

CAREGIVER SUPPORT & TRAINING

OCT 2017 - MAR 2018



Dementia Helpline

☎ 6377 0700

Message to all caregivers,

"Doctors diagnose, nurses heal, and caregivers make sense of it all."

*Brett Lewis,
author of Family Caregiving*

This fittingly sums up the role of caregivers and the responsibilities they shoulder when embarking on a journey to provide care to their loved ones. With multiple responsibilities and expectations, the caregiving journey can become challenging. Therefore, supporting caregivers remains a priority of Alzheimer's Disease Association (ADA).

This booklet aims to provide easy access to information on ADA's programmes and services. The integrated information also allows caregivers to identify their needs and plan their learning to enhance their caregiving skills and abilities.

Through our various caregiver support groups and training programmes, ADA hopes to equip caregivers with knowledge and skills in dementia care, while acknowledging their unique caregiving experiences with the ultimate aim to empower and encourage transformation in their caregiving journey.

CONTENTS

03 /

SECTION 1:
Caregiver
Support Group

10 /

SECTION 2:
Training for
Family Caregivers

13 /

SECTION 3:
Training for
Foreign Domestic Workers

16 /

SECTION 4:
Registration Details for
Caregiver Training

WHAT IS CAREGIVER SUPPORT GROUP?

Are you experiencing caregiver stress, seeking information on dementia care, or wanting to meet other caregivers?

Join the Alzheimer's Disease Association's (ADA) Caregiver Support Group!

This group provides an opportunity for respite, while meeting other caregivers in a similar situation to share caregiving experiences and practical tips, learn about dementia, and discover resources in a relaxed and safe environment.

Sessions are conducted in English for two hours, consisting of a talk by a guest speaker and a sharing session amongst caregivers.

TO REGISTER:

Please call our Dementia Helpline at **6377 0700** or register online at www.alz.org.sg/csg. Alternatively, email us at registration@alz.org.sg.

Please register at least **two weeks** before the scheduled sessions.

Caregiver Support Group sessions are free of charge (unless specified).

Topics and schedules are subject to change without prior notice. Please check our website for updates.

Note: Our Caregiver Support Group is strictly for family caregivers of persons with dementia.



VENUES:

BB -
New Horizon Centre
(Bukit Batok)
Blk 511, Bukit Batok St 52
#01-211, S(650511)

JP -
New Horizon Centre
(Jurong Point)
1 Jurong West Central 2
#04-04, Jurong Point
Shopping Centre, S(648886)

TP -
New Horizon Centre
(Toa Payoh)
Blk 157, Toa Payoh Lorong 1
#01-1195, S(310157)

TIMING:

2.30pm - 4.30pm
(Participants are to be seated by 2.15pm.)

Caregiver Support Groups (English)



DATE	TOPIC	VENUE
14 Oct 2017	Deepavali Celebration	TP
21 Oct 2017	Strategies for Managing Caregiver Stress	BB
04 Nov 2017	Care Management for Urinary Incontinence	JP
11 Nov 2017	Laughter Therapy	TP
06 Jan 2018	Managing Responsive Behaviours in Dementia Care	TP
13 Jan 2018	Person-Centred Care Approach in Dementia Care	BB
10 Feb 2018	Enabling the Person with Dementia	TP
24 Feb 2018	Care to Care for ourselves: Self-care for caregivers	JP
10 Mar 2018	Planning Ahead: Advance Care Planning	BB
24 Mar 2018	Medications in Dementia Care	TP

何谓照护者互助小组?

您是否正面临着照护者压力，在寻找有关失智症的资料或想与其他照护者交流?

欢迎您参加新加坡失智症协会的照护者互助小组!

