Training and Support groups for Caregivers
Why is Caregiver Training Important?

Unprepared

Stress

Overwhelming

Imaging caring for someone who needs special attention for the first time?
Caregiver Training & Support

Knowledge

Strategies

Techniques

Empower you to take better care of yourself and loved one in need
Well-trained caregivers can better manage different situations that may arise:

- Prevent falls, injuries and hospitalisation
- Manage medications, take vital signs, and act quickly in a medical emergency
- Effective communication with healthcare professionals to obtain critical information
- Care-recipient and family members can feel more secure that he/she is competent and trustworthy
What Caregiver Training Entails

Topics and Skills You can learn:

- Personal care techniques
- Recognising early warning signs of health issues and illnesses
- Emotional coping
- Clinical skills
- Self-care as a caregiver

Go to caregiver-training find out more!
What Caregiver Training should I attend?

Five Questions to Ask Before You Decide:

1. Does the course contain a wide range of relevant topics?
What Caregiver Training should I attend?

2. Does it provide caregivers with knowledge of problem-solving, communication skills, self-care and stress management?
What Caregiver Training should I attend?

3. Do they offer a blended learning plan that mixes online and face-to-face training?
What Caregiver Training should I attend?

4. Are topics kept up-to-date?
What Caregiver Training should I attend?

5. Are there add-on or value-added services that would be useful to you?
Caregiver support groups provide caregivers with:

- Safe and comfortable platform to talk about their problems
- Learn new caregiving tips and useful resources
- Listen to others
- Receive help / offer help
Caregiver Support Group Providers

Hospital and specialist centre

In the Community

Online Support Group

https://Health Hub