

## Effective Caregiving Series: Nutrition and Exercise for the Older Person

*Learn How to Make Smart Food Choices and Start an Exercise Regime for the Older Person!*

### Learning Objectives

At the end of the training, caregivers will be able to:

1. understand the different types of exercises that contribute to health and functional capacity
2. implement a simple exercise regime for the older person
3. understand the different food groups and their role in preventing nutritional deficiency in the older person
4. implement a healthy eating plan for the older person.

### Course Outline

1. Overview of the physical and functional changes associated with ageing
2. Role of exercise in maintaining health and functional ability
3. Introduction to a basic exercise regime for the older person, including participant's demo
4. Overview of the changes in the nutritional status associated with ageing
5. Description of the different food groups and their role in the prevention of nutrient deficiency and maintenance of optimum health in the older person
6. Menu planning to meet the nutritional needs of the older person

### Training Details:

#### Course Duration

Classroom Training: 1 day

#### Course Fee

Per Participant: S\$170  
**(eligible for subsidy by the Caregivers Training Grant)**

#### Venue

TSAO Foundation  
Hua Mei Training Academy  
298 Tiong Bahru Road  
#15-01/06 Central Plaza  
Singapore 168730

#### Date

9 Mar 2010, Tuesday  
8 Jun 2010, Tuesday

#### Time

9am to 5pm

#### **Why you must attend?**

- **To be able to implement healthy eating plan, and**
- **design effective exercise regime for the older person**

**Call Ms Chua Hui Keng at 65939552 or email**

**[huikeng@tsaofoundation.org](mailto:huikeng@tsaofoundation.org) for more information.**

### Response Slip

- Yes, I am interested in the 'Nutrition and Exercise for the Older Person' (English) caregiver training, please keep me informed of the training details.

Name: \_\_\_\_\_

Email: \_\_\_\_\_ Tel/HP: \_\_\_\_\_

### **About Caregivers Training Grant (CTG)**

The objective of the CTG is to support caregivers in their caregiving and build capability of caregivers so that they can better cope and care of the physical and socio-emotional needs of the persons with disability or senior.

Caregivers of seniors can apply for the CTG to attend training programmes, seminars or workshops (that have been pre-approved for CTG) related to caregiving of persons with disability or seniors at subsidised fees.

*More information of the Caregivers Training Grant can be found at the Centre for Enabled Living website, <http://www.cel.sg/AssistanceScheme6.aspx>.*

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

TSAO Foundation set up the Hua Mei Training Academy in 1995 to spearhead and conduct training programmes that would raise the overall level of geriatric care and care giving skills for older people.

The training academy aims to promote ageing in a positive light; by delivering positive messages that older people are worthy of respect, and are capable of living meaningful and independent lives, even as they need increasing levels of assisted living.

We specialize in conducting training for aged care and health professionals, volunteers and family care givers on a wide range of topics comprises eldercare, dementia care, health promotion and the psycho-emotional dimensions of ageing.

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