

CareAsha

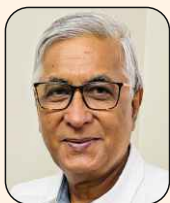
Caregiving Comics

Simple Stories for Compassionate Care



Caring for Those Who Once Cared for Us

Caregivers Asha Society Jodhpur



Foreword

Caregiving is an expression of love, responsibility and human connection. Yet family caregivers often take on this important role with little preparation or guidance. The CareAsha Comic Book has been created to present essential caregiving knowledge in a simple, practical and engaging way for people of all ages.

Through familiar characters and everyday situations, these stories address key concerns such as fall prevention, medication safety, dementia, dehydration, pressure sores, emergencies, emotional well-being and caregiver stress. Each story carries a clear message: informed and compassionate care can improve the safety, dignity and quality of life of older people.

We hope this comic book will encourage children, young people and families to understand ageing, participate in caregiving and value those who provide care. It is also a tribute to the countless family caregivers whose quiet efforts sustain their loved ones every day.

May these stories inspire every reader to learn, care and share—because caring for older people and supporting their caregivers is our shared responsibility.

Dr Arvind Mathur

Founder-Chairperson

Caregivers Asha Society, Jodhpur



Yash Agarwal is a comic book illustrator and visual storyteller from Jodhpur, Rajasthan, with a Bachelor of Fine Arts. His experience with Amar Chitra Katha introduced him to professional storytelling, character development, and the process of bringing illustrated narratives to life. He has also worked on a comic for the Maheshwari Samaj, exploring stories rooted in cultural and community contexts. With a background in traditional and digital illustration and a style inspired by manga and comics, Yash brings complex subjects to life through engaging, accessible, and visually compelling storytelling. For this project, he brings these skills to the medical field, transforming a nuanced subject into an approachable and memorable comic narrative.

Care Asha Family



DR AGARWAL
Family guide and friend.



Explains in simple language
how to provide the right care.



DADAJI

Experienced, calm and affectionate.

Takes care of his health and
does a little exercise every day.



DADIJI

Full of love, a treasure of stories.

Sometimes forgets, but always
stays connected at heart.



ANUJ (FATHER)

Responsible and hardworking.

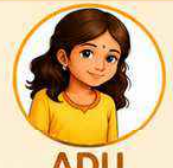
Always prioritizes family
needs and care of elders.



PREETI (MOTHER)

Main caregiver of the family.

An example of love,
patience and sacrifice.



ADU

Cheerful and lovely.

Wins everyone's heart by
helping with small tasks.



MANU

Curious and sensible.

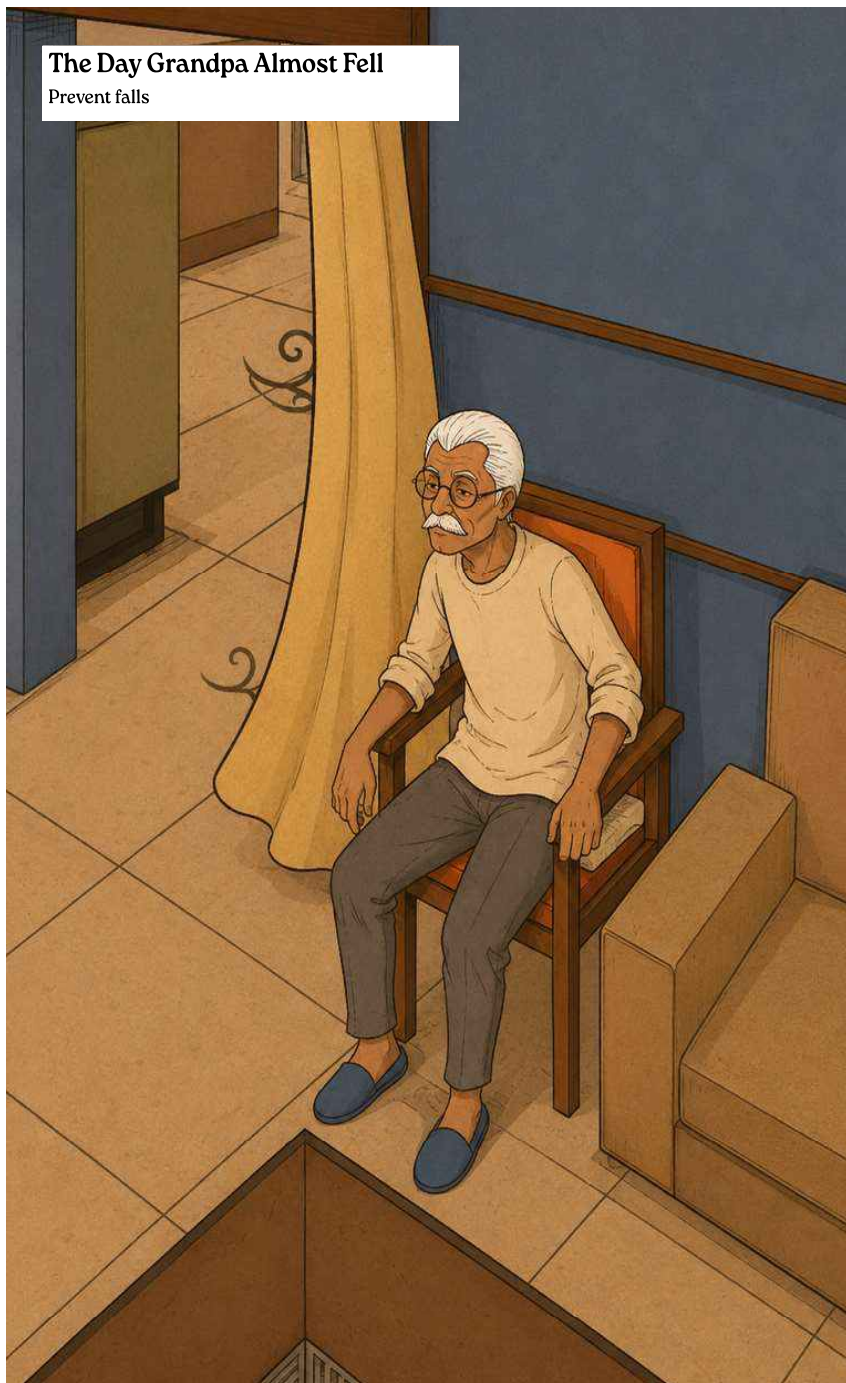
Eager to learn new things
and help the family.



