to navigate and access community resources and utilize counseling, support groups, training programs and respite care.