



Vision

A future where older people live with dignity, wellbeing, and purpose, supported by sustainable, compassionate, and collaborative care systems.

Mission

To strengthen Catholic congregations in Kenya to provide holistic, dignified, and sustainable care for aged members and older persons.



"Stand up in the presence of the aged, show respect for the elderly and revere your God. I am the LORD"
(Leviticus 19:32)



CONTACT US

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HOURS:
MON-FRI 9:00AM – 5:00PM



Changing the Way, We Live, Age, and Care for Older Persons

The Care for Aging Sisters Association in Kenya (CASAK) is a collaborative initiative of Catholic religious women congregations dedicated to promoting dignified, compassionate, and sustainable care for ageing Sisters and older persons through training, research, advocacy, and community-based care coordination.





Certificate in Geriatric Care Management (CGCM)

The Certificate in Geriatric Care Management (CGCM) is a six-month blended caregiver training programme offered by the Care for Aging Sisters Association in Kenya (CASAK) in collaboration with Chemchemi ya Uzima College. The programme equips caregivers with the knowledge, practical skills, and professional values required to deliver compassionate, person-centred care to older persons.

Why Choose CGCM?

1. Flexible blended learning
2. Competency-based training
3. Experienced facilitators
4. Mentorship by professionals
5. Hands-on practicum
6. Career development opportunities

What You Will Learn

- ✓ Understand the ageing process and brain health.
- ✓ Promote physical, emotional, psychological, and spiritual wellbeing.
- ✓ Identify common geriatric conditions and age-related challenges.
- ✓ Conduct person-centred observations and assessments.
- ✓ Communicate effectively using verbal and non-verbal approaches.
- ✓ Safely move and assist older persons.
- ✓ Provide compassionate, respectful, and ethical care.
- ✓ Manage caregiver stress and build personal resilience.
- ✓ Apply legal and ethical principles in geriatric care.

Programme at a Glance

- ✓ Duration: 6 Months
- ✓ Mode: Blended Learning (Online and Onsite)
- ✓ Online Sessions: Mondays and Fridays, 2:00–4:00 p.m.
- ✓ Practicum: Two weeks at the end of the programme
- ✓ Intakes: January and June

Who May Apply?

- ✓ KCSE C– and above; or
- ✓ KCSE D+ with a relevant certificate or diploma
- ✓ Good command of English
- ✓ A genuine desire and commitment to care for older persons

Apply Today

Join us and build your caregiving knowledge and skills today.

<https://careforagingsisterskenya.org>

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