Together we care • Together we grow

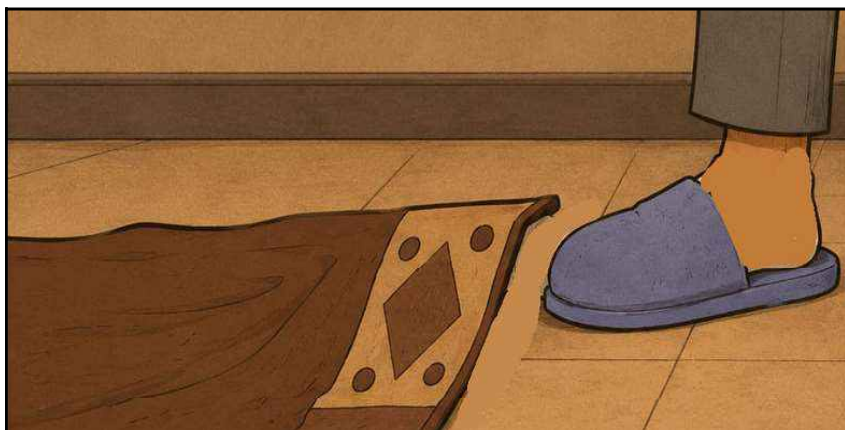
The Day Grandpa Almost Fell

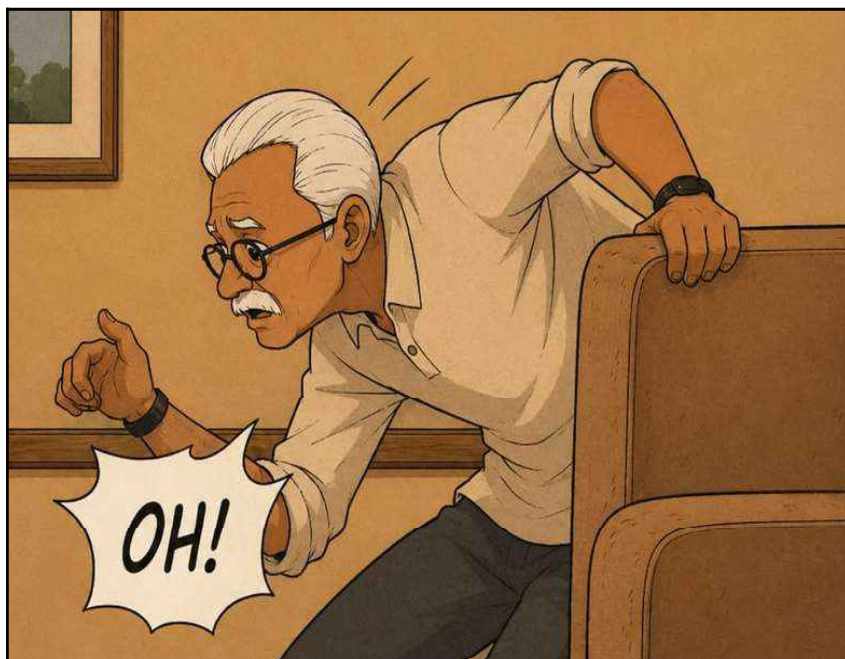
Prevent falls



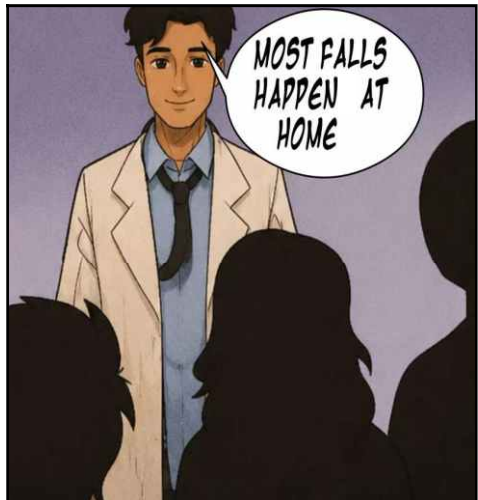
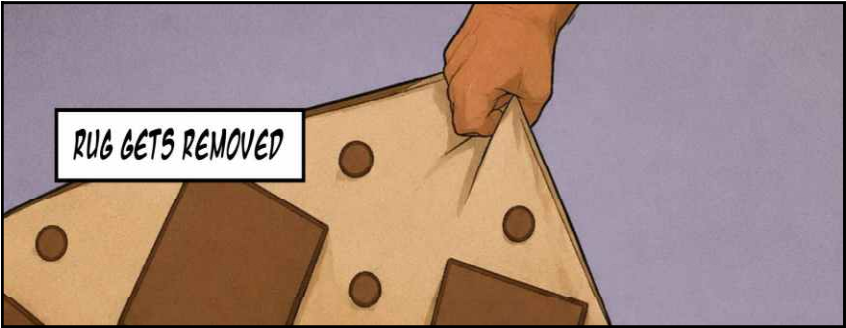


Prevent falls





Prevent falls





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Prevent Falls

What should we do



Keep the home well-lit



Remove loose rugs and wires



Install grab bars in bathrooms



Use safe footwear



Use a walking stick or walker if needed



“A safe home means a safer life for older adults.”



