

OCT 2018 - MAR 2019



# CAREGIVER SUPPORT AND TRAINING

OCTOBER 2018 - MARCH 2019

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 Groups are strictly for family caregivers of persons with dementia. For new caregivers, we will contact you to understand your needs better.*

## 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
13 Oct 2018	<b>Coping with Caregiving Emotions</b>	JP
27 Oct 2018	<b>End of Life care for Dementia</b>	TP
10 Nov 2018	<b>Mindfulness in Caregiving</b>	JP
24 Nov 2018	<b>Coping with Grief and Loss in Caregiving</b>	TP
12 Jan 2019	<b>Laughter Therapy</b>	TP
26 Jan 2019	<b>Life after Caregiving</b>	BB
09 Feb 2019	<b>Chinese New Year and Valentine's Day Celebration</b>	TP
16 Feb 2019	<b>Laughter Therapy</b>