

Effective Caregiving for the Elderly tailored for Foreign Domestic Workers (FDWs)

This interactive workshop aims to introduce Foreign Domestic Workers (FDWs) and domestic helpers to the fundamental issues of ageing and aged care, as well as instil in them basic skills and knowledge required for the day-to-day care of an older person.

Who should attend

Domestic helpers and caregivers who need to assist older persons who require assistance with their activities of daily living (ADL), such as showering, dressing and personal hygiene.

Course Outline

9am to 5.00pm

Key Topics:

- Personal hygiene (showering, toileting, dressing, oral care, hair care, foot care) (1hr)
- Oral feeding (1hr)
- Waste Management (1hr)
- Proper transferring techniques (1hr 30min)
- Falls prevention (1hr)
- Medication Management (1hr 30min)

* This course is also approved for the Foreign Domestic Worker Grant administered by the Agency for Integrated Care (AIC). Please refer to the Silver Pages website at for more details.

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.

It pursues its mission through its continuous effort to develop and provide a portfolio of trainings in successful ageing. It is the first Continuing Education and Training (CET) Centre 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. 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 for the Elderly
tailored for Foreign Domestic Workers

Date: To be confirmed

Duration: 7 hours

Fee:

(Before CTG*)
\$140.00 (Inclusive of GST)

(After CTG)

\$10 (Subject to eligibility and the remaining amount of the care recipient's CTG which is capped at \$200 per year)

Venue:

TBA

Registration:

To register, please contact:

Fabian at 6593 9547,
fabianchong@tsaofoundation.org

***About CTG**

CTG, or Caregiver Training Grant, is a training fee subsidy administered by the Agency for Integrated Care (AIC). An amount of S\$200 is given out in the form of training fee subsidy for caregivers for each financial year. Care recipients must be Singaporeans or Permanent Residents above the age of 65 or have a disability (as certified by a Singapore-registered doctor). FDWs who are main caregivers of elderly who are Singapore Citizens or PRs are entitled to this grant as well.

To find out more, go to
www.aic.sg/CaregiversTrainingGrant/