CareAsha



Caring for Those Who
Once Cared for Us



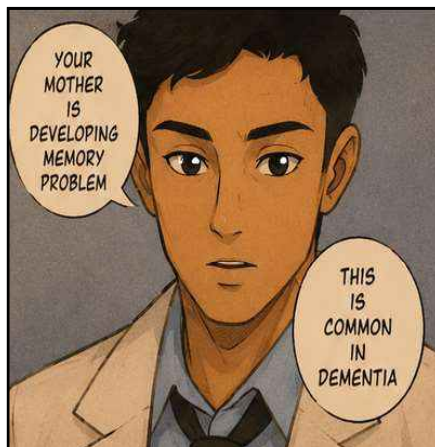
Grandma Forgot Again

Understanding Dementia

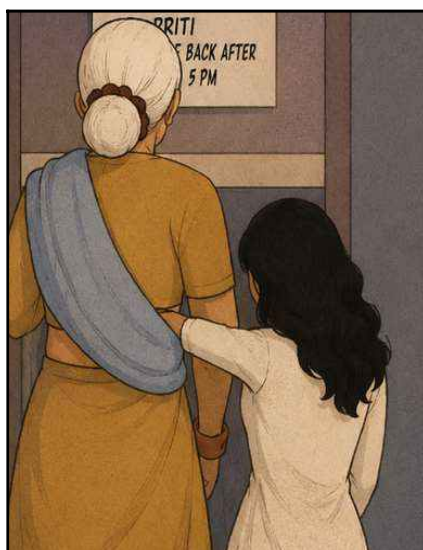
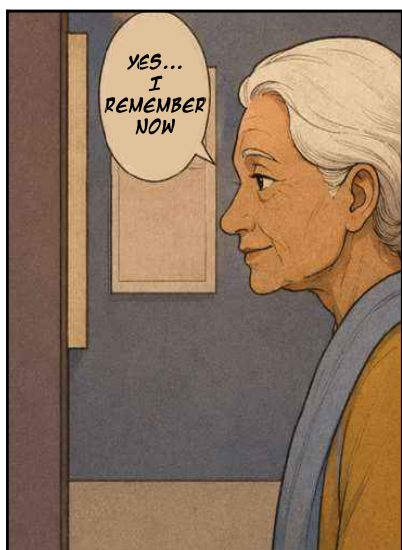
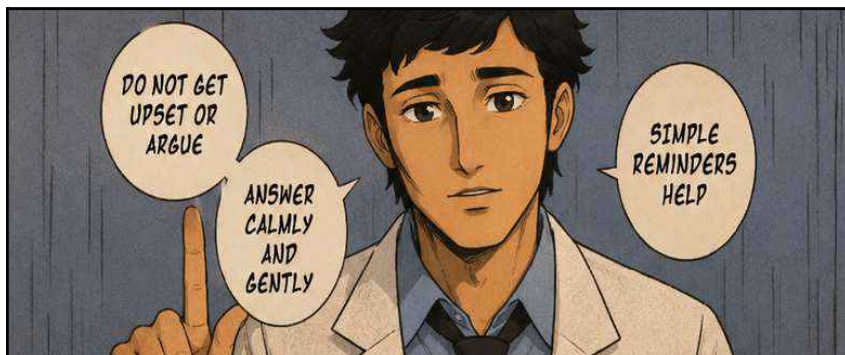




Understanding Dementia



Understanding Dementia





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DEMENTIA

What Should We Do?



Stay calm and patient



Do not argue or scold



Speak slowly and gently



Use reminders and routines



Seek medical advice if memory problems increase



Remember

The person is not being difficult; dementia affects the brain.



Family Challenge

Spend 10 minutes today talking with an older family member about happy memories.



CareAsha Care Pearl

"When memories fade, kindness must never fade."



CareAsha

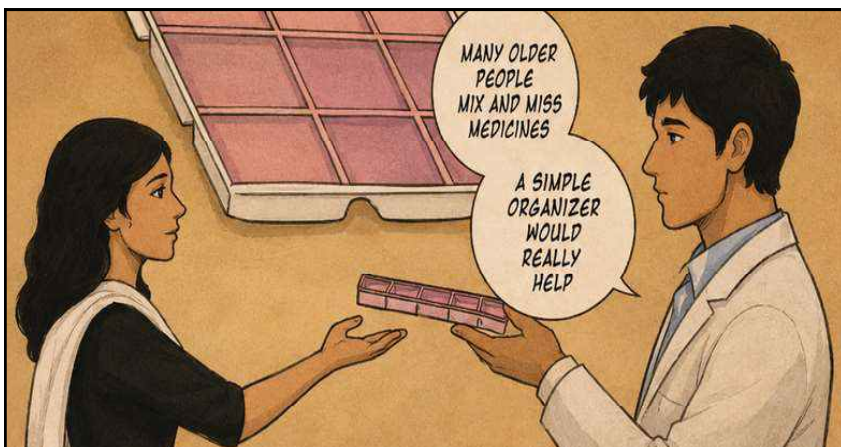
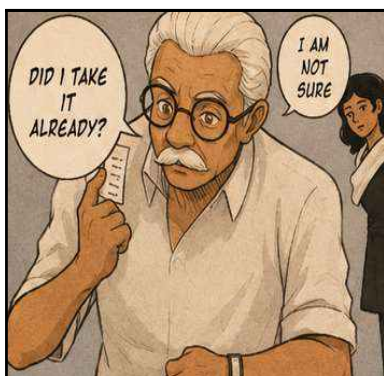


