Psychosocial Care for the Elderly

“Psychosocial Care for the Elderly” workshop maps out the essential framework, knowledge focus, tools and skills needed for healthcare personnel to acquire the skills needed in psychosocial system of the elderly with their families as well as its implications for management of medical care. The common psychosocial issues of the elderly and their families as well as implementation of a basic assessment framework will be addressed in this workshop.

Who should Attend
This workshop is suitable for nurses and any allied healthcare personnel who are responsible for providing care and support to the elderly.

General Objective
To equip nurses or allied health personnel with elementary psychosocial knowledge and skills in addressing the psychosocial-emotional needs of elderly patients, caregivers and their families.

Specific Objectives
1. Participants will assess elderly patients’ basic psychosocial-emotional needs as an individual and learn the skills to respond empathically as nurses or allied health personnel, including how to connect and understand patients through paraphrasing and reflection of feelings and content.
2. Participants will assess families’ basic psychosocial-emotional needs as a system and learn to intervene appropriately as nurses or allied health personnel, including early referral to social workers, counsellors and other partners.
3. Participants will learn to care for self as nurses or allied health personnel, so as to prevent burnout.

Main Topics
1. Psychosocial assessment of individuals
2. Psychosocial assessment of family systems
3. Empathic responding skills (theory and skills)
4. Stress and self care for nurses and allied health personnel

Teaching Methodology
1. Use of multi-media, including PowerPoint and videos
2. Interactive teaching, including small group discussion
3. Skill-based training, including case study and role plays

Please call Ms. Alice Chiam at (65) 6593 9555 or e-mail alice@tsaofoundation.org for more information.

Response Slip

[ ] Yes, I am interested in the ‘Work with Clients with Dementia’ workshop (English). Please keep me informed of the training details.

Name: _______________________
E-mail: _____________________
Contact: ____________________