Ageing & Wellness
ACADEMY

37B IHAMA ROAD
BENIN CITY

Age well. Care well.

Hands-on training in healthy ageing and elder care, for families, caregivers and organisations.

Family Care Next

₦250,000

FOR FAMILIES

A personal care plan for your older loved one, with hands-on training for your family. Relatives abroad or outside Benin City can join by video.

Basic Elder Care Plus

₦400,000

FOR CAREGIVERS · SIX WEEKS

Practical training in six core areas, one day a week. Every Saturday from 14 November or every Monday from 16 November.

~~₦400,000~~ for all six modules, or ~~₦75,000~~ per module, plus a ~~₦25,000~~ baseline assessment.

Register by 6 November.

One-Day Training

₦50,000

FOR HOUSEHOLD ASSISTANTS

Safety, respectful communication and everyday care, in one practical day. Every Saturday and Monday from 14 November.

Talk to us today

0904 376 5832

ageingandwellness.academy
37B Ihama Road, GRA, Benin City

Taught by a real team

Doctors, nurses, physiotherapists, occupational therapists, pharmacists, social workers and more, teaching side by side.



Meet them all at ageingandwellness.academy/faculty

WHY CHOOSE US

- **Expert-led.** Founded by a geriatrician who has led elder care at UBTH for over a decade.
- **Learn by doing.** Hands-on practice and a competency assessment in every programme.
- **Built on national standards.** Caregiver training follows Nigeria's National Occupational Standards.
- **Recognised.** A certificate for each Basic Elder Care Plus module you complete.

HOW TO START

1 Talk to us

Speak to our team today, or call 0904 376 5832.

2 Choose

We help you pick the right programme.

3 Register

Basic Elder Care Plus closes on 6 November.

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