Age well. Care well.

Hands-on training in healthy ageing and elder care. We equip families, caregivers and organisations with the skills to care for older people with confidence and dignity.

FOR FAMILIES

A care plan for your older loved one

Expert guidance and hands-on family training.

FOR CAREGIVERS

Practical, certified care skills

For household assistants and caregivers, from one day to six weeks.

FOR ORGANISATIONS

Staff training and partnerships

Including pre-retirement preparation and healthy ageing.



Welcome!

Thank you for visiting. Take a tour, meet our team and ask us anything.

This folder answers three questions:

1. Who are we?
2. What do we offer?
3. What can I do next?

Scan to visit our website
ageingandwellness.academy

01

Who Are We?

A training academy for better ageing and better care

We are a training academy in Benin City, run by a team of elder care specialists.

We help people prepare for their own ageing, and we train the families, caregivers and organisations who look after older people, so that care is safe, skilled and kind.



OUR VISION

A society in which people are prepared to age well and older persons receive the understanding, dignity, respect, support and care they deserve.

OUR PHILOSOPHY

Preparing people. Empowering families. Equipping caregivers. Advancing healthy ageing.

Knowledge that turns into action. Learning that changes lives.

01 · WHO ARE WE?

Why Choose Us?

Expert-led	Founded by Professor Obehi Akoria, a geriatrician who has built and led elder care services at UBTH for over a decade.
A real team	Doctors, nurses, physiotherapists, pharmacists, social workers, dentists and skin care specialists teach side by side.
Learn by doing	Hands-on practice in our demonstration room, and a competency assessment in every programme.
Built on national standards	Our caregiver training follows Nigeria's National Occupational Standards for geriatric social care.
More than caregiving	We also help you prepare for your own healthy ageing, wellness and retirement.
Local, with global insight	Designed for Nigerian families, and informed by experience at home and abroad.

01 · WHO ARE WE?

Our Team

A multidisciplinary team of specialists who teach side by side.

FOUNDER & LEAD FACULTY



Professor Obehi Akoria

Professor of Medicine, University of Benin · Consultant Geriatrician, UBTH

- Founded UBTH's Geriatrics Unit (2013) and has led its multidisciplinary team since 2014
- Led the roll-out of Nigeria's National Occupational Standards for geriatric social care training
- Qualified as a certified Quality Assurance Assessor (QAA) in Geriatric Social Care
- Served as Edo State Commissioner for Health

CORE FACULTY



Dr Folasade Akpata

Geriatric Medicine

Senior Registrar, Geriatrics, UBTH



Mrs Eunice Ugorji

Gerontological & Clinical Nursing

Founding Clinical Nurse, UBTH Geriatrics Ward



Mrs Glory Mfon Mogbeyiteren

Gerontology Nursing

Pioneer Coordinator, Post-Basic Gerontology Nursing Programme, UBTH



Dr Oluwaseun Susan Kubeyinje

Physiotherapy

Founding Physiotherapist, UBTH Geriatrics



Pharm. Martins Idiaghe

Pharmacy & Medicines Management

Founding Pharmacist, UBTH Geriatrics



Mrs Emuejevoke Joanna Jed-Sodje

Medical Social Work

Volunteer Medical Social Worker, UBTH Geriatrics; PhD candidate



Prof. Stephen A. Ayinbuomwan

Clinical Pharmacology & Therapeutics

Clinical pharmacologist and longstanding training collaborator

01 · WHO ARE WE?

Our Team

Experience from Nigeria and abroad, brought together for older people and their families.

INTERNATIONAL & VISITING FACULTY



Mrs Oluwasola Emore

Occupational Therapy, Canada

Occupational Therapist, CBI Health



Mr Vincent Emore

Occupational Therapy, Canada

Occupational Therapist, Rehabilitation and Vocational Services



Pauline Smith

Elder Care & Enterprise, USA

Certified Nursing Assistant; owner, Compassion One LLC



Dr Philip Osehobo

Medicine & Long-Term Care, USA

Board-certified physician and Long-Term Care Medical Director

ACADEMY ADMINISTRATION



Mr Fidelis Iyamabo

Administrator

Your first point of contact for enquiries and registration

And many more

Our wider faculty includes specialists in dentistry, dermatology and other fields, who teach essential skills such as oral and skin care.

