



# Vridhdha Swasthya Sahayak

Unit Code: HSS/N3804

Version: 1.0

NSQF Level: 4

Healthcare Sector Skill Council || 520, DLF Tower A, 5th Floor, Jasola District Centre  
New Delhi - 110025

## Description

This unit is about assisting the geriatrics (Vriddha) with professional techniques in providing focused care as per principles of Ayurveda and Yoga while maintaining daily living activities with diverse needs

## Scope

The scope covers the following :

- This unit is about assisting the geriatrics (Vriddha) with professional techniques in providing focused care as per principles of Ayurveda and Yoga while maintaining daily living activities with diverse needs under the scope of limits, competency and authority.

## Elements and Performance Criteria

### *Jara Sahayak*

To be competent, the user/individual on the job must be able to:

- PC1.** • Introduce oneself and provide all the relevant information necessary to begin working with individuals and establish a rapport with  
• them.
- PC2.** Communicate in a manner that develops and maintains trust and respects cultural sensitivities and individual differences.
- PC3.** Ensure privacy measures are used and maintained while assisting with any task
- PC4.** Promote handwashing and ensure hygiene and cleanliness in surroundings.
- PC5.** Apply proper body mechanics and wear appropriate protective clothing while doing any task.
- PC6.** Assist while dressing up, and elimination needs.
- PC7.** Select appropriate clothing, and food as per culture, gender, age, preferences of the patient, size, and weather while dressing up the geriatric.
- PC8.** Assist in oral hygiene/mouth care, sponge bath/bed bath, care of hair lice, hair wash, back care, shaving, foot & nail care.
- PC9.** Check and record the vital parameters including pulse, BP, temperature, weight etc as per the schedule
- PC10.** Assist with using a bed pan, urinal, uro-bag, diaper change or other elimination equipment as per instructions of the health care team and the health condition of geriatrics.
- PC11.** Clean and disinfect the equipment after use.
- PC12.** Record changes and report unusual findings to the healthcare team immediately.
- PC13.** Assist with geriatric movement using safe equipment for transferring to avoid falls or injuries.
- PC14.** Always ensure the safety of geriatrics while moving.
- PC15.** Guide geriatrics about herbal remedies, dietary recommendations, and lifestyle modifications as per recommendations.
- PC16.** Guide adopting a healthy lifestyle to support the well-being of the elderly which may include advice on daily routines, sleep patterns, exercise, and stress management techniques
- PC17.** Suggest appropriate foods, herbs, and spices to support digestion, improve nutrient absorption, and maintain optimal health.
- PC18.** Assist in various therapeutic techniques like massage, steam therapy, and oil treatments to alleviate pain, improve circulation, and enhance overall vitality.
- PC19.** Assist in promoting comfort, emotional well-being, and peace during the end-of-life stages.

- PC20.** Provide nutritional and dietary assistance as per the Ayurvedic regimen
- PC21.** Prepare therapeutic meals as per ayurvedic principles like Aushadh and Aahar Kalpana, Yoga, Matra, and Anupan
- PC22.** Ensure the food provided is according to the dietary prescription
- PC23.** Assist the geriatric in the event of symptoms of distress like coughing and regurgitation while feeding and drinking and report accordingly.
- PC24.** Report the acceptability, tolerance, and consumption of meals by the client to the dietitian or relevant health professional.

## Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** Importance of adhering to the legal and ethical guidelines of their respective jurisdictions while carrying out their roles and responsibilities.
- KU2.** Knowledge of Jara (old age)
- KU3.** Definition of Jara (old age) Pathophysiology of Jara
- KU4.** Diseases conditions related to Jara according to Ayurveda
- KU5.** Jara Janya Vyadhi (Age-related disorders) and its supportive care required.
- KU6.** Roles and responsibilities in a role to provide care to old age people as a Jara Sahayak.
- KU7.** Basic knowledge About pathya-apathya of Ahara.
- KU8.** Elementary knowledge of Management of Jara Janya Vyadhi (common ill conditions in the elderly)
- KU9.** Identification and reporting the emergency conditions related to old age and supporting care
- KU10.** Knowledge of Aushadh and Aahar Kalpana, Yoga, Matra, and Anupan etc
- KU11.** Basic knowledge of Rasayana Chikitsa
- KU12.** Basic knowledge of yoga for elderly people
- KU13.** Handling of common medical instruments/tools E.g., B.P. apparatus, Glucometer, Thermometer etc.
- KU14.** Fundamental knowledge of Ashtavidha Pariksha, wheelchair handling, stretcher handling, BLS, Toilet assistance, Bedsores care, Micro aspiration precaution, and external catheter care
- KU15.** Fundamental knowledge of procedures of Bahirparmarjana, Abhyanga, Samvahana therapy, Swedna, Pichu, Lepa, Basti, Kshalana, Bandhan, Enema Procedure etc.
- KU16.** Knowledge of Panchkarma Therapy/Ayurvedic Massage Assistance whenever directed.

