

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 care giving
4. Techniques for stress management & relaxation
5. Effective communication with the older person
6. The aging process and implication for care
7. Important of health monitoring
8. Falls prevention & home safety
9. Medication and older person
10. Protecting your back
11. Safe transfers and correct positioning
12. Safe use of mobility aids
13. Manage day-to-day care

Training Details:

Course Duration

Classroom Training: 2 days

Course Fee

Per Participant: S\$210.00
(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

7 & 8 June 2011

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 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.