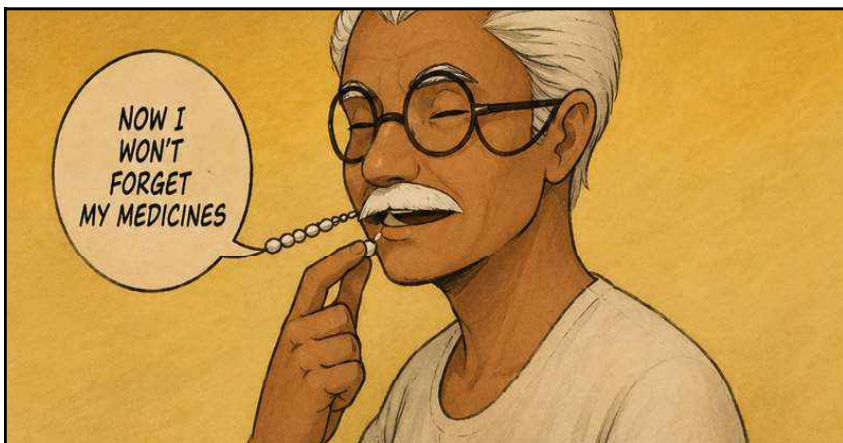
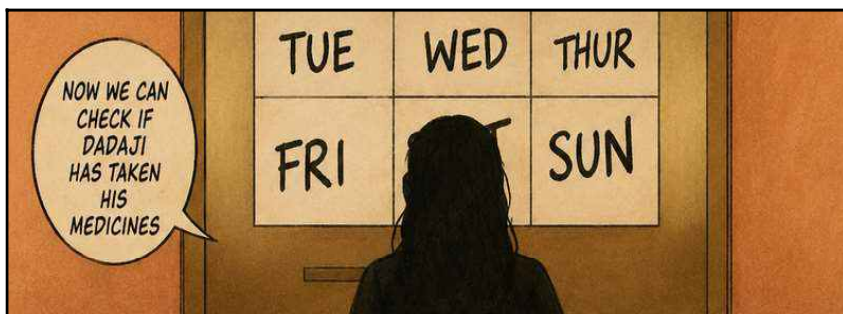
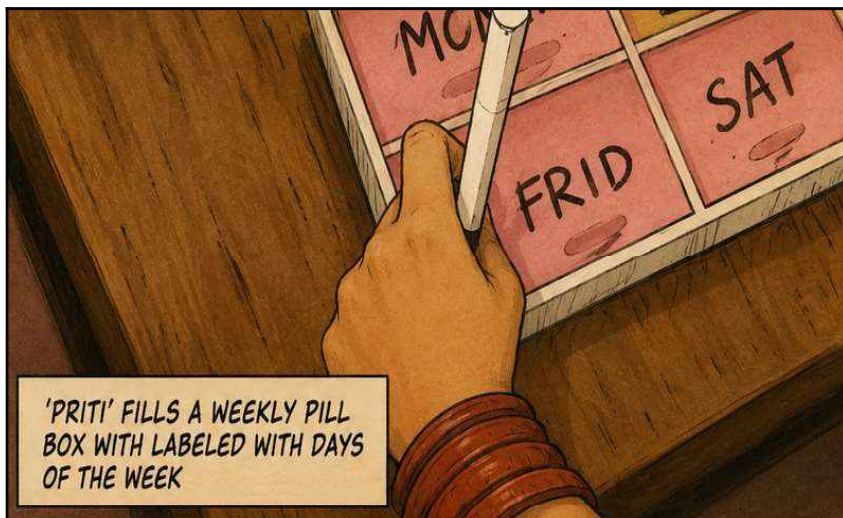
Caring for Those Who
Once Cared for Us



The Missing Medicine

Medication Safety







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MEDICATION SAFETY

What should we do?



Use a pill organizer



Keep an updated medicine list



Follow the doctor's instructions



Never change medicines without medical advice



Store medicines safely



Remember

The right medicine,
at the right dose, at the right time.



Family Challenge

Prepare a medicine chart
for your family today.



CareAsha Care Pearl

*"The right medicine at the
right time can make all the difference."*



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Caring for Those Who
Once Cared for Us



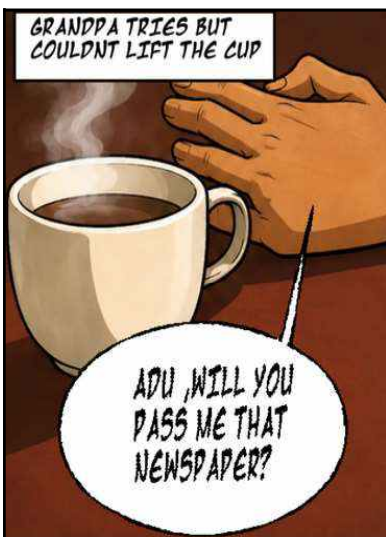
A Sudden Weakness

Recognizing Stroke

GRANDPA AND ADU ARE SITTING TOGETHER AT BREAKFAST TABLE

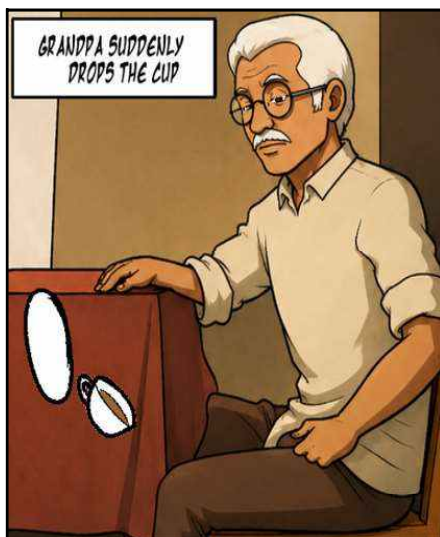


GRANDPA TRIES BUT COULDN'T LIFT THE CUP

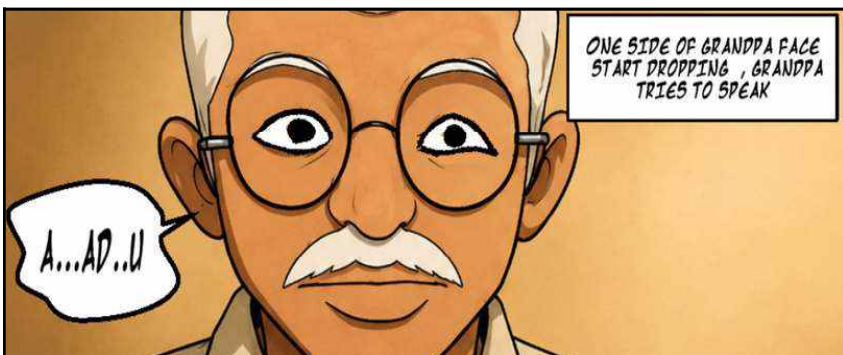


ADU, WILL YOU PASS ME THAT NEWSPAPER?