## Generic Skills (GS)

User/individual on the job needs to know how to:

- GS1.** Write messages, notes, and short descriptive text with reasonable accuracy for easy interpretation of the information.
- GS2.** Read documents and information displayed at the workplace
- GS3.** Communicate effectively with co workers and others
- GS4.** Plan day-to-day tasks related to massage for optimum productivity

## Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Jara Sahayak</i>	40	60	-	-
<b>PC1.</b> • Introduce oneself and provide all the relevant information necessary to begin working with individuals and establish a rapport with • them.	-	-	-	-
<b>PC2.</b> Communicate in a manner that develops and maintains trust and respects cultural sensitivities and individual differences.	-	-	-	-
<b>PC3.</b> Ensure privacy measures are used and maintained while assisting with any task	-	-	-	-
<b>PC4.</b> Promote handwashing and ensure hygiene and cleanliness in surroundings.	-	-	-	-
<b>PC5.</b> Apply proper body mechanics and wear appropriate protective clothing while doing any task.	-	-	-	-
<b>PC6.</b> Assist while dressing up, and elimination needs.	-	-	-	-
<b>PC7.</b> Select appropriate clothing, and food as per culture, gender, age, preferences of the patient, size, and weather while dressing up the geriatric.	-	-	-	-
<b>PC8.</b> Assist in oral hygiene/mouth care, sponge bath/bed bath, care of hair lice, hair wash, back care, shaving, foot & nail care.	-	-	-	-
<b>PC9.</b> Check and record the vital parameters including pulse, BP, temperature, weight etc as per the schedule	-	-	-	-
<b>PC10.</b> Assist with using a bed pan, urinal, uro-bag, diaper change or other elimination equipment as per instructions of the health care team and the health condition of geriatrics.	-	-	-	-
<b>PC11.</b> Clean and disinfect the equipment after use.	-	-	-	-
<b>PC12.</b> Record changes and report unusual findings to the healthcare team immediately.	-	-	-	-

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<b>PC13.</b> Assist with geriatric movement using safe equipment for transferring to avoid falls or injuries.	-	-	-	-
<b>PC14.</b> Always ensure the safety of geriatrics while moving.	-	-	-	-
<b>PC15.</b> Guide geriatrics about herbal remedies, dietary recommendations, and lifestyle modifications as per recommendations.	-	-	-	-
<b>PC16.</b> Guide adopting a healthy lifestyle to support the well-being of the elderly which may include advice on daily routines, sleep patterns, exercise, and stress management techniques	-	-	-	-
<b>PC17.</b> Suggest appropriate foods, herbs, and spices to support digestion, improve nutrient absorption, and maintain optimal health.	-	-	-	-
<b>PC18.</b> Assist in various therapeutic techniques like massage, steam therapy, and oil treatments to alleviate pain, improve circulation, and enhance overall vitality.	-	-	-	-
<b>PC19.</b> Assist in promoting comfort, emotional well-being, and peace during the end-of-life stages.	-	-	-	-
<b>PC20.</b> Provide nutritional and dietary assistance as per the Ayurvedic regimen	-	-	-	-
<b>PC21.</b> Prepare therapeutic meals as per ayurvedic principles like Aushadh and Aahar Kalpana, Yoga, Matra, and Anupan	-	-	-	-
<b>PC22.</b> Ensure the food provided is according to the dietary prescription	-	-	-	-
<b>PC23.</b> Assist the geriatric in the event of symptoms of distress like coughing and regurgitation while feeding and drinking and report accordingly.	-	-	-	-
<b>PC24.</b> Report the acceptability, tolerance, and consumption of meals by the client to the dietitian or relevant health professional.	-	-	-	-
<b>NOS Total</b>	<b>40</b>	<b>60</b>	-	-

## National Occupational Standards (NOS) Parameters

<b>NOS Code</b>	HSS/N3804
<b>NOS Name</b>	Vriddha Swasthya Sahayak
<b>Sector</b>	Healthcare
<b>Sub-Sector</b>	
<b>Occupation</b>	Ayurveda-Allied
<b>NSQF Level</b>	4
<b>Credits</b>	2
<b>Minimum Educational Qualification &amp; Experience</b>	10th grade pass with 2-3 Years of experience Caregiving OR 12th Class (Science) OR 10th Class (Auxiliary Nurse Midwifery) OR Certificate-NSQF (3) with 2-3 Years of experience Caregiving
<b>Version</b>	1.0
<b>Last Reviewed Date</b>	NA
<b>Next Review Date</b>	NA
<b>CCN Category</b>	2