照护者互助小组提供您一个喘息的空间，在一个轻松安全的环境中与其他面临相同经历的照护者交流照护经验，同时吸取失智症及相关的照护知识和社区支援的资料。

照护者互助小组将会以华语进行，为持两小时。小组包括由受邀嘉宾演讲和照护者讨论及分享。

若有兴趣报名:

请拨打失智症援助热线 6377 0700 或到 www.alz.org.sg/csg 报名。您也可以电邮到 registration@alz.org.sg。

请在至少两个星期前报名。

照护者互助小组是免费的。(除非另有说明)

主题和议程可能会更改，请上网查寻最新详情。

注: 新加坡失智症协会的照护者互助小组仅限于家庭照护者参与。



地点:

TB -
Family of Wisdom
(Tiong Bahru)/
瑞智互助家庭 (中峇鲁)
298 Tiong Bahru Road
#10-05, Central Plaza
S(168730)

时间:

10.30am至12.30pm
(请在10.15am就坐。)

照护者互助小组 (华语)

日期	课题	地点
07 Oct 2017	预防滑倒与家居安全 (Falls Prevention & Home Safety)	TB
18 Nov 2017	提前计划:预先护理计划 (Planning Ahead: Advance Care Planning)	TB
09 Dec 2017	失智症症状照护: 如何应对挑战性的举止与行为 (Managing Responsive Behaviour in Dementia)	TB
20 Jan 2018	农历新年聚会 (Chinese New Year Celebration - "Lo Hei")	TB
17 Mar 2018	照护者该如何调整自己的期望 (Managing Expectations as a Caregiver)	TB

APAKAH ITU KUMPULAN SOKONGAN PENJAGA?

Adakah anda mengalami tekanan menjaga pesakit demensia? Adakah anda mencari maklumat untuk penjagaan pesakit demensia atau berminat untuk bertemu penjaga-penjaga lain?

Sertai Kumpulan Sokongan Penjaga Alzheimer's Disease Association (ADA)!

Kumpulan Sokongan Penjaga menyediakan peluang kepada para penjaga untuk berehat sambil bertemu para penjaga lain yang mengalami situasi sama, untuk berkongsi pengalaman penjagaan dan tip-tip praktikal yang berguna, serta belajar tentang demensia di dalam persekitaran yang selamat dan selesa.

Sesi-sesi ini dikendalikan dalam bahasa Melayu merangkumi ceramah oleh penceramah jemputan dan sesi perkongsian antara penjaga selama dua jam.

UNTUK MENDAFTAR:

Sila hubungi talian Dementia Helpline di **6377 0700** atau daftar secara online di www.alz.org.sg/csg. Alternatif lain, emel kami di registration@alz.org.sg.

Sila daftar **dua minggu** sebelum sesi yang dijadualkan.

Sesi Kumpulan Sokongan Penjaga adalah percuma.

Topik dan jadual tertakluk kepada perubahan tanpa notis. Sila lungsur laman web kami untuk sesi terkini.

Nota: Kumpulan Sokongan Penjaga kami hanya untuk ahli keluarga yang menjaga pesakit demensia.



LOKASI:

TB -
Family of Wisdom Centre
(Tiong Bahru)
298 Tiong Bahru Road
#10-05, Central Plaza
S(168730)

MASA:

10.30 pagi hingga
12.30 petang
(Sila hadir sebelum jam
10.15 pagi.)

Jadual Sesi (Melayu)

TARIKH	TOPIK	LOKASI
21 Oct 2017	Perubatan dalam penjagaan Demensia (Medications in Dementia Care)	TB
09 Dec 2017	Gangguan Tidur dalam penjagaan Demensia (Sleeping Disorders in Dementia Care)	TB
03 Feb 2018	Aktiviti bermakna untuk Pesakit Demensia (Meaningful Activities for Persons with Dementia)	TB

Testimonials from Caregivers

"A wonderful opportunity to dabble in free expressive art forms. I have been motivated to continue with this form of activities on my own (self-expression that is effortless and non-judging will be therapeutic for me)."

- Joy Chew

"I would not have been able to understand dementia within such a short period of time without the Caregiver Support Group's assistance."

- Alice Ong Guek Ying



CLOSED CAREGIVER SUPPORT GROUP

Young Caregivers

OVERALL OBJECTIVES:

- Create a supportive environment for caregivers when they become caregivers in their young adulthood
- Discuss caregiving roles and responsibilities for young caregivers
- Foster and enhance young caregivers' coping skills through mutual support and information sharing

WHO SHOULD ATTEND:

- a) Family caregivers who are **39 years old** and below and are caring for their loved ones diagnosed with dementia **and**
- b) Caregivers who can speak and comprehend English

DATE	TOPICS	TIME / VENUE
13 Jan 2018	Introduction	
20 Jan 2018	How to Prepare for Caregiving Role	10.30am - 12.30pm @ Caregiver Support Centre 70 Bendemeer Road Luzerne Building #03-02A Singapore 339940
27 Jan 2018	Communication is the Key	
03 Feb 2018	Managing Stress in Caregiving	
10 Feb 2018	Managing Family Conflict	

Registered caregivers are to attend **all 5 sessions**.

