

COURSE BROCHURE

Home & Older-Adult First Aid Awareness

Health, Nutrition & Fitness / First Aid & Emergency Preparedness

One-time full-course fee

INR 1,499

Access

12 months course access

Study plan

Self-paced online theory · 12 months access

Learning format

Self-paced online theory: written lessons, scenarios, answered checks and a final self-assessment

Programme overview

Prepare a household response plan and recognise falls, stroke-like changes, breathing problems and unsafe oral intake. 16 written lessons including a final self-assessment, scenarios, paper exercises and answered checks. Online theory only; no live classes, videos, practical assessment or accredited first-aid/CPR/BLS certificate. Twelve months access. Related courses share named foundation readings.

Who this is for

- 1 For adult learners aged 18+, including adult parents, caregivers, staff and coaches. English reading content.
- 2 Online theory and preparedness only. No hands-on assessment, accredited first-aid/CPR/BLS certification or institute affiliation. Arrange qualified practical training separately.
- 3 Related courses share the named foundation readings. Compare the lesson index before buying more than one course; the seven products are separate purchases.

Published topics and learning focus

- 1 First-aid role, consent and scene safety
- 2 Calling 112, allocating tasks and handing over
- 3 First-aid preparedness at home and with older adults
- 4 Caregiver handover, privacy and follow-up
- 5 Recognising collapse and changes in breathing
- 6 Adult CPR: sequence and quality concepts
- 7 AED awareness and a coordinated response
- 8 Unresponsive but breathing: positioning and observation
- 9 Adult choking and the transition to CPR
- 10 Head injury, concussion and suspected spinal injury
- 11 Sprains, fractures and safe support
- 12 Chest symptoms and stroke warning signs
- 13 Breathing difficulty and severe allergic reactions
- 14 Seizures: protect, time and reassess
- 15 Low blood sugar, faintness and altered response
- 16 Final casebook and self-assessment

Before you choose

- 1 These are published programme highlights, not certification of complete syllabus coverage. Review the available reading index and programme trial before enrolling.
- 2 ZELVU provides learning support. It does not award the underlying degree, professional registration or an examination result.
- 3 Current checkout terms and refund policy apply. Payment and access require successful provider verification.

Take the next step

[Explore the programme trial](#)[View current details, scope and terms](#)[Ask ZELVU about this programme](#)

Save this brochure for reference. Details can change: confirm the current programme page and checkout before making a purchase.