

## **Fundamentals of Caregiving for Elderly with Dementia**

To promote awareness and understanding of dementia, since 1995, Tsao Foundation and HMTA have created public education campaigns and developed training programmes targeted at health professionals and caregivers. Caring for an older person with dementia is a challenging task hence it is vital to educate and train caregivers involved.

This interactive workshop aims to provide an introduction to some of the fundamental issues of ageing and caregiving. Through this course, participants will learn the basic skills and knowledge to effectively manage the day-to-day care of an older person with dementia.

### **Who should attend**

Caregivers who need to assist their elderly loved ones who require assistance with their activities of daily living (ADL), such as showering, dressing and personal hygiene.

### **Course outline**

Day 1: 9am to 5.00pm

Key Topics:

- Theory and practical understanding of dementia
- Effective communications and techniques for older person (incl. role-play)
- Understanding and resolving communication issues pertaining to dementia
- Identifying and resolving communication issues hurdles
- Person Centred Care
  - Approach and principles associated to aged care and dementia care

Day 2: 9am to 5.00 pm

Key Topics

- Understanding and coping with challenging behaviors
- The ABC of Behaviour Management
- Understanding of therapeutic activities, their importance in dementia care and application
- Techniques for stress management and mindfulness
- Self-care tips for caregivers

### **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:**

Fundamentals of Caregiving for Elderly with Dementia

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

**Date:** To be confirmed

**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/)