CAREGIVER SUPPORT & TRAINING

OCT 2017-MAR 2018

Dementia Helpline
6377 0700

ALZHEIMER’S DISEASE ASSOCIATION

CENTRE OF specialisation

Appointed by NCSS
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.
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.

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

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.)
何谓监护者互助小组？

您是否正面临着监护者的压力，在寻找有关失智症的资料或想与其他监护者交流？

欢迎您参加新加坡失智症协会的监护者互助小组！

监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监护者交流监护经验，同时吸取失智症及相关的监护知识和社区支援的资料。

监护者互助小组将会以华语进行，为两小时。小组包括由受邀嘉宾演讲和监护者讨论及分享。

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。

监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，请上网查询最新详情。

注：新加坡失智症协会的监护者互助小组仅限于家庭监护者参与。

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。)

<table>
<thead>
<tr>
<th>日期</th>
<th>课题</th>
<th>地点</th>
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<tbody>
<tr>
<td>07 Oct 2017</td>
<td>预防滑倒与家居安全 (Falls Prevention &amp; Home Safety)</td>
<td>TB</td>
</tr>
<tr>
<td>18 Nov 2017</td>
<td>提前计划: 预先护理计划 (Planning Ahead: Advance Care Planning)</td>
<td>TB</td>
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<tr>
<td>09 Dec 2017</td>
<td>失智症症状关护: 如何应对挑战性的举止与行为 (Managing Responsive Behaviour in Dementia)</td>
<td>TB</td>
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<tr>
<td>20 Jan 2018</td>
<td>农历新年聚会 [Chinese New Year Celebration - “Lo Hei”]</td>
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<tr>
<td>17 Mar 2018</td>
<td>关护者该如何调整自己的期望 [Managing Expectations as a Caregiver]</td>
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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 berhati-hati berterma 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 luluskan laman kami untuk sesi terkini.

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

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

Jadual Sesi (Melayu)

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<tr>
<th>TARIH</th>
<th>TOPIK</th>
<th>LOKASI</th>
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<tbody>
<tr>
<td>21 Oct 17</td>
<td>Perubatan dalam penjagaan Demensia (Medications in Dementia Care)</td>
<td>TB</td>
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<tr>
<td>09 Dec 17</td>
<td>Gangguan Tidur dalam penjagaan Demensia (Sleeping Disorders in Dementia Care)</td>
<td>TB</td>
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<tr>
<td>03 Feb 18</td>
<td>Aktiviti bermakna untuk Pesakit Demensia (Meaningful Activities for Persons with Dementia)</td>
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</table>
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

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.

<table>
<thead>
<tr>
<th>DATE</th>
<th>TOPICS</th>
<th>TIME / VENUE</th>
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<tbody>
<tr>
<td>13 Jan 2018</td>
<td>Introduction</td>
<td></td>
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<tr>
<td>20 Jan 2018</td>
<td>How to Prepare for Caregiving Role</td>
<td></td>
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<tr>
<td>27 Jan 2018</td>
<td>Communication is the Key</td>
<td></td>
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<tr>
<td>03 Feb 2018</td>
<td>Managing Stress in Caregiving</td>
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<tr>
<td>10 Feb 2018</td>
<td>Managing Family Conflict</td>
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Registered caregivers are to attend all 5 sessions.

Register by 29th December 2017.
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.

<table>
<thead>
<tr>
<th>MODULE</th>
<th>TIME</th>
<th>DATE</th>
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<tbody>
<tr>
<td>CORE MODULE: Living with Dementia</td>
<td>9.30am – 5.30pm</td>
<td>07 Oct 2017</td>
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<tr>
<td></td>
<td></td>
<td>02 Dec 2017</td>
</tr>
<tr>
<td>ELECTIVE MODULE 1: Purposeful and Meaningful Engagement</td>
<td>9.30am – 1.00pm</td>
<td>04 Nov 2017</td>
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<td></td>
<td></td>
<td>03 Feb 2018</td>
</tr>
<tr>
<td>ELECTIVE MODULE 2: A Positive Approach to Challenging Behaviour</td>
<td>9.30am – 1.00pm</td>
<td>18 Nov 2017</td>
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<td></td>
<td>03 Mar 2018</td>
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*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 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
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.*

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### 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.

<table>
<thead>
<tr>
<th>MODULE</th>
<th>SYNOPSIS</th>
<th>DATE</th>
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<tbody>
<tr>
<td>Essentials of Dementia Care:</td>
<td>Participants will learn:</td>
<td>07 Oct 2017</td>
</tr>
<tr>
<td>• Orientation on Dementia</td>
<td>1) how to identify the signs and symptoms of dementia;</td>
<td>13 Jan 2018</td>
</tr>
<tr>
<td>• Managing Changing Behaviour</td>
<td>2) how dementia causes changes in the behaviour of a person and ways to manage these behaviours;</td>
<td></td>
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<tr>
<td>• Effective Communication</td>
<td>3) techniques to communicate with the person with dementia effectively</td>
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“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.

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<thead>
<tr>
<th>MODULE</th>
<th>SYNOPSIS</th>
<th>DATE</th>
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<tbody>
<tr>
<td>Elective 3 Topic: Fall Prevention</td>
<td>Participants will learn about factors causing falls, fall prevention and correct techniques of assisting someone who has had a fall.</td>
<td>04 Nov 2017</td>
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<tr>
<td>Elective 4 Topic: Managing Mealtimes</td>
<td>Participants will comprehend the mechanics of swallowing, how dementia can impact swallowing, and ways to manage food refusal in persons with dementia.</td>
<td>18 Nov 2017</td>
</tr>
<tr>
<td>Elective 5 Topic: Creating a Comfortable &amp; Safe Environment</td>
<td>Participants will learn home safety considerations for persons with dementia as well as practical tips to provide a safe environment.</td>
<td>02 Dec 2017</td>
</tr>
<tr>
<td>Elective 6 Topic: Managing Food Nutrition</td>
<td>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.</td>
<td>03 Feb 2018</td>
</tr>
<tr>
<td>Elective 7 Topic: Self-care</td>
<td>Participants will learn how to manage their emotions and cope with stress by discussing their roles and job expectations as a caregiver.</td>
<td>03 Mar 2018</td>
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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
ADA INSINGAPORE

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