Register by **29th December 2017**.

FAMILY CAREGIVER TRAINING PROGRAMME

Caring for a person with dementia can be very difficult at times. Dementia not only affects the person living with the condition, but also the entire family. The greatest challenge is on you, the caregiver. With a better understanding of dementia, you can plan for and cope with the challenges that you may encounter in your caregiving journey.

"The Family Caregiver Training Programme" is a two-day training programme designed to support you in your caregiving role. Comprising of core and elective modules, this programme provides you with essential knowledge and skills to care for the person with dementia using the Person-Centred approach. The interactive training workshops serve as a platform for you to gain new insights into caring for the person with dementia and yourself, share real-life scenarios for discussion, and identify potential strategies for managing caregiver stress.



FAMILY CAREGIVER TRAINING PROGRAMME

CORE MODULE:

Living with Dementia

- Recognise the symptoms of dementia and its impact on the person with dementia and caregivers.
- Appreciate the principles of Person-Centred Care.
- Communicate effectively with the person with dementia.
- Understand the nature of behavioural and psychological symptoms of dementia.
- Identify a range of strategies to cope with the changing behaviour of persons with dementia.

ELECTIVE MODULE 1:

Purposeful and Meaningful Engagement

Due to changes in their thinking abilities and reduced motivation, persons with dementia struggle to continue with everyday activities, interests and valued roles. Family caregivers will learn creative ways of engaging the person with dementia in purposeful and meaningful activities to enhance their physical and psychological wellbeing.

ELECTIVE MODULE 2:

A Positive Approach to Challenging Behaviour

Changes in the behaviour of persons with dementia often appear challenging to their caregivers, family and friends. The impact of behavioural and psychological symptoms of dementia (BPSD) may be minimised through the use of positive methods of communication, environmental modification, and by addressing unmet needs. In this workshop, participants will identify ways to manage their everyday challenges in caregiving using a problem-solving approach.

MODULE	TIME	DATE
CORE MODULE: Living with Dementia	9.30am - 5.30pm	07 Oct 2017
		02 Dec 2017
ELECTIVE MODULE 1: Purposeful and Meaningful Engagement	9.30am - 1.00pm	04 Nov 2017
		03 Feb 2018
ELECTIVE MODULE 2: A Positive Approach to Challenging Behaviour	9.30am - 1.00pm	18 Nov 2017
		03 Mar 2018

**Participants are encouraged to attend the core module before the elective modules.*

"The techniques/strategies we learnt during the training were very hands-on, practical and relevant. It has helped us gain a better understanding and really equipped us with skills to manage my mum's behavioural changes appropriately to reduce frustration, tension and miscommunication between us. The participants' real life experiences and sharing during the training sessions were very helpful and useful. I learned many hands-on applications, and gained much knowledge and skills during these sessions. The trainers were all were very helpful and informative. I am very grateful that ADA provided such training opportunities for my helper and I to gain more understanding and learn about dementia to care for my mum."

- Family Caregiver, Molly Tan

DEMENTIA CARE TRAINING WORKSHOPS for FOREIGN DOMESTIC WORKERS (FDWs)

FDWs find it challenging to cope when a person with dementia exhibits behaviours such as repetitive questioning, agitation and anger. They may find it difficult to assist the person with dementia in daily activities such as eating, taking a shower and going to the toilet. As the condition progresses, the person's mental and physical capacity changes, affecting his/her ability to express thoughts and emotions. Communication can become challenging. As such, FDWs may struggle to address the person's needs and wants.

The following training modules are designed to cover different aspects of dementia care to equip FDWs with practical knowledge and skills to handle different challenges that they will face in caring for a person with dementia.

- Core - Essentials of Dementia Care
- Elective Modules (Level 1) - Caring for a Person with Dementia

The FDWs will learn these modules through classroom lectures, experiential learning, group discussions, sharing & role play.