GRANDPA SUDDENLY DROPS THE CUP

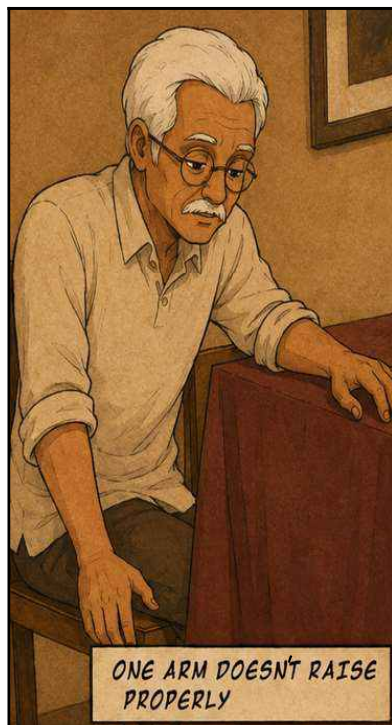
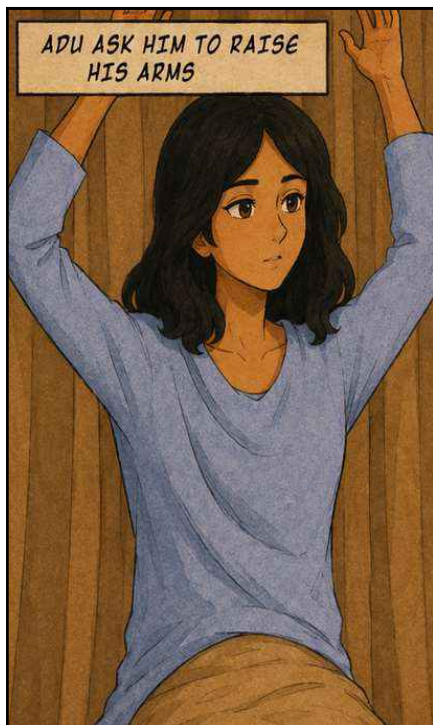


ONE SIDE OF GRANDPA'S FACE STARTS DROOPING, GRANDPA TRIES TO SPEAK



A...ADU

Recognizing Stroke



Recognizing Stroke







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RECOGNISING STROKE

What should we do?



Remember **FAST**:

F F – Face drooping



A A – Arm weakness



S S – Speech difficulty



T T – Time to reach the hospital immediately



Remember

Every minute counts during a stroke.



Family Challenge

Teach the FAST signs to everyone in your family.



CareAsha Care Pearl
“Recognise early.
Act quickly. Save a life.”



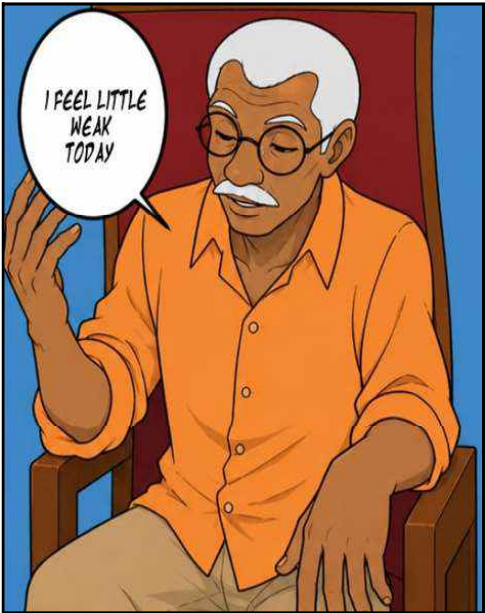
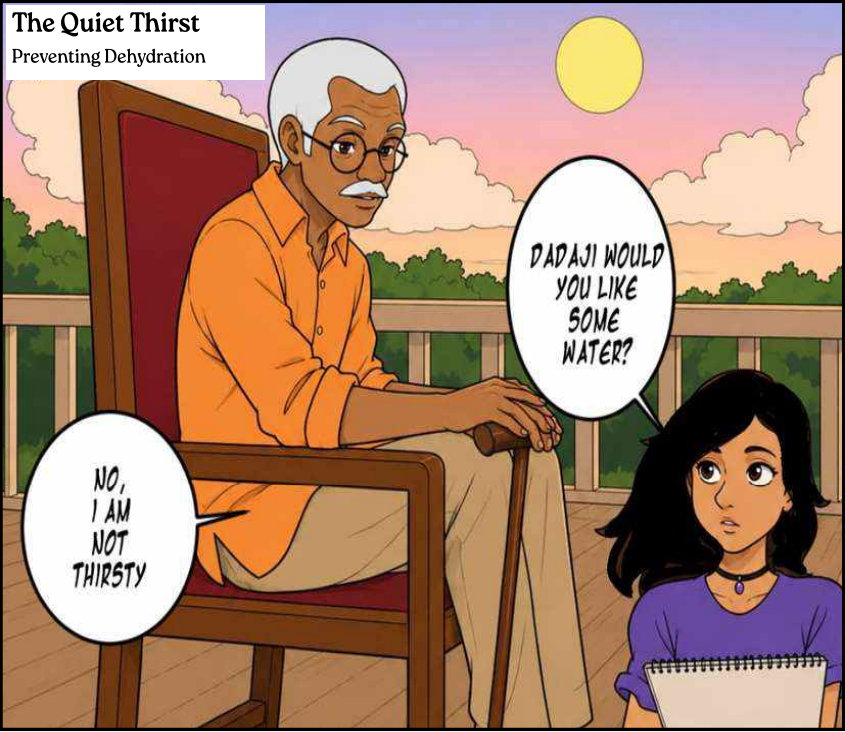
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The Quiet Thirst

Preventing Dehydration



Preventing Dehydration





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PREVENT DEHYDRATION

What should we do?



Offer water regularly



Include soups, buttermilk, and fresh fruits



Encourage fluids even if the elder is not thirsty



Watch for dizziness or confusion



Remember

Older adults may not feel thirsty, but they still need fluids.



Family Challenge

Make a daily hydration schedule for your family.



CareAsha Care Pearl
"Small sips today can prevent big problems tomorrow."



