

Registration details

Training Programme:
How to be an Effective Caregiver?

Nam : _____

Address : _____

Emai : _____

Telephone : _____

My preferred slot for training
(you may tick more than one)

- weekday morning (9am to 1pm)
- weekday afternoon (2pm to 6pm)
- Saturday morning (9am to 1pm)
- Saturday afternoon (2pm to 6pm)

We will contact you after receiving your form to confirm your registration and give you details of the course.



For more information or to sign up

Call us at this number: 6593 9552 or email to tsao1@tsaofoundation.org

You can also fill in your particulars on the registration form and fax/send it to:

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

Fax: 6593 9556

The information in this brochure is correct at the time of printing and subject to revisions without further notice.



How to be an Effective Caregiver ?

*- Workshop for Caregivers
taking care of the elderly*

***Workshop is eligible for Subsidy by
the Caregivers Training Grant!**



How to be an Effective Caregiver?

Effective caregiving starts from taking care of yourself!

If you want to give good care, you have to take care of yourself first. Sometimes, the pressure of caring can lead to stress and a condition called “caregiver burnout”. To prevent this, it is essential to know how to manage your stress.

Effective caregiving also include having the right knowledge and skills to provide care. This entail understanding the ageing process & its implications for care, proper steps to help older person change diapers/bed linen on an occupied bed, and the correct techniques of transferring without hurting your back, etc.

Come and learn from our team of healthcare professionals the self-care tips and practical skills on caring for the elderly!

Register for the Workshop now!

Besides acquiring skills needed to provide care, you will also receive practical tips for good self care that can be used immediately!

At the end of the training, you will learn

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

Training topics include:

- Introduction to being a caregiver
- The age sensitization experience
- Emotional side of caregiving
- Techniques for stress management & relaxation
- The ageing process & implications for care
- Falls prevention & home safety
- Manage urinary incontinence
- Protecting your back
- Safe transfers and correct positioning
- Safe use of mobility aids
- Effective communication with the older person

Fees (per participant):

\$220.00

(*eligible for subsidy by the Caregivers Training Grant!)

Dates of Workshop

2 days workshop

Please visit www.tsaofoundation.org for the dates of workshops

Venue:

Hua Mei Centre

TSAO Foundation

298 Tiong Bahru Road

#15-01/06, Central Plaza

Singapore 168730

Nearest MRT : Tiong Bahru

Tel: 6593 9500

About the 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>

* Terms & Conditions apply