

## **Caregiver Workshop - Basic Care for Elderly**

This two-day intensive workshop aims to empower caregivers with the knowledge and understanding of some of the most fundamental issues of ageing and eldercare, as well as practical skills needed in caring for the older person(s), such as secure use of mobility aids, safe transfer and positioning etc.

### **Who should attend**

Caregivers who need to assist their elderly loved ones who require assistance with their activities of daily living (e.g. transferring, toileting, etc.)

### **Course outline**

Day 1 : 9am to 5pm

#### Key Topics:

- Introduction to being a caregiver and the age sensitization experience (1hr 30mins)
- Emotional side of caregiving (1hr)
- Techniques for stress management and relaxation (1hr)
- The ageing process and implications for care (1hr)
- Falls prevention and home safety (1hr 15mins)
- Urinary incontinence and Foot Care (1hr 15mins)

Day 2 : 9am to 5pm

#### Key Topics

- Causes of backache and back care (1hr)
- Safe transfer and correct positioning (with hands-on-practice) (2hrs 30mins)
- Safe use of mobility aids (with hands-on practice) (1hr 30mins)
- Effective communication with the older person (2hrs)

### **About Hua Mei Training Academy**

Tsao Foundation set up Hua Mei Training Academy (HMTA) in 1995 with the aim to promote successful ageing, provide education and skills development in elder care, and foster inter-generational understanding and relationships.

It pursues its mission through its continuous effort to develop and provide a portfolio of trainings in successful ageing. It is the first Continuing Education and Training (CET) Centre in Community and Social Services (Senior Services) sub-sector under the Ministry of Manpower's Workforce Development Agency (WDA). Our approach has always been "by practitioners for practitioners" and "by practitioners for individuals and community" to support positive ageing in the community. HMTA pursues its mission through its continuous effort to develop and provide a portfolio of courses on successful ageing. We are the first Continuing Education and Training (CET) in Community and Social Services (Senior Services) sub-sector under the Ministry of Manpower's Workforce Development Agency (WDA). Our approach has always been "by practitioners for practitioners" and "by practitioners for individuals and community" to support positive ageing in the community.

### **Course details**

#### **Title:**

Caregiver Workshop - Basic care for elderly

**Date:** 29<sup>th</sup> to 30<sup>th</sup> September 2016

**Duration:** 14 hours  
(including 15mins Q&A)

**Fee:**  
(Before CTG\*)  
\$210.00 (Inclusive of GST)

(After CTG)  
\$10 (Subject to eligibility and the remaining amount of the care recipient's CTG which is capped at \$200 per year)

#### **Venue:**

TBA

#### **Registration:**

To register, please contact:

Fabian at 6593 9547,  
[fabianchong@tsaofoundation.org](mailto:fabianchong@tsaofoundation.org)

#### **\*About CTG**

CTG, or Caregiver Training Grant, is a training fee subsidy administered by the Agency for Integrated Care (AIC). An amount of S\$200 is given out in the form of training fee subsidy for caregivers for each financial year. Care recipients must be Singaporeans or Permanent Residents above the age of 65 or have a disability (as certified by a Singapore-registered doctor).

To find out more, go to  
[www.aic.sg/CaregiversTrainingGrant/](http://www.aic.sg/CaregiversTrainingGrant/)