Advanced Elderly Care for Family Caregivers Training Course

7 – 11 December 2026
Porto

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Training Center

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Ref: 1442_206451 **Date:** 7 – 11 December 2026 **Location:** Porto **Fees:** 5700 Euro

Overview

Advanced Elderly Care for Family Caregivers Training Course is a one-week advanced course for family caregivers, household care coordinators, community support workers, and family-guidance professionals who leave with an Older Adult Family Care Plan. Participants connect person-centered routines, daily living support, mobility and fall prevention, nutrition, medication support boundaries, cognitive-change communication, emergency escalation, care coordination, and caregiver wellbeing. Agile Leaders Training Center presents elderly care for family caregivers through respectful support, safe observation, and coordinated action.

Who Should Attend

- Family functions responsible for daily support, observation, and communication
- Household functions responsible for schedules, safety, meals, and appointments
- Community support functions responsible for practical assistance and service navigation
- Care coordination functions responsible for sharing information across family and professional teams
- Family-guidance functions responsible for coaching caregivers and monitoring support needs

The course assumes participants already support an older adult or advise family caregivers and leaves out diagnosis, prescribing, clinical procedures, and independent medication changes.

Departments and Industries

The course supports departments and industries that provide, coordinate, or guide family care for older adults.

- Home-care and community-support services
- Hospitals, primary care, and rehabilitation services
- Residential care and assisted-living organizations
- Social services and caregiver-support organizations
- Family wellbeing and community education teams

Learning Objectives

By the end of this course, participants will be able to:

- Apply person-centered daily-care and dignity safeguards
- Use home-safety, mobility, and fall-prevention checks
- Build nutrition, hydration, and medication-support records
- Analyze cognitive, behavior, and communication changes
- Prioritize emergency escalation and care-coordination actions
- Evaluate caregiver strain and respite-support needs

Course Agenda

Day 1: Person-Centered Family Care

- Older Adult Preferences and Life-Routine Profile
- Dignity, Privacy, and Choice Checklist
- Activities of Daily Living Support Plan
- Observation and Change Record
- Family Care Roles and Boundaries Matrix

Day 2: Home Safety, Mobility, and Daily Health

- Room-by-Room Home Safety Checklist
- Mobility Assistance and Transfer Risk Screen
- Fall Hazard and Prevention Action Map
- Nutrition and Hydration Monitoring Log
- Personal Care and Skin Observation Routine

Day 3: Medication Support and Cognitive Change

- Medication and Supplement List
- Medication Support Boundary Checklist
- Cognitive and Behavior Change Diary
- Calm Communication and Cueing Method
- Clinical Question and Appointment Preparation Sheet

Day 4: Emergencies, Coordination, and Caregiver Wellbeing

- Warning Sign and Escalation Decision Card
- Emergency Contact and Response Plan
- Care Handoff and Information-Sharing Record
- Caregiver Strain Self-Check
- Respite and Support Network Map

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Day 5: Family Caregiving Practice

- Exercise: Adapt a Daily Living Support Routine
- Exercise: Complete a Home and Fall-Safety Review
- Exercise: Respond to a Cognitive Communication Scenario
- Exercise: Coordinate an Escalation and Care Handoff
- Capstone Exercise: Older Adult Family Care Plan

Practical Exercises

The course uses suggested activities from family homes, community services, primary care, rehabilitation, and residential support settings.

- Suggested activity: build a person-centered daily routine around preferences, independence, dignity, nutrition, movement, and rest.
- Suggested activity: inspect a home scenario for mobility hazards and record practical fall-prevention actions.
- Suggested activity: prepare medication information and questions for a healthcare appointment without changing treatment.
- Suggested activity: coordinate warning signs, escalation, handoff information, family roles, respite, and follow-up.

FAQs

Who suits advanced elderly care for family caregivers training, and what does it assume?

Advanced elderly care for family caregivers training suits people already supporting an older adult and professionals who guide them. It assumes current caregiving responsibility and keeps diagnosis, prescribing, and clinical procedures with qualified professionals.

How does elderly care for family caregivers differ from professional nursing training?

Elderly care for family caregivers focuses on safe daily support, observation, communication, records, coordination, and escalation. Professional nursing training prepares licensed clinical assessment, treatment, procedures, and medication administration.

How can family caregivers reduce fall risks for older adults?

Family caregivers can identify home hazards, observe steadiness, support appropriate movement, maintain clear routes and lighting, record falls, and discuss medication, vision, footwear, and mobility concerns with healthcare professionals.

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What are safe medication-support boundaries for family caregivers?

Safe medication support includes maintaining an accurate list, following written professional instructions, using agreed reminders, observing possible problems, and contacting a healthcare professional. Family caregivers should not independently start, stop, crush, or change medicines.

How can family caregivers protect their own wellbeing?

Caregiver wellbeing is supported by sharing responsibilities, monitoring strain, maintaining personal health, using respite, seeking practical and emotional support, and escalating when the care arrangement is no longer safe or sustainable.

Conclusion

The course connects person-centered routines, daily support, home safety, mobility, nutrition, medication boundaries, cognitive communication, emergencies, coordination, and caregiver wellbeing. Participants take back an Older Adult Family Care Plan. The plan changes how families divide responsibilities, observe changes, reduce hazards, communicate concerns, escalate safely, and sustain care.