

ESSENTIAL CAREGIVING FOR SENIORS

Caregiver Workshop - Basic Care for Elderly

This two-day intensive workshop aims to empower caregivers with the knowledge and understanding of some of the most fundamental issues of ageing and eldercare, as well as practical skills needed in caring for older persons, such as the secure use of mobility aids, safe transfer and positioning etc.

Who should attend

Caregivers who assist elders with their activities of daily living, such as transferring and toileting.

Course Outline

Day 1:

Key Topics

- Introduction to being a caregiver
- Experiencing ageing - age sensitization exercise
- Emotional side of caregiving
- Techniques for stress management and relaxation
- The ageing process and implications for care
- Falls prevention and home safety
- Urinary incontinence and foot care

Day 2:

Key Topics

- Causes of backache and back care
- Safe transfer and correct positioning (with hands-on practice)
- Safe use of mobility aids (with hands-on practice)
- Effective communication with the older person

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

About Hua Mei Training Academy

HMTA is a dedicated provider of training in person-centred multidisciplinary eldercare to support healthy ageing over the life stages.

Its courses for professionals and new market entrants and its consultancy services meet an urgent need for capacity-building in the eldercare sector. It also provides training to family and informal caregivers to empower ageing in place.

Known for its practitioner-to-practitioner training methodology and signature courses in team-managed primary healthcare, HMTA transmits the expertise of the Tsao Foundation, which has been providing quality integrated bio-psycho-social healthcare to older persons in the community since 1993.

Tsao Foundation's training services started in 1995. To advance opportunities in longevity, it also offers a range of courses through the Learning Room at its Community for Successful Ageing (ComSA).

For more on HMTA, please visit <https://tsaofoundation.org/what-we-do/training-educations/about-hmta>

For more on our training calendar, please visit <https://tsaofoundation.org/events>

Course Details

Thursday and Friday
31 January to 01 February 2019

Venue:

Hua Mei Training Academy
Blk 119 Bukit Merah View #01-77
Singapore 152119

Time:

9.00 am to 5.00 pm

Fee:

\$210 Inclusive of GST

\$10 Inclusive of GST

(With CTG*, capped at \$200 a year)

Enquiries and Registration:

Call: 6593 9558

Email: hmta@tsaofoundation.org

*About the CTG

The Caregiver Training Grant (CTG) is a training fee subsidy that is available when the care recipient is a Singaporean or a Permanent Resident either aged 65 and above, or with a disability certified by a licensed medical doctor. It is capped at \$200 for each financial year and administered by the Agency for Integrated Care (AIC). To find out more, please visit

<https://www.silverpages.sg/CTG>