

# LEARNING ROOM

## YEAR 2020 LIST OF COURSES

*\*All Courses are **FULLY FUNDED** for Singaporeans & PRs aged 50 & above, by National Silver Academy and Tsao Foundation.*

No.	Course Title	Course Description	Duration
1	中医养生保健	中医是中国文化的精髓之一，几千年来为华夏人口的繁衍作出了贡献。中医养生保健的知识，对于人类的健康长寿有很大的益处。 中医的养生保健锻炼术之一《八段锦》，对于中老年人的健康有很大的帮助。	6hrs over 4 sessions
2	DIY 中医穴位按摩课程-系列 3	本系列针对新加坡中老年人的常见病：高血压、颈椎病、湿疹进行讲座。介绍这三种病的发病原因、主要症状、中医如何防治、常用的药膳方子并示范教授如何来烹饪。	4.5hrs over 3 sessions
3	Basic Care for Elderly - An Introduction	This ½ day intensive and interactive workshop provides an introduction to some of the most fundamental issues of ageing and caregiving in the ageing process, and practical skills and hands-on practice on caring for the elderly – such as safe use of mobility aids, safe transfer and positioning, communication skills etc.	3 hrs over 1 session
4	Self Care for Older Persons (Part 1) Understanding Your Health	The Self-Care on Health for Older Persons in Singapore or SCOPE is a programme that empowers older people to practice self-care and manage chronic diseases better with the long-term goal of helping sustain good functional status and quality of life.  The program also aims to build a support system among cohorts and enables older persons to continue taking good care of each other over the long term.  With SCOPE, participants learn and practice the Essential 8s in Self-Care through weekly 2 hour-training sessions conducted over 4 months. The 16 sessions cover basic health and lifestyle topics.	16hrs over 8 sessions
5	Self Care for Older Persons (Part 2) Guide to Successful Ageing	The Self-Care on Health for Older Persons in Singapore or SCOPE is a programme that empowers older people to practice self-care and manage chronic diseases better with the long-term goal of helping sustain good functional status and quality of life.  The program also aims to build a support system among cohorts and enables older persons to continue taking good care of each other over the long term.  With SCOPE, participants learn and practice the Essential 8s in Self-Care through weekly 2 hour-training sessions conducted over 4 months. The 16 sessions cover basic health and lifestyle topics.	16hrs over 8 sessions
6	Introduction to Dementia	This interactive workshop aims to provide an introduction to some of the fundamental issues of ageing, dementia and caregiving. Through this course, participants will understand the stages, signs and symptoms of dementia.	3 hrs over 1 session
7	Basic Care for Elderly	This intensive and interactive workshop aims to provide an introduction to some of the most fundamental issues of ageing and caregiving in the ageing process and practical skills and hands-on practice on caring for the elderly e.g. safe use of mobility aids, safe transfer and positioning, communication skills etc.	8hrs over 4 sessions

8	Journey with Dementia	This interactive workshop aims to provide an introduction to some of the fundamental issues of ageing, dementia and caregiving. Through this course, participants will understand the stages, signs and symptoms of dementia	8hrs over 4 sessions
9	Living Well Ageing Well - The 5 Secrets of Living Well 活得好乐龄妙 – 五个活得好的秘密	Staying healthy can be a challenge as we age. Changes in key aspects of our lives such as in health, relationships, finances, can compromise our ability to age well. This introductory workshop gives you an overview of the challenges of ageing and the benefits of living well as we age.	3 hrs over 1 session
10	Staying Well - Secrets of the Super Agers 身心安泰之道 - 超级乐龄的秘密	Today many of us will live well into our 80s or 90s or even the 100s! But our goal isn't simply to reach our 80s or 90s, but to stay mentally sharp and active as we age so that we can enjoy those extra years. Like the super agers. Who are people in their 70s, 80s and older with the mental or physical capability of their younger counterparts in their 40s, 50s.	3 hrs over 1 session
11	Staying Well to Age Successfully 幸福乐龄的养身法	Staying well can be a challenge for older adults. A longer life, poor health, isolation, and rising cost of living, are some issues that can affect the ability to stay well and age successfully. This 8-hour workshop introduces older adults to the 5 dimensions of wellness and the small steps they can take to improve and maintain high physical, mental and social functioning, financial independence and overall quality of life.	8hrs over 4 sessions
12	Staying Balanced - Fall Prevention Exercise for Seniors 保持平衡-乐龄防摔运动	Seniors in Singapore are at risk for falls and injury related to falls. Especially at risk are those age 65 and over, with impaired physical mobility, impaired balance, visual/hearing difficulties, multiple medications, among others. However, most falls are preventable!	7.5hrs over 3 sessions
13	Brain Power! A Mental Fitness Programme for Seniors 最强大脑! 乐龄心理健康节目	Today, many of us will live well into our 80s, 90s or even the 100s! However, with increases in longevity, we face the risk of decreases in mental abilities due to changes in the ageing brain. One of the most feared consequences of brain decline is the loss of memory function and ultimately of who we are. But studies show that brain impairment is not inevitable. There are steps we can take to protect and maintain our brain health and help us enjoy the gift of long life!	7.5hrs over 3 sessions
14	Mindfulness and Self Care for Healthy Ageing 正念与自我护理工作坊	Mindfulness has also been established as an evidence-based approach to managing stress. It can be an important method to address burnout among caregivers. By explaining the role of mindfulness in healthy aging, and sharing techniques to build mindfulness, participants may understand the role mindfulness plays in helping seniors of long term care, as well as promoting self-care among caregivers.	8hrs over 4 sessions
15	Staying Cool - The Power of Positive Emotions 自在人生 – 别让负面情绪绑架你	Many of us fail to sense and see the emotions occurring in us and in the people around us. Even when we sense an emotion, we may suppress the emotion because we may not understand what we are feeling and why we are feeling this way. Poor emotional awareness may lead to excessive feelings that can result in stress and negative coping strategies that undermine one's physical and mental health and relationships with others.  This 8-hour workshop aims to help older adults express their emotions in healthy ways by strengthening their emotional awareness and developing positive coping strategies to keep their emotions under control, improve one's emotional health and contribute to successful ageing.	8hrs over 4 sessions
16	Practical Life Conversations with Seniors 乐龄人生对话	Where does my money go? Will I have enough for my old age? Many seniors fear not having enough money to live out their old age.  Where does my money go? Will I have enough for my old age? Many seniors fear not having enough money to live out their old age.  We cannot predict what might happen to our health in the future. But we can plan ahead by sharing our wishes and what matters most to us with important loved ones. Having these conversations and making a plan are ways to give you and your loved	7.5hrs over 3 sessions

		<p>ones peace of mind especially in a medical crisis.</p> <p>This course aims to help seniors gain insight of their financial situation, as well as to provide a platform to discuss on ACP, LPA and WILL.</p>	
17	<p>Be a Healthy &amp; Happy Caregiver ! 看护者-自我护理</p>	<p>Caregivers often run the risk of suffering caregivers' burnout as the emotional and physical strain of caring for another may cause stress and affect their own health. In this course, you will learn to identify the signs of caregiver stress, communicate your needs as caregivers and manage your stress so as to take better care of yourself. Increased self-care knowledge, social support will help to make you a more effective, happy and healthy caregiver!</p>	7.5hrs over 3 sessions
18	EMPOWERing Yourself	<p>It has been said that middle age (45-65 years) is probably the happiest period in life, when the intensity of youthful passions and insecurities have abated and the infirmities of old age not yet begun. A period when life is filled with possibilities for the middle agers who have it all - career, family, dream house. Yet, according to a 2019 Better Life Index survey, 1 in 2 Singaporeans do not feel fulfilled in life while 4 in 10 Singaporeans are not happy with their lives, with the middle agers scoring the lowest on the index.</p> <p>So how do we move toward living a more fulfilling and happy life?</p> <p>EMPOWERing Yourself is a half day workshop for middle agers who might be stuck in their present way of living, and looking to change their life. You will participate in learning activities that will increase self confidence, self esteem, motivation, and resilience, enabling you to take on life challenges and realise your full potential. The acronym E.M.P.O.W.E.R. is a simple guide to help us remember and practice living a more balanced and fulfilling life.</p>	3 hrs over 1 session
19	EMPOWERing Yourself – Change Your Mind, Change Your Life	<p>It has been said that middle age (45-65 years) is probably the happiest period in life, when the intensity of youthful passions and insecurities have abated and the infirmities of old age not yet begun. A period when life is filled with possibilities for the middle agers who have it all - career, family, dream house. Yet, according to a 2019 Better Life Index survey, 1 in 2 Singaporeans do not feel fulfilled in life while 4 in 10 Singaporeans are not happy with their lives, with the middle agers scoring the lowest on the index.</p> <p>So how do we move toward living a more fulfilling and happy life?</p> <p>This 1-day workshop is for middle agers who might be stuck in their present way of living, and looking to change their life. You will explore ways to empower yourself and take back control of your life. You will participate in learning activities that will increase self-confidence, self-esteem, motivation, and resilience, that will enable you to take on life challenges, and realise your full potential. The acronym E.M.P.O.W.E.R. is a simple guide to help us remember and practice living a more fulfilling and happy life.</p>	7hrs over 1 session
20	<p>The Ties that Bind - Building Strong Intergenerational Bonds 增进三代关系</p>	<p>A new generation of seniors are living longer and healthier lives. Continuing interaction with family members, friends, young and old, becomes even more important for the older person to stay connected and prevent boredom, loneliness and helplessness.</p> <p>This course aims to equip and empower seniors to connect with the young and old through purposeful and meaningful activities that enable the young and old to thrive and the seniors to regain a sense of purpose through the opportunity to teach, instruct and learn.</p>	8hrs over 4 sessions