CareAsha

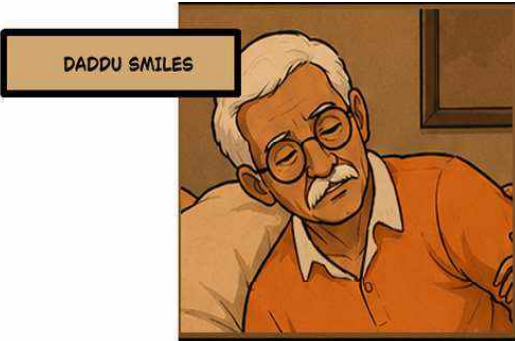
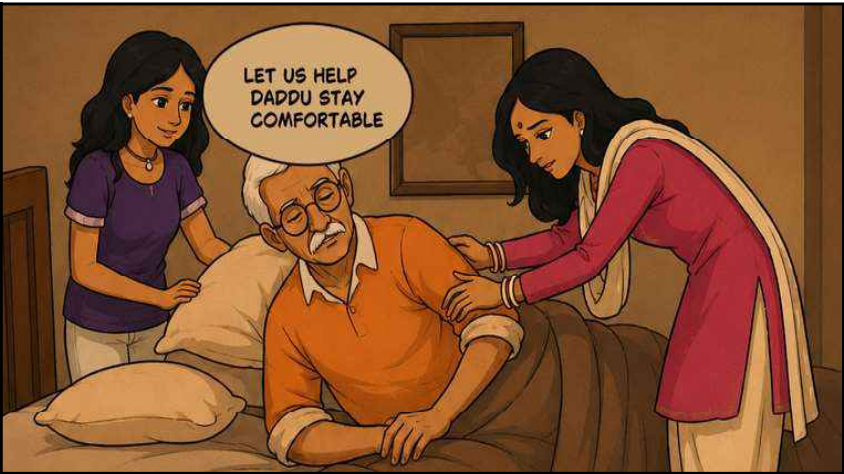
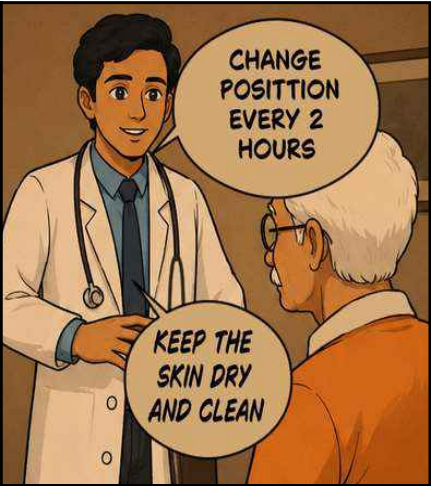
Caring for Those Who
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The Bed That Hurt
Preventing Pressure Sores



Preventing Pressure Sores





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TO PREVENT PRESSURE SORES

What should we do?



Change position
every two hours



Keep skin
clean and dry



Use pillows or
cushions to
relieve pressure



Check the skin
every day



Remember

Pressure sores are easier
to prevent than to treat.



Family Challenge

Learn how to help someone
change position safely in bed.



CareAsha Care Pearl
"Changing position
changes lives."



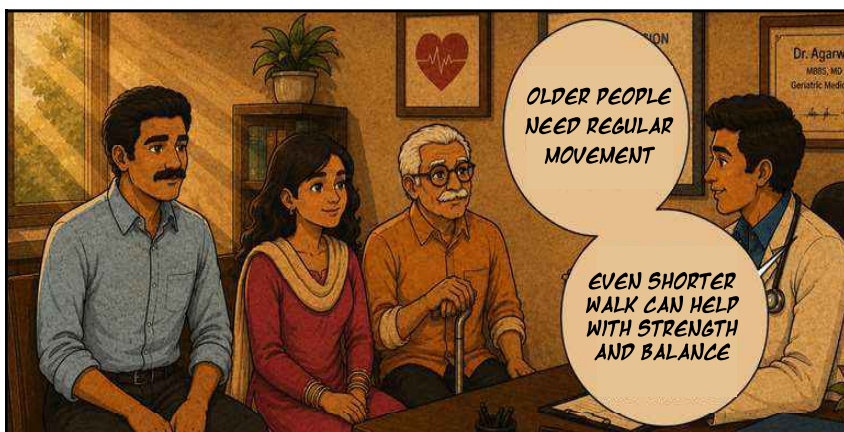
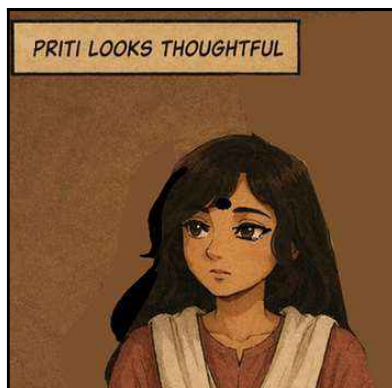
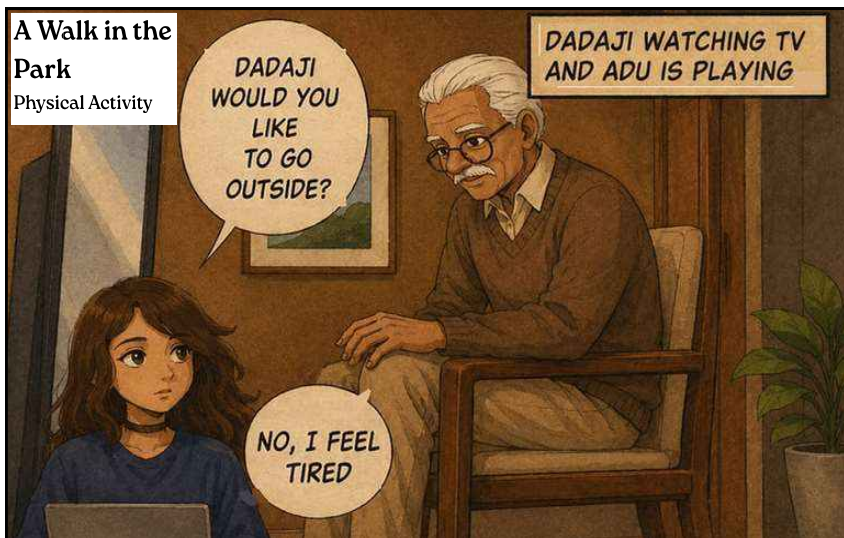
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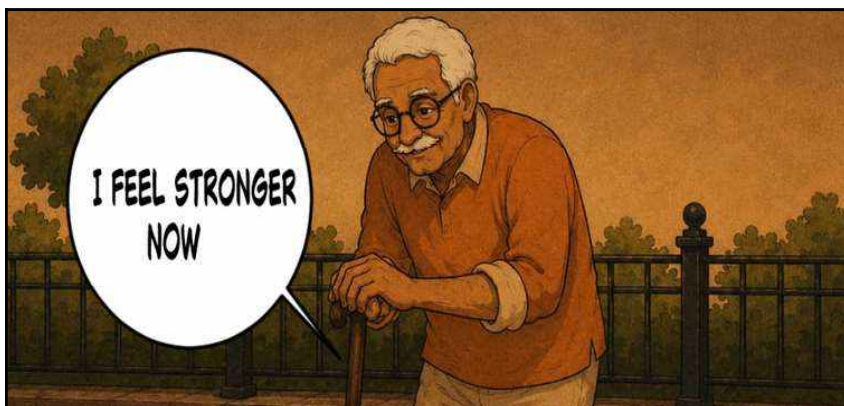