Why should I send my domestic worker for training?

- To gain knowledge and practical skills in dementia care from specialists in the field
- To facilitate employers who are applying for the *Foreign Domestic Worker Grant (FDWG)

*The FDWG is administered by the Agency for Integrated Care (AIC). Please visit www.aic.sg/FDWGrant to find out more.

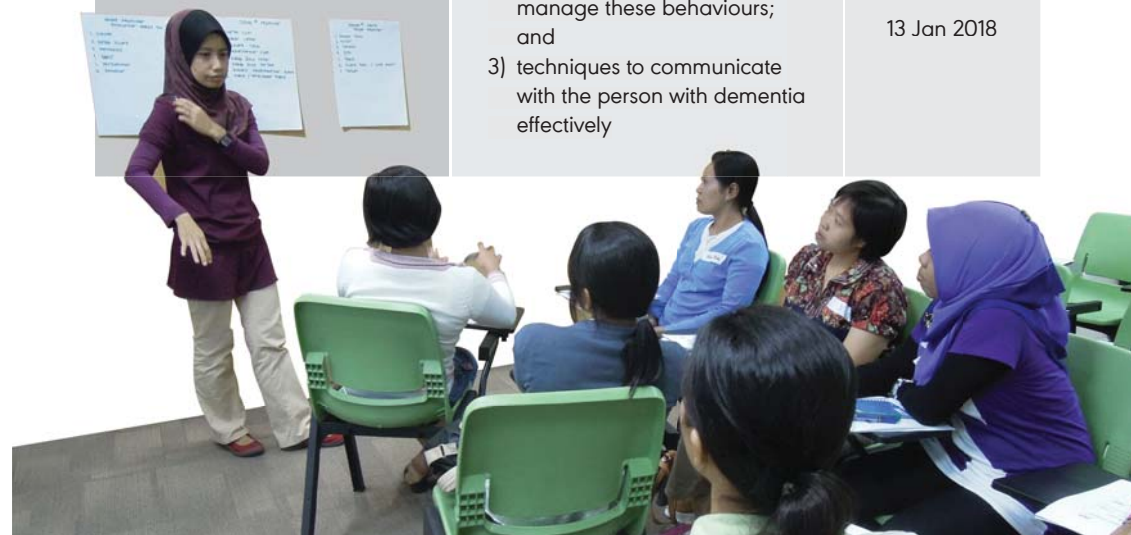


CORE MODULE - Essentials of Dementia Care

"Essentials of Dementia Care" is a one-day training workshop that offers core information and useful techniques for domestic helpers to apply when caring for a person with dementia.

It is conducted in English, Malay & Burmese from 9am to 5pm.

MODULE	SYNOPSIS	DATE
Essentials of Dementia Care: <ul style="list-style-type: none"> • Orientation on Dementia • Managing Changing Behaviour • Effective Communication 	Participants will learn: <ol style="list-style-type: none"> 1) how to identify the signs and symptoms of dementia; 2) how dementia causes changes in the behaviour of a person and ways to manage these behaviours; and 3) techniques to communicate with the person with dementia effectively 	07 Oct 2017
		13 Jan 2018



"The training gave me the knowledge to understand the life of persons with dementia, as well as enhanced and helped me with my work. I gained some personal experience and confidence. It has strengthened my patience, eased my work, and improved my attitude as I have become more compassionate and helpful. Besides the knowledge and experience gained, I enjoyed meeting and interacting with other participants. Listening to their own experiences and challenges has changed and influenced my outlook of the job as a caregiver. The lecture was very informative as the trainers and facilitators made us feel comfortable to meet the necessary requirement of the programme."

- Nelia M. Jimenez, FDW training participant

LEVEL 1 ELECTIVE MODULE - Caring for a Person with Dementia

“Caring for a Person with Dementia” is a series of training workshops, which comprises of seven elective modules covering different aspects of dementia care. This training offers coping strategies and useful techniques for domestic workers to apply in a home environment. Participants are recommended to attend all seven modules in order to be equipped with skills and knowledge in dementia care.

