Supplementary Material 2: Training Schedule

Workshop Title: "**Young Carer Capacity Building**"

Day 1

Time	Activities
08:30–09:00	- Pre-training assessment on knowledge, attitude, and practices related to elder care - Ice-breaking and Team-Building Activities
09:00–12:00	- Participation agreement activities - Situation analysis on aging society and its impact through: • Short film ("Misdelivered Letter") • Group reflection: "Why should young people help elders live longer?" • Group brainstorming on aging issues at various levels
12:00–13:00	- Lunch break
13:00–16:00	- Interactive session on communication skills and health assessments: • History taking, vital signs • Common health problems and management strategies • Aging simulation using kits
16:00–16:30	- Summary discussion and reflection

Day 2

Time	Activities
08:30–09:00	Inspirational session
09:00–12:00	Skill Stations: • Station 1: Health assessment and medication use • Station 2: Positioning and physical rehabilitation • Station 3: Thai traditional massage • Station 4: Emergency care and referral preparation
12:00–13:00	Lunch break
13:00–16:00	Practical group work: • Case interview and care planning • Post-training evaluation • Panel: "Young Care Club" and sustainability plans
16:00–16:30	Reflection session: "Ask Yourself: Are You Ready to Move Forward?"

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