

Ageing Conditions & Concerns

Health is not the absence of sickness and disease, but the enjoyment of complete physical, emotional and social well-being. Good health is important ingredient for happiness and therefore has an important role in every person's life.

This workshop provides knowledge of the common health conditions affecting older persons. A lot of older persons are coping with at least two or more of these conditions. But with proper care and support older person are able to lead healthier and a joyful life.

Workshop Objectives:

After the completion of this workshop session, you will be able to:

- List and simply describe common medical conditions of older persons
- List and explain common concerns of older persons.
- Know that these conditions have an impact on older persons' lives e.g. function, enjoyment, etc.
- Know how some of these conditions can be prevented / managed

At the end of the workshop, participants will be awarded with a certificate of attendance.

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.

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: Ageing Conditions & Concerns

Date: 28th Apr 2018

Duration: 3 hours

Fee:

Full Fee

\$107 (Inclusive of GST)

* Fees payable by Singaporeans & PRs aged 50 and above:

\$27 (Inclusive of GST)

Venue:

Tsao Foundation
298 Tiong Bahru Road #15-01
Central Plaza Singapore 168730

Registration:

To register, please contact:

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* For more information on National Silver Academy (NSA), please visit www.nsa.org.sg