

## **Effective Caregiving**

This ½ day intensive and interactive workshop aims to provide an introduction to some of the most fundamental issues of ageing and caregiving in the ageing process and practical skills and hands-on practice on caring for the elderly e.g. safe use of mobility aids, safe transfer and positioning, communication skills etc.

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

### **Course Outline:**

S/N	Module	Learning Objectives
1.	Communication with the Older Person	<ul style="list-style-type: none"> <li>• Have increased awareness and knowledge concerning communicating with older people</li> <li>• Identify barriers to communicating with older people</li> <li>• Identify tips to improve communication skills</li> </ul>
2.	Falls Prevention and Mobility Aids	<ul style="list-style-type: none"> <li>• Identify common risk factors for falls in older people</li> <li>• Identify physical and environmental preventive measures to prevent falls in older people</li> <li>• Safe transfer and correct positioning (with hands-on-practice)</li> <li>• Safe use of mobility aids (with hands-on practice)</li> </ul>

### **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:**

Effective Caregiving

**Date:** 16 June 2017

**Duration:** 3 hours

#### **Fee:**

Full Fee  
\$107 (Inclusive of GST)

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\* 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:

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

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\* For more information on National Silver Academy (NSA), please visit [www.nsa.org.sg](http://www.nsa.org.sg).