These modules are conducted in **English & Malay from 9.30am to 12.30pm.**

MODULE	SYNOPSIS	DATE
Elective 3 Topic: Fall Prevention	Participants will learn about factors causing falls, fall prevention and correct techniques of assisting someone who has had a fall.	04 Nov 2017
Elective 4 Topic: Managing Mealtimes	Participants will comprehend the mechanics of swallowing, how dementia can impact swallowing, and ways to manage food refusal in persons with dementia.	18 Nov 2017
Elective 5 Topic: Creating a Comfortable & Safe Environment	Participants will learn home safety considerations for persons with dementia as well as practical tips to provide a safe environment.	02 Dec 2017
Elective 6 Topic: Managing Food Nutrition	Participants will comprehend the nutritional needs of persons with dementia, strategies to overcome under-eating or over-eating and the importance of a healthy and balanced diet.	03 Feb 2018
Elective 7 Topic: Self-care	Participants will learn how to manage their emotions and cope with stress by discussing their roles and job expectations as a caregiver.	03 Mar 2018

REGISTRATION DETAILS FOR CAREGIVER TRAINING

How do I register?

- Via phone call to our **Dementia Helpline: 6377 0700**
- Via email: caregiver_training@alz.org.sg
- Online: www.alz.org.sg

What are the course fees for Core & Elective modules?

- Per Core Module: \$140 (without CTG) or \$10 co-payment (with CTG)
- Per Elective Module: \$50 (without CTG) or \$10 co-payment (with CTG)

What is Caregiver Training Grant (CTG)?

The Caregivers Training Grant (CTG) is a \$200 annual subsidy that allows caregivers to attend approved courses to better care for their loved ones. Only care recipients who are Singapore Citizens or Singapore Permanent Residents are eligible for this grant. The CTG is administered by AIC. Please visit www.silverpages.sg/CTG to find out more.

What documents are required to register for the training?

- A copy of the family caregiver’s NRIC
- A copy of the Care recipient’s NRIC
- A copy of the doctor’s memo confirming a diagnosis of dementia
- A copy of the Foreign Domestic Worker’s work permit (for FDW training only)
- Completed CTG Application Form (only for caregivers who wish to utilise the CTG)

What is the mode of payment?

- Payment can be made by cash or cheque made payable to “Alzheimer’s Disease Association”
- Payment and all supporting documents should reach us at least seven days before the training date.
- Please note that the course fee for training is non-refundable.

Where is the training held?

Alzheimer’s Disease Association (ADA) Resource & Training Centre
70 Bendemeer Road #06-02, Luzerne Building, Singapore 339940





ADAIN SINGAPORE

ADA provides care for persons with dementia at our New Horizon Centres and Family of Wisdom centres. Family caregivers may receive education and support from the ADA Resource and Training Centre and Caregiver Support Centre.

www.alz.org.sg

ADA Resource & Training Centre

- 70 Bendemeer Road
#06-02, Luzerne Building
Singapore 339940
6293 9971

Caregiver Support Centre

- 70 Bendemeer Road
#03-02A
Luzerne Building
Singapore 339940
6389 5121

ADAcafé@AgapeV

- 7A Lorong 8 Toa Payoh
#01-01, Agape Village
Singapore 319264
- Monday - Friday:
8.30am - 5.30pm
Closed on Saturday,
Sunday &
Public Holidays
6904 4095

New Horizon Centre (Bukit Batok)

- Blk 511, Bukit Batok
Street 52, #01-211
Singapore 650511
6565 9958

New Horizon Centre (Jurong Point)

- 1 Jurong West Central 2
#04-04, Jurong Point
Shopping Centre
Singapore 648886
6790 1650

New Horizon Centre (Tampines)

- Blk 362, Tampines
Street 34, #01-377
Singapore 520362
6786 5373

New Horizon Centre (Toa Payoh)

- Blk 157, Toa Payoh
Lorong 1, #01-1195
Singapore 310157
6353 8734

Family of Wisdom (Bendemeer)

- 72 Bendemeer Road
#05-29, Luzerne Building
Singapore 339941
6291 6268

Family of Wisdom (Tiong Bahru)

- 298 Tiong Bahru Road
#10-05, Central Plaza
Singapore 168730
6593 6440 / 6593 6442

Family of Wisdom (Toa Payoh)

- 7A Lorong 8 Toa Payoh
#03-06, Agape Village
Singapore 319264
6801 7483