A Walk in the Park

Physical Activity



Physical Activity



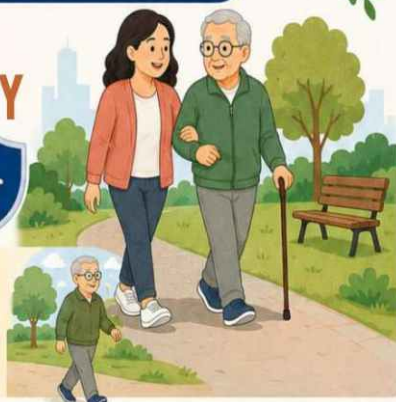


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PHYSICAL ACTIVITY

What should we do?



Walk every day if medically appropriate



Start slowly and increase gradually



Start slowly



Increase gradually



Wear comfortable footwear



Walk with family or friends



Remember

Movement is one of the best medicines for healthy ageing.



Family Challenge

Take a family walk together today.



CareAsha Care Pearl
“Every step is a step towards healthy ageing.”

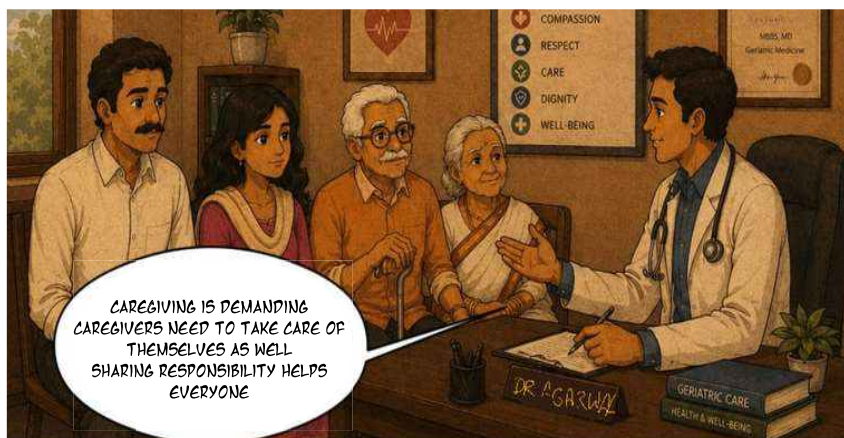


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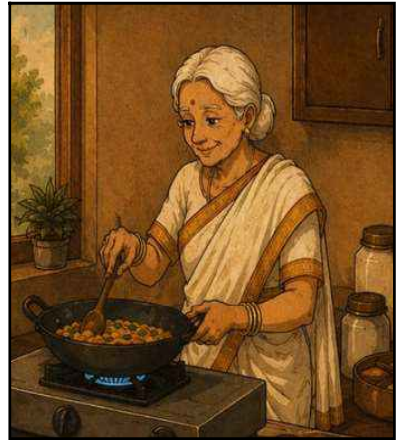


Caring for Those Who
Once Cared for Us





Caregiver Stress





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CARE GIVER STRESS

What should we do?



Share caregiving responsibilities



Take short breaks



Eat well and sleep adequately



Ask for help when needed



Remember

A healthy caregiver provides better care.



Family Challenge

Discuss how each family member can help with caregiving.



CareAsha Care Pearl
"The caregiver also deserves care."



CareAsha



Caring for Those Who
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The Night Emergency

Managing Medical Emergencies





HELP ARRIVED ON TIME







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MANAGING MEDICAL EMERGENCY

Seek immediate medical help if an older person has:



Chest pain



Severe breathing difficulty



Sudden confusion



Loss of consciousness



Severe weakness



Remember

Never ignore warning signs.
Early treatment saves lives.



Family Challenge

Write down emergency phone numbers and keep them near the telephone or on the refrigerator.



CareAsha Care Pearl
"In an emergency, every minute matters."