Read full faculty profiles at **ageingandwellness.academy/faculty**.

02

What Do We Offer?

Three practical programmes to start with

1

Family Care Next

₦250,000 initial package
₦75,000 per hour of additional family training

For families caring for an older relative.

Our team assesses your loved one's needs, gives you a written care plan, and trains your family to provide care with confidence.

The initial package includes a three-hour multidisciplinary consultation and a written care plan. Relatives abroad or outside Benin City can join by video. Ongoing supervision is arranged separately.

2

Basic Elder Care Plus

SIX WEEKS

₦400,000 full programme
₦75,000 per individual module
₦25,000 baseline assessment

For anyone who wants solid, hands-on caregiving skills.

Six weeks of practical training in six core areas:

- **Safeguarding and dignity**
- **Personal care and daily living**
- **Safe mobility and assistance**
- **Nutrition and hydration**
- **Medication support and safety**
- **Psychosocial well-being**

Built on national standards, with a certificate for each module you complete.

When: one day a week for six weeks. Choose every Saturday from 14 November, or every Monday from 16 November. Register by 6 November.

02 · WHAT DO WE OFFER?

3

One-Day Practical Training for Household Assistants

₦50,000 per participant

For new or existing household assistants who help older people at home.

One practical day on safety, respectful communication and everyday care.

When: every Saturday and Monday from 14 November. Registration is open.

Coming Soon

We are growing. Look out for:

01 Healthy ageing and self-care programmes for adults aged 50 and above

02 Advanced and specialist older-person care

03 Professional and workforce development

04 Pre-retirement preparation and successful ageing

05 Organisational training and age-friendly practices

Our goal is to make ageing and care education accessible, practical, relevant and impactful.

Ask our team for current schedules, programme details and enrolment arrangements.

03

What Can I Do Next?

- Are you preparing for your own future?
- Are you caring for a loved one?
- Are you seeking practical caregiving skills?
- Do you represent an organisation?

There is a place for you here. Take the next step with us.

CHOOSE HOW YOU WOULD LIKE TO ENGAGE

I want to enrol in a programme.	Speak with our team about programme suitability, training schedules, fees and registration requirements.
I want to support an older family member.	Learn how our family-focused services can help you understand needs, develop a care plan and build your family's capacity.
I want training for a caregiver or household assistant.	Discuss suitable practical training for someone already providing care or preparing to do so.
I represent an organisation.	Explore customised training, staff development, collaboration and opportunities to promote healthy ageing and better care.
I would like to remain connected.	Register your interest with our reception team, or complete the form on the last page, to receive programme information and future announcements.

Speak to us today

VISIT

Ageing & Wellness Academy
37B Ihama Road, Benin City, Edo State

ENQUIRIES

Mr. Fidelis Iyamabo, Academy Administrator
Telephone: 0904 376 5832

Scan to visit
ageingandwellness.academy

03 · WHAT CAN I DO NEXT?

Register Your Interest

Complete this form and hand it to our reception team. We'll keep you informed about programmes, schedules and future announcements.

Full name _____

Phone / WhatsApp _____ **Email** _____

Organisation (if applicable) _____

I am (tick all that apply)

- ☐ Preparing for my own future
- ☐ Caring for an older family member
- ☐ A caregiver or household assistant
- ☐ Representing an organisation

I am interested in (tick all that apply)

- ☐ Family Care Next
- ☐ Basic Elder Care Plus
- ☐ One-day training for household assistants
- ☐ Healthy ageing and self-care (50+)
- ☐ Pre-retirement preparation
- ☐ Organisational training or partnership

Other / comments _____

_____

Thank you for visiting!

Preparing people for better ageing, better living and better care.

PREPARE • EMPOWER • EQUIP • ADVANCE