

## Effective Caregiving Series: How to be an Effective Caregiver?

*Be equipped with the right knowledge and skills to provide care for the older person!*

### Learning Objectives

At the end of the training, caregivers will learn:

1. Practical stress management techniques
2. Key principles for effective caregiving
3. Practical tips for improving communication skills
4. Practical tips for making the home safe and reducing fall risks
5. Proper steps to help older person change diapers on an occupied bed
6. Correct transfer techniques (from wheelchair to bed/chair) without hurting your back

### Course Outline

1. Introduction to being a caregiver
2. The age sensitization experience
3. Emotional side of caregiving
4. Techniques for stress management & relaxation
5. The ageing process & implications for care
6. Falls prevention & home safety
7. Manage urinary incontinence
8. Protecting your back
9. Safe transfers and correct positioning
10. Safe use of mobility aids
11. Effective communication with the older person

### Training Details:

#### Course Duration

Classroom Training: 2 days

#### Course Fee

Per Participant: S\$220.00  
**(eligible for subsidy by the Caregivers Training Grant)**

#### Venue

TSAO Foundation  
Hua Mei Training Academy  
298 Tiong Bahru Road  
#15-01/06 Central Plaza  
Singapore 168730

#### Date

8 & 9 November 2010

#### Time

9am to 5pm

#### **Why you must attend?**

- **Self-care tips**
- **Hands-on practice to learn the techniques of transferring without hurting your own back**

**Call Ms Alice Chiam at 65939555 or email**

**[alice@tsaofoundation.org](mailto:alice@tsaofoundation.org) for more information.**

### Response Slip

- Yes, I am interested in the 'How to be an Effective Caregiver' (English) caregiver training, please keep me informed of the training details.

Name: \_\_\_\_\_

Email: \_\_\_\_\_ Tel/HP: \_\_\_\_\_

### **About Caregivers Training Grant (CTG)**

The objective of the CTG is to support caregivers in their caregiving and build capability of caregivers so that they can better cope and care of the physical and socio-emotional needs of the persons with disability or senior.

Caregivers of seniors can apply for the CTG to attend training programmes, seminars or workshops (that have been pre-approved for CTG) related to caregiving of persons with disability or seniors at subsidised fees.

*More information of the Caregivers Training Grant can be found at the Centre for Enabled Living website, <http://www.cel.sg/AssistanceScheme6.aspx>.*

---

### **About Hua Mei Training Academy**

TSAO Foundation set up the Hua Mei Training Academy in 1995 to spearhead and conduct training programmes that would raise the overall level of geriatric care and care giving skills for older people.

The training academy aims to promote ageing in a positive light; by delivering positive messages that older people are worthy of respect, and are capable of living meaningful and independent lives, even as they need increasing levels of assisted living.

We specialize in conducting training for aged care and health professionals, volunteers and family care givers on a wide range of topics comprises eldercare, dementia care, health promotion and the psycho-emotional dimensions of ageing.

---