



SAARTHI - सारथी

करियर मार्गदर्शन पोर्टल · Career Guidance Portal

"सही मार्गदर्शन, उज्ज्वल भविष्य।"

करियर शीट · CAREER SHEET

बुजुर्ग केयरटेकर

An Elderly Caretaker (non-clinical) supports senior citizens in their daily life with dignity — helping them move about, eat, dress, bathe and keep up personal hygiene, reminding them to take medicines on time, and keeping their...



Scan for everything on this career

Salary, exams, colleges, the routes in and the steps after — all on the portal.

career.gsssjethantri.in/#/career/voc-6258

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Govt. Sr. Sec. School, Jethantri · ब्लॉक समदड़ी · बालोतरा (Block Samdari · Balotra)

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सुशील कुमार शर्मा

प्रधानाचार्य, रा.उ.मा.वि. जेठन्तरी · मास्टर ट्रेनर
Principal, GSSS Jethantri · Master Trainer



श्री चेनाराम चौधरी

प्रधानाचार्य, डाइट बाड़मेर
Principal, DIET Barmer



श्रीमती संघमित्रा

वरिष्ठ व्याख्याता, डाइट बाड़मेर (सहयोग)
Sr. Lecturer, DIET Barmer (Support)



भरत चौधरी

अभिकल्पना व विकास · व्याख्याता (इतिहास)
Designed & developed · Lecturer (History)

विशेष धन्यवाद · SPECIAL THANKS



सुरेन्द्र सिंह राठौड़

व्याख्याता (इतिहास) · रा.उ.मा.वि. कानाना



सुरेश कुमार सैन

व्याख्याता (भूगोल) · रा.उ.मा.वि. रामसीन मूंगड़ा



वनिता कुमारी

व्याख्याता (इतिहास) · रा.उ.मा.वि. रामसीन मूंगड़ा



कमलेश चौधरी

व्याख्याता (राजनीति विज्ञान) · रा.उ.मा.वि. टापरा

करियर मार्गदर्शन कार्यशाला, डाइट बाड़मेर (14-17 जुलाई 2026) में विकसित व लोकार्पित
Developed & unveiled at the Career Guidance Workshop, DIET Barmer (14-17 July 2026)

यह एक स्वतंत्र परियोजना है, जो सरकार की आधिकारिक करियर-मार्गदर्शन सामग्री पर आधारित है। · An independent project based on the Government's official career-guidance content.

1 About this career

An Elderly Caretaker (non-clinical) supports senior citizens in their daily life with dignity — helping them move about, eat, dress, bathe and keep up personal hygiene, reminding them to take medicines on time, and keeping their room clean and safe. Alongside this, they offer companionship in loneliness through conversation, walks and small activities to keep the mind engaged. This is not a medical role but one rooted in care and empathy, and it is becoming a stable, meaningful livelihood as India's elderly population grows.

2 At a glance

Minimum qualification	Class 8 pass + age 18 (NSQF Level 3)
Course duration	About 2–6 months
Starting salary	₹12,000–16,000/month
Work mode	Full-time care at home/old-age home

3 What you need

INTERESTS

- Interest in helping people around you, especially the elderly
- Finding satisfaction in caring, service-oriented work
- Enjoy connecting with people, talking to them and giving company

ABILITIES

- A naturally empathetic and patient nature
- Physical fitness and stamina
- Good communication and listening skills

KEY SKILLS

- Assisting elders with mobility, moving around and bathing
- Feeding, dressing and looking after personal hygiene and grooming

- Reminding about medicines on time and maintaining a daily routine
- Keeping the room clean, the bed tidy and the environment safe
- Providing companionship through conversation, walks and keeping the mind active
- Recognising emergencies and alerting the family and agency in time

4 How to get there

- 1 Complete Class 8 and reach the age of 18.
- 2 Enrol in an NSQF Level 3 course in Elderly Care (non-clinical) / General Duty Assistant / Geriatric Care at an NSDC/Healthcare Sector Skill Council centre.
- 3 Practise basic first aid, hygiene and safe patient handling.
- 4 Gain hands-on experience at an old-age home, day-care centre or home-care agency.
- 5 With experience, move from trainee caregiver to caregiver and on to supervisor; you may also offer services independently.

MAIN EXAMS

- Skill assessment and certification by the Healthcare Sector Skill Council/NSDC

5 Where to study

GOVERNMENT INSTITUTES

- राजस्थान कौशल एवं आजीविका विकास निगम (RSLDC) — Jaipur, Rajasthan (<https://livelihoods.rajasthan.gov.in/rsldc/>)
- राष्ट्रीय कौशल विकास निगम (NSDC) – जनरल ड्यूटी असिस्टेंट — All-India network (<https://nsdcindia.org/general-duty-assistant>)
- राष्ट्रीय सामाजिक रक्षा संस्थान (NISD) – वृद्धजन देखभाल — All-India centres incl. Rajasthan (<https://www.nisd.gov.in/>)
- एनआईओएस व्यावसायिक प्रशिक्षण केंद्र — Online / locate nearest centre (<https://voc.nios.ac.in/registration/locate-study-centre>)

PRIVATE INSTITUTES

- हेल्थकेयर सेक्टर स्किल काउंसिल (HSSC) – जेरिएट्रिक केयरगिवर — Affiliated training partners (https://www.healthcare-ssc.in/pdf/HSS_Q6002_v2.0_Geriatric_Caregiver.pdf)
- भारतीय रेड क्रॉस सोसाइटी – होम नर्सिंग/प्राथमिक उपचार प्रशिक्षण — Jaipur and district branches, Rajasthan (<https://indianredcross.org/>)

ONLINE

- स्किल इंडिया डिजिटल हब — Online (<https://www.skillindiadigital.gov.in/>)
- एनएसडीसी - प्रशिक्षण केंद्र खोजें — Online (<https://www.nsdcindia.org/find-nsdc-training-centre>)

FEES

Under most government schemes (NSDC, RSLDC, PMKVY, NISD) this training is free or very low-cost. Geriatric/home-care courses at private institutes can cost roughly ₹5,000–25,000.

