



Caregiving and Support Skills for Individuals with Multiple Disabilities

Course Code: CSSIWMD-01

Credit: 02

Contact Hours: 30

Marks: 50

Course Objective:

This course prepares caregivers and support professionals to effectively care for individuals with multiple disabilities. With a focus on practical caregiving, communication, and advocacy, the course builds essential skills to ensure holistic, respectful, and inclusive support

Learning Outcomes:

After course completion of student will be able to

1. Understand the unique needs of individuals with multiple disabilities
2. Apply caregiving techniques that promote dignity, health, and engagement
3. Communicate effectively using adaptive and assistive strategies
4. Support emotional well-being and social inclusion
5. Advocate for rights and access to services
6. Learners will maintain hygiene, administer basic first aid, and follow safety procedures while working with individuals with special needs.
7. Learners will demonstrate teamwork by working effectively with families, educators, and health professionals to provide holistic care and support.

DETAILS OF COURSE STRUCTURE:

Course Title	Course Code	Total Credits	Contact Hours	Assessment Weightage				
				Written	Practical/ Demonstration	Laboratory/ Presentation	Field Work/ Project work	Assignmen
Caregiving and Support Skills for Individuals with	CSSIWMD- 1	02	30					
				30	05	05	-	10

Address: - PSP, Institutional Area, Madhuban Chownk, Rohini Delhi-85,

Ph.: 011-27550012/13

Email: inforehab@tecnia.in

Website: www.rehab.tecnia.in



Ashtavakra Institute of Rehabilitation Sciences & Research

AApp.by Rehabilitation Council of India, Ministry of Social Justice & Empowerment, Govt. of India

Affiliated to GURU GOBIND SINGH INDRAPRASHTHA UNIVERSITY



Multiple Disabilities							
-----------------------	--	--	--	--	--	--	--

Course Contents/ Syllabus: Caregiving and Support Skills for Individuals with Multiple Disabilities	Weightage (%)	Contact Hours	Marks
Module: I: Understanding Multiple Disabilities and Person-Centered Support	30%	08	10
1.1 Definitions and common types of multiple disabilities			
1.2 Challenges faced by individuals and families			
1.3 The principles of person-centered care			
1.4 Cultural and family dynamics in caregiving			
Module: II Practical Caregiving and Communication Skills	35%	11	20
1.1 Daily living assistance: mobility, hygiene, feeding, Medication			
2.2 Positioning, safety, and use of assistive devices			
2.3 Communication tools (verbal, non-verbal, AAC)			
2.4 Working with therapy and support professionals			
Module: III Emotional Support, Advocacy, and Rights			

Address: - PSP, Institutional Area, Madhuban Chowk, Rohini Delhi-85,

Ph.: 011-27550012/13

Email: inforehab@tecnia.in

Website: www.rehab.tecnia.in





Ashtavakra Institute of Rehabilitation Sciences & Research

AApp.by Rehabilitation Council of India, Ministry of Social Justice & Empowerment, Govt. of India

Affiliated to GURU GOBIND SINGH INDRAPRASHTHA UNIVERSITY

3.1 Emotional and behavioural support strategies 3.2 Preventing caregiver burnout 3.3 Promoting social inclusion and participation 3.4 Legal rights, consent, and protection from abuse 3.5 Community-based support and advocacy tools	35%	11	20
--	-----	----	----

Assessment Process:

Continuous Internal Assessment (CIA) – 50 Marks

S.No.	Assessment Component	Details	Marks
1.	Class Test / Written Exam	Two tests covering theoretical aspects (e.g., types, functions, benefits of CSSIWMD)	15
2.	Practical Evaluation	Hands-on demonstration of caregiving skills (feeding, mobility assistance, hygiene care). Operation/troubleshooting of assistive devices like hearing aids, wheelchairs, etc.	15
3.	Assignments	Individual or group assignments (case studies, caregiving plans, reflection reports).	10
4.	Class Participation & Activities	Group discussion, quiz, demo presentation	5
5.	Presentation	Group discussion, quiz, demo presentation	5

Address: - PSP, Institutional Area, Madhuban Chowk, Rohini Delhi-85,

Ph.: 011-27550012/13

Email: inforehab@tecnia.in

Website: www.rehab.tecnia.in





Ashtavakra Institute of Rehabilitation Sciences & Research

AApp.by Rehabilitation Council of India, Ministry of Social Justice & Empowerment, Govt. of India
Affiliated to GURU GOBIND SINGH INDRAPRASHTHA UNIVERSITY

Suggested Reading Books:

1. Sharma, A. & Venkatesan, S. (2012). *Handbook of Disability Rehabilitation*. New Delhi: Rehabilitation Council of India.
2. Nirbhay N. Singh (Ed.) (2003). *International Review of Research in Mental Retardation: Behavioral Issues in Autism and Developmental Disabilities*. Academic Press.
3. Snell, M. E., & Brown, F. (2010). *Instruction of Students with Severe Disabilities* (7th Edition). Pearson.
4. Turnbull, A., Turnbull, R., Wehmeyer, M. L., & Shogren, K. A. (2019). *Exceptional Lives: Practice, Progress, and Dignity in Today's Schools*. Pearson.
5. Cook, R. E., Klein, M. D., & Chen, D. (2015). *Adapting Early Childhood Curricula for Children with Special Needs*. Pearson.
6. Heller, T., Miller, A. B., & Factor, A. R. (1999). *Family Support and Interventions for Individuals with Disabilities*. Brookes Publishing.
7. Venkatesan, S. (2004). *Children with Developmental Disabilities: A Training Guide for Parents, Teachers, and Caregivers*. Sage Publications.
8. Batshaw, M. L., Roizen, N. J., & Lotrecchiano, G. R. (2013). *Children with Disabilities* (7th Edition). Paul H. Brookes Publishing.
9. UNESCO (2009). *Policy Guidelines on Inclusion in Education*. Paris: UNESCO.
10. Rehabilitation Council of India (RCI). *Various training manuals and caregiver handbooks* (Available on rehabcouncil.nic.in).

Address: - PSP, Institutional Area, Madhuban Chownk, Rohini Delhi-85,

Ph.: 011-27550012/13

Email: inforehab@tecnia.in

Website: www.rehab.tecnia.in





ASHTAVAKRA

Institute of Rehabilitation Sciences and Research
5, PSP Institutional Area Madhuban Chowk Rohini, Sector-14, Delhi-110085



Affiliated to GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY, DELHI 110078
Approved by - Rehabilitation Council of India

Certificate of Completion

Value Added Course on
CAREGIVING AND SUPPORT SKILLS FOR INDIVIDUALS
WITH MULTIPLE DISABILITIES
Academic Year: 2024-25

This is to certify that Mr./Ms./Mrs. ALISHA MALIK student of B.Ed.Spl.Edu. Learning Disability Batch 2024-26, Enrollment no. 01052312324, has successfully completed 30 hours of Value Added Course on "Caregiving and Support Skills for Individuals with Multiple Disabilities".

Ms. Sanjana Mittal
Deputy Director

Ms. Geeta Bhutani
Principal





ASHTAVAKRA

Institute of Rehabilitation Sciences and Research
5, PSP Institutional Area Madhuban Chowk Rohini, Sector-14, Delhi-110035



Affiliated to GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY, DELHI 110078
Approved by - Rehabilitation Council of India

Certificate of Completion

Value Added Course on
CAREGIVING AND SUPPORT SKILLS FOR INDIVIDUALS
WITH MULTIPLE DISABILITIES
Academic Year: 2024-25

This is to certify that Mr./Ms./Mrs. Afsana student of B.Ed.Spl.Edu. Hearing Impairment Batch 2024-26, Enrollment no. 00252312224, has successfully completed 30 hours of Value Added Course on "Caregiving and Support Skills for Individuals with Multiple Disabilities".

Ms. Sanjana Mittal
Deputy Director

Ms. Geeta Bhutani
Principal





Ashtavakra Institute of Rehabilitation Sciences & Research

AApp.by Rehabilitation Council of India, Ministry of Social Justice & Empowerment, Govt. of India
Affiliated to GURU GOBIND SINGH INDRAPRASHTHA UNIVERSITY

SOFT SKILLS

Credit: 02

Course Code: VC102

Contact Hours: 30

Course Outcomes:

1. Students will be able to recognize the physical, emotional, and behavioral symptoms of stress.
2. Students will be able to understand the concept of Stress and its causes.
3. Students will be able to apply conflict resolution strategies based on the type of Conflict.
4. Students will be able to analyze effectiveness of different conflict management approaches.
5. Students will be able to evaluate the different stress management strategies.

Course Contents/ Syllabus:	Weightage (%)	Contact Hours
Module: I Managing Emotions & Stress		
1.1 Understanding Stress & GAS Model 1.2 Symptoms of stress 1.3 Healthy strategies of Stress Management 1.4 Emotional Intelligence: Concept, Scope & Relevance 1.5 Developing Emotional and Interpersonal Competency	30%	08
Module: II Conflict Resolution & Management		
2.1 Meaning & nature of Conflict 2.2 Types of conflicts 2.3 Styles and techniques of conflict management 2.4 Impact of conflict resolution 2.5 Conflict management and interpersonal communication	35%	11
Module: III Leadership and Managerial Skills		
3.1 Leadership styles: approaches & effectiveness 3.2 Decision making: analytical thinking, problem solving and making Informed decisions. 3.3 Time Management: setting goals, managing task & meeting deadlines. 3.4 Presentation & Public Speaking: body language, voice modulation, engaging the audience & Visual inputs. 3.5 Networking skills: Building professional relationships, networking events & maintaining connections.	35%	11

Address: - PSP, Institutional Area, Madhuban Chownk, Rohini Delhi-85,

Ph.: 011-27550012/13

Email: inforehab@tecnia.in

Website: www.rehab.tecnia.in





ASHTAVAKRA

Institute of Rehabilitation Sciences and Research
5, PSP Institutional Area Madhuban Chowk Rohini, Sector-14, Delhi-110085



Affiliated to GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY, DELHI 110078
Approved by - Rehabilitation Council of India

Certificate of Completion

Value Added Course on
SOFTS SKILLS
Academic Year: 2024-25

This is to certify that Mr./Ms./Mrs. **Sudhiksha**, student of B.Ed.Spl.Edu Intellectual Disability Batch 2024-25 Enrollment no 00952312524 has successfully completed 30 hours of Value Added Course on "Softs Skills".

Ms. Sanjana Mittal
Deputy Director

Ms. Geeta Bhutani
Principal





ASHTAVAKRA

Institute of Rehabilitation Sciences and Research
5, PSP Institutional Area Madhuban Chowk Rohini, Sector-14, Delhi-110085



Affiliated to GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY, DELHI 110078
Approved by - Rehabilitation Council of India

Certificate of Completion

Value Added Course on
SOFTS SKILLS
Academic Year: 2024-25

is to certify that Mr./Ms./Mrs .Alisha ,student of B.Ed.Spl.Edu Intellectual Disability Batch 2024-25
ollment no 001352312524 has successfully completed 30 hours of Value Added Course on "Softs
lls".

Ms. Saniana Mittal

Ms. Geeta Bhutani



www.ashtavakra.in

Ref.no:-.....



ASHTAVAKRA

Institute of Rehabilitation Sciences and Research
5, PSP Institutional Area Madhuban Chowk Rohini, Sector-14, Delhi-110035



Affiliated to GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY, DELHI 110078
Approved by - Rehabilitation Council of India

Certificate of Completion

Value Added Course on
SOFTS SKILLS
Academic Year: 2024-25

is to certify that Mr./Ms./Mrs Anushka Verma, student of B.Ed.Spl.Edu Intellectual Disability
ch 2024-25 Enrollment no 001652312524 has successfully completed 30 hours of Value Added
urse on "Softs Skills".

Ms. Sanjana Mittal

Ms. Geeta Bhutani





ASHTAVAKRA

Institute of Rehabilitation Sciences and Research
5, PSP Institutional Area Madhuban Chowk Rohini, Sector-14, Delhi-110035



Affiliated to GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY, DELHI 110078

Approved by - Rehabilitation Council of India

Certificate of Completion

Value Added Course on
SOFTS SKILLS

Academic Year: 2024-25

It is to certify that Mr./Ms./Mrs Disha ,student of B.Ed.Spl.Edu Intellectual Disability Batch 2024-25
rollment no 001952312524 has successfully completed 30 hours of Value Added Course on "Softs
ills".



Ms. Sanjana Mittal

Ms. Geeta Bhutani