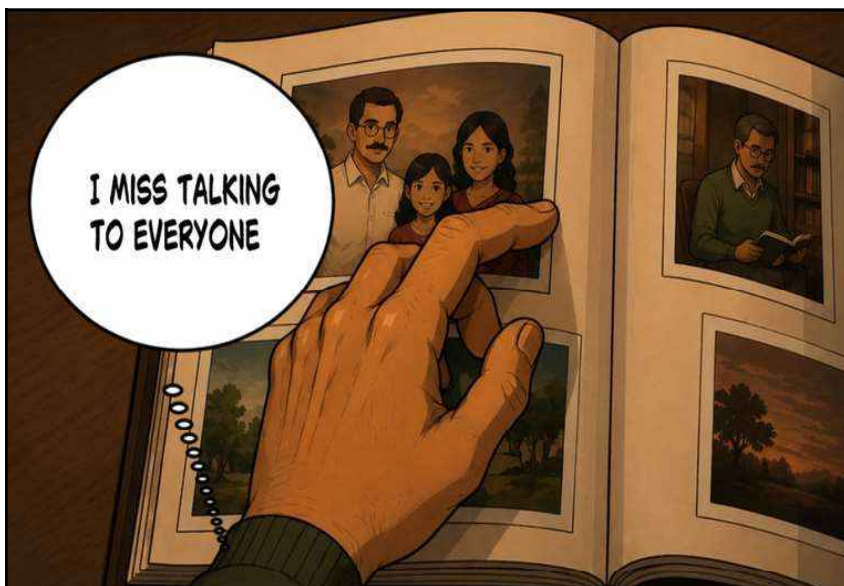
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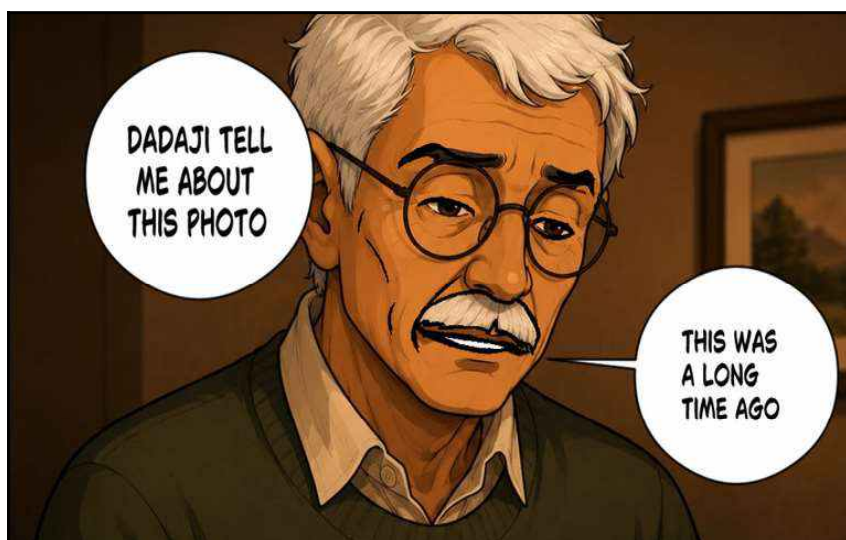
Caring for Those Who
Once Cared for Us



The Lonely Afternoon

Emotional Well-being and Loneliness









LONELINESS

What should we do?



Spend time talking every day



Encourage hobbies and social activities



Include older adults in family decisions and celebrations



Listen with patience and respect



Remember

Companionship is as important as medicine.



Family Challenge

Spend at least 20 uninterrupted minutes with an older family member today—listen to their stories, play a game, or simply enjoy a conversation.



CareAsha Care Pearl
“The best gift to an older person is your time.”



CareAsha

Caring for Those Who
Once Cared for Us





Download the CareAsha App:
Simplify Caregiving and Prioritize Your Well-being



CareAsha App - Your Caregiving Companion

The CareAsha App is a simple and user-friendly platform designed to help caregivers provide the best possible care. It offers essential resources, guidance, and support to make your caregiving journey easier and more meaningful.

CareAsha empowers you to stay organized, informed, and connected. This app is available in Hindi as well, so you can use it conveniently in the language you prefer.

Enjoy full access
to the app
at no cost

FREE
TO USE

KEY FEATURES

- Personalized Dashboard
- Health Records Tracking
- Visual Progress Tracking
- Expert Consultations
- Screening Tools
- Stress Management Tools
- Video Resource Library
- Hands-Free Speech Control
- Community Support
- Easy PDF Exports



Developer:
Caregivers Asha Society



Caregiving is a journey. You don't have to walk it alone.

CareAsha is here to support you every step of the way.



Caregivers Asha Society - ACMERI ASHA Care Skill Institute
Dr L M Singhvi Manav Sewa Kendra,
Opp. Shastri Nagar Sector H,
Near Shastri Circle, Jodhpur



Caregivers Asha Society

Empowering Caregivers. Enriching Lives.

Caregivers Asha Society (CAS) is a Jodhpur-based not-for-profit organisation established in 2019 to support, train, empower and advocate for family, community and professional caregivers. CAS works towards ensuring safe, compassionate and dignified care by equipping caregivers with knowledge, practical skills, recognition and support.

What We Do

Caregiver Education & Training

We conduct structured training programmes, workshops and short courses for family caregivers, healthcare support staff, community volunteers and professional caregivers. Key areas include hygiene, nutrition, mobility, dementia care, emergencies, home safety and caregiver well-being.

ACMERI–ASHA Care Skill Institute

Our skill institute provides practical, competency-based education in geriatric and home-based care through a dedicated skill laboratory and smart classroom. Training is being aligned with national skill standards and WHO Integrated Care for Older People (ICOPE) principles.

CareAsha Digital Platform

The bilingual CareAsha App provides accessible guidance on everyday caregiving, dementia, emergencies, nutrition, mobility, home safety, legal concerns and caregiver well-being. Multilingual, audio and AI-enabled features are progressively being developed.

Community Outreach & Healthy Ageing

CAS conducts awareness programmes, health education and practical workshops in hospitals and communities. Our Elders Care Elders initiative equips older adults with basic health-monitoring, self-care and referral skills.

Future Caregivers Initiative

Through schools and colleges, we sensitise young people to ageing, empathy, intergenerational relationships and caregiving responsibilities, helping nurture a compassionate and care-aware generation.

Research, Advocacy & Policy Engagement

CAS undertakes caregiver-related research, develops educational and public-awareness resources, and advocates for recognition of family caregivers, caregiver training, respite, psychosocial support and social protection.

National & Global Engagement

CAS is a member of the Global Alliance for Care and the WHO Civil Society Commission and contributes to national and international dialogue on healthy ageing and long-term care. With National Law University Jodhpur and other partners, CAS is supporting the September 2026 international consultations on long-term-care standards and the legal framework for caregiving and long-term care in India.

Our Vision

A society in which every caregiver is recognised, informed, skilled and supported—and every person needing care can live with dignity.

Where there is care, there is hope.