SCHOLARSHIPS

- राष्ट्रीय छात्रवृत्ति पोर्टल (NSP) (<https://scholarships.gov.in/fresh/onlineInstituteSearchIndex>)
- Buddy4Study – ITI/Vocational Scholarships (<https://www.buddy4study.com/article/iti-scholarships>)
- SJE Rajasthan Scholarships (<https://sje.rajasthan.gov.in/>)

6 What the work is like

WHERE YOU WORK

Senior citizens' own homes, old-age homes, elderly day-care centres, nursing homes, senior-living communities and home-care agencies.

WORK CULTURE

Work is often 8–12 hours a day and 6 days a week; sometimes night or 24-hour resident care is required. The role demands respect, patience and emotional support. This field is equally open to both women and men.

WHO HIRES

- | | |
|---|--|
| • Home-care agencies such as Portea, Emoha, Care24 and Samarth | • Old-age homes, charitable trusts and senior-living communities |
| • Elderly day-care centres and nursing homes | • Attendant/caregiver divisions of hospitals and home-health companies |
| • Individual families who directly hire caregivers for their elders | • Independent (freelance) care — offering your own services after experience |

DEMAND (2026)

India's population aged over 60 is rising rapidly and is projected to reach around 340 million by 2050. As joint families shrink and children settle in distant cities or abroad, the demand for trusted at-home caregivers keeps growing. This makes Elderly Caretaker a stable, dignified career that will only become more essential in future.

7 Career growth

- 1 Trainee / Junior Elderly Caregiver
- 2 Elderly Caregiver
- 3 Senior Caregiver / Care Supervisor
- 4 Care Coordinator / Agency Operator

EARNINGS

Starting	₹12,000–16,000/माह
Mid level	₹18,000–28,000/माह
Senior level	₹30,000–45,000+/माह

An Elderly Caretaker typically starts at ₹12,000–16,000/month, rising to ₹18,000–28,000/month with experience. Resident (24-hour) care, becoming a senior caregiver or care supervisor, and working in larger cities can take income to ₹30,000–45,000/month or more.

8 The good parts · The challenges**The good parts**

- Emotional satisfaction and respect that comes from serving elders
- Stable and steadily growing demand due to the ageing population
- Start with low formal qualifications, with a path to supervisor/self-employment through experience

The challenges

- Long hours and sometimes night or 24-hour duty
- Physically and emotionally demanding work
- Pay can be limited at the entry level

9 Real-life journeys

Neha Sinha

Elder Care Specialist, Co-founder and CEO of Epoch Elder Care

Clinical psychologist Neha Sinha saw that India lacked quality care for elders living with dementia. Through Epoch Elder Care she built warm, homely assisted-living homes where every elder receives person-centred care. Her work shows that caring for the elderly is a respected and much-needed career.

YourStory · <https://yourstory.com/herstory/2020/07/woman-entrepreneur-epoch-elder-care-dementia>

Saumyajit Roy

Co-founder & CEO, Emoha Elder Care

Saumyajit Roy founded Emoha Elder Care in 2019 after his own parents were left alone during an emergency while he was travelling — an experience that showed him how much elders need dependable at-home support. Bringing over a decade of experience in real estate and senior living, he built Emoha to help elders live with dignity in their own homes through 24-hour emergency response, health support and companionship. The company employs trained 'care buddies' who connect with elders. His journey shows that elder care is a meaningful field of both compassion and enterprise.

YourStory · <https://yourstory.com/2019/08/startup-eldercare-emoha-senior-citizens-army-gurugram>

10 Sources & further reading

1. Rajasthan Career Guidance – Elderly Caretaker (Non-Clinical) — <https://cg.rajasthan.gov.in/careerguidance/hi/career/%e0%a4%ac%e0%a5%81%e0%a4%9c%e0%a5%81%e0%a4%b0%e0%a5%8d%e0%a4%97-%e0%a4%95%e0%a5%87%e0%a4%af%e0%a4%b0%e0%a4%9f%e0%a5%87%e0%a4%95%e0%a4%b0-%e0%a4%a8%e0%a5%89%e0%a4%a8-%e0%a4%95%e0%a5%8d%e0%a4%b2/>
2. NSDC – General Duty Assistant — <https://nsdcindia.org/general-duty-assistant>
3. Healthcare Sector Skill Council – Geriatric Caregiver Qualification — https://www.healthcare-ssc.in/pdf/HSS_Q6002_v2.0_Geriatric_Caregiver.pdf
4. Indeed – Elder Care Assistant Salary — <https://in.indeed.com/career/elder-care-assistant/salaries>
5. National Scholarship Portal — <https://scholarships.gov.in>



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