



CAREGIVER SUPPORT AND TRAINING

APRIL-SEPTEMBER 2018

DEMENTIA HELPLINE **6377 0700**

● MESSAGE TO ALL CAREGIVERS,

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

- Brett Lewis

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.



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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 (ADA) Caregiver Support Group!

Caregiver Support Groups provide an opportunity for respite, while meeting other caregivers in similar situations 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**. 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).

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 to 4.30pm.
Participants are to be seated by 2.15pm.

Caregiver Support Groups (English)

DATE	TOPIC	VENUE
07 Apr 2018	Chronic Illnesses Management for Persons with Dementia	JP
28 Apr 2018	Expressive Art Therapy Workshop	TP
19 May 2018	Sundown Symptoms Management in Dementia Care	BB
26 May 2018	Young Onset Dementia Care	TP
23 Jun 2018	Effective Communication in Dementia Care	JP
30 Jun 2018	Using Stimulating Activities to Engage Persons with Dementia	TP
14 Jul 2018	When is it the Right Time? - Nursing Homes and Other Care Arrangements	BB
28 Jul 2018	Community Resources in Dementia Care	TP
04 Aug 2018	Providing Comfort and Quality of Life in Late Stage Dementia Care	JP
18 Aug 2018	Anxiety, Depression and Sleep Issues in Dementia	TP

Note: Topics and schedules are subjected to change without prior notice.

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 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)

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
12 May 2018	户外瑜伽 (Outdoor Yoga)	TB
16 Jun 2018	失智症慈怀疗护 (Palliative Care in Dementia)	TB
07 Jul 2018	社区资源 (Community Resources in Dementia Care)	TB
25 Aug 2018	饮食与营养 (Food and Nutrition)	TB

注: 主题和议程可能会更改



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**. Alternatif lain, emel kami di **registration@alz.org.sg**.

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

Sesi Kumpulan Sokongan Penjaga adalah percuma.

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.

I always appreciate and benefitted from gaining more knowledge on dementia from the speaker and sharing with other caregivers.

- Mdm T (Participant of open caregiver support group)

Kumpulan Sokong Penjaga (Melayu)

TARIKH	TOPIK	LOKASI
05 May 2018	Sumber Masyarakat dalam Penjagaan Demensia (Community Resources in Dementia Care)	TB
21 Jul 2018	Pencegahan dari jatuh dan Keselamatan di dalam rumah (Fall Prevention and Home Safety)	TB
29 Sep 2018	Mengurusi tingkah laku yang mencabar (Managing Responsive Behaviours)	TB

Nota: Topik dan jadual tertakluk kepada perubahan tanpa notis.

The programme was very well run, the staff are attentive and knowledgeable. We, as caregivers, feel very supported throughout. Well done! Keep it up!

- Ms Ho
(Participant of closed caregiver support group)



HOLISTIC WELL-BEING FOR PERSONS WITH DEMENTIA

Overall Objectives

- Provide a holistic understanding of the changing needs of a person with dementia
- Equip caregivers with various knowledge and skills to manage these changing needs
- Gain understanding and learn how to care for yourself as a caregiver

Who Should Attend

- Family caregivers who are caring for their loved ones diagnosed with dementia and are keen to learn and acquire knowledge and skills in these areas, and
- Able to speak and comprehend English and can commit to attending **all 5 sessions** of this closed support group

DATE	TOPIC	VENUE
12 May 2018	The Brain - Understanding how Dementia Affects Behaviours and Psychology of a Person	10.30am - 12.30pm Caregiver Support Centre, 70 Bendemeer Road, Luzerne Building #03-02A, S(339940)
19 May 2018	How Dementia Affects Communication and Swallowing	
26 May 2018	Dementia and Daily Care	
02 June 2018	Dementia and Incontinence	
09 June 2018	Dementia Care and You	

There are limited vacancies for this group; registration will be on first come, first served basis and will close on **20 April 2018**. No walk-ins will be accommodated as this is a closed support group.

CAREGIVERS WHO ARE SINGLE

It has been recognised that caregivers who are single may have specific and unique needs and thoughts about caregiving. Thus, this support group is started with the following objectives:

- Discuss caregiving experiences and choices
- Support caregivers to find meaning and purpose in their caregiving
- Foster and enhance support for self and fellow caregivers

Who Should Attend

- Family caregivers who are caring for their loved ones diagnosed with dementia, and
- Single (i.e. not married, widowed, divorced), and
- Able to speak and comprehend English and can commit to attending **all 5 sessions** of this closed support group

DATE	TOPIC	VENUE
23 June 2018	First Link	10.30am - 12.30pm Caregiver Support Centre, 70 Bendemeer Road, Luzerne Building #03-02A, S(339940)
30 June 2018	Second Choice	
07 July 2018	Third Hand	
14 July 2018	Moving Forth	
21 July 2018	Closure	

There are limited vacancies for this group; registration will be on first come, first served basis and will close on **08 June 2018**. No walk-ins will be accommodated as this is a closed support group.

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 the entire family. The greatest challenge is on you, the caregiver. With better understanding of dementia, you can plan and cope with the challenges that you may encounter in your caregiving journey.

Family Caregiver Training Programme (FCTP) is a two-day 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.



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 through a problem-solving approach.

When are the Training Sessions?

MODULE	TIME	DATE
Core Module: Living with Dementia	9.00am - 5.00pm	21 Apr 2018
		07 Jul 2018
		20 Oct 2018
		19 Jan 2019
Elective Module 1: Purposeful and Meaningful Engagement	9.30am - 12.30pm	19 May 2018
		04 Aug 2018
		17 Nov 2018
		23 Feb 2019
Elective Module 2: A Positive Approach to Challenging Behaviour	9.30am - 12.30pm	23 Jun 2018
		22 Sep 2018
		08 Dec 2018
		02 Mar 2019

“ The Family Caregiver Training Programme (FCTP) is a good programme that helps participants learn from one another. The facilitator was knowledgeable, encouraging, and helpful in sharing her personal experiences. I realised I was not alone - there are other caregivers who need help and training. I recommend training for everyone, including young adults.

- Kok Wai Tong (Family Caregiver)

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 be 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 the person with dementia.

- **Core Module - Essentials of Dementia Care**
- **Elective Modules - Caring for a Person with Dementia**

The FDWs will learn these modules through classroom lecture, 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.silverpages.sg to find out more

CORE MODULE: Essentials of Dementia Care

This is a one-day training workshop that offers core information and useful techniques for domestic workers to apply when caring for a person with dementia.

It is conducted in **English, Malay & Burmese from 9.00am to 5.00pm.**

MODULE	SYNOPSIS	DATE
Essentials of Dementia Care <ul style="list-style-type: none"> • Orientation on Dementia • Managing Changing Behaviour • Effective Communication 	Participants will learn : <ul style="list-style-type: none"> • how to identify the signs and symptoms of dementia; • how dementia causes changes in the behaviour of a person and ways to manage these behaviours; and • techniques to communicate with the person with dementia effectively 	14 Apr 2018
		28 Jul 2018
		06 Oct 2018
		05 Jan 2019

“ The ADA training gave me good ideas to help grandma eat and swallow better. I learnt how to recognise when grandma is taking too long to eat; what taking too long may mean and what I should then do. I also learnt the importance of daily exercise for older people so that their muscles can still work well.

- Riza Salajog Burgos
(Foreign Domestic Worker
Training participant)



ELECTIVE MODULES: Caring for a Person with Dementia

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

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

See schedule on page 17.



MODULE	SYNOPSIS	DATE
Elective Module 1: Everyday Care	Participants will gain a better understanding of the impact of dementia on Activities of Daily Living (ADL), and learn tips on assisting persons with dementia with their ADLs through the Prepare, Involve & Comfort (PIC) model	05 May 2018
Elective Module 2: Meaningful Activities	Participants will learn to identify and conduct suitable activities for persons with dementia.	02 Jun 2018
Elective Module 3: Fall Prevention	Participants will learn about factors causing falls, fall prevention and correct techniques of assisting someone who has had a fall.	18 Aug 2018
Elective Module 4: Managing Mealtimes	Participants will comprehend the mechanics of swallowing, how dementia can impact swallowing, and ways to manage food refusal in persons with dementia.	01 Sep 2018
Elective Module 5: 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	03 Nov 2018
Elective Module 6: 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.	01 Dec 2018
Elective Module 7: Self-Care	Participants will learn how to manage their emotions and cope with stress by discussing their roles and job expectations as a caregiver.	16 Feb 2019

REGISTRATION DETAILS FOR CAREGIVER TRAINING

How do I register?

- Via phone call at **Dementia Helpline 6377 0700**
- Via email at: 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 min \$10 co-payment (with CTG), dependent on eligibility and CTG balance.
- Per Elective Module : \$50 (without CTG) or min \$10 co-payment (with CTG), dependent on eligibility and CTG balance.

What is Caregivers 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 IN SINGAPORE

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

ADA Resource & Training Centre

- 📍 70 Bendemeer Road
#06-02 Luzerne Building, S 339940
- 🕒 Monday - Friday: 9.00am - 6.00pm
- ☎️ 6293 9971

Caregiver Support Centre

- 📍 70 Bendemeer Road
#03-02A Luzerne Building, S 339940
- 🕒 Monday - Friday: 9.00am - 6.00pm
- ☎️ 6389 5121

Dementia Helpline

- 🕒 Monday - Friday: 9.00am - 6.00pm
- ☎️ 6377 0700

ADAcafé@AgapeV

- 📍 7A Lorong 8 Toa Payoh
#01-01 Agape Village, S 319264
- 🕒 Monday - Friday: 8.30am-5.30pm
- ☎️ 6904 4095

Family of Wisdom (Bendemeer)

- 📍 72 Bendemeer Road
#05-29 Luzerne Building, S 339941
- 🕒 Monday - Friday: 9.00am - 6.00pm
- ☎️ 6291 6268

Family of Wisdom (Tiong Bahru)

- 📍 298 Tiong Bahru Road
#10-05 Central Plaza, S 168730
- 🕒 Monday - Friday: 8.30am - 5.30pm
- ☎️ 6593 6440 / 6593 6442

Family of Wisdom (Toa Payoh)

- 📍 7A Lorong 8 Toa Payoh
#01-01 Agape Village, S 319264
- 🕒 Monday - Friday: 8.30am - 5.30pm
- ☎️ 6904 4095

New Horizon Centre (Bukit Batok)

- 📍 Blk 511 Bukit Batok Street 52, #01-211,
S 650511
- 🕒 Monday - Friday: 7.30am - 6.30pm
- ☎️ 6565 9958

New Horizon Centre (Jurong Point)

- 📍 1 Jurong West Central 2, #04-04
Jurong Point Shopping Centre,
S 648886
- 🕒 Monday - Friday: 7.30am - 6.30pm
- ☎️ 6790 1650

New Horizon Centre (Tampines)

- 📍 Blk 362 Tampines Street 34, #01-377,
S 520362
- 🕒 Monday - Friday: 7.30am - 6.30pm
- ☎️ 6786 5373

New Horizon Centre (Toa Payoh)

- 📍 Blk 157 Toa Payoh Lorong 1, #01-1195,
S 310157
- 🕒 Monday - Friday: 7.30am - 6.30pm
- ☎️ 6353 8734

 alz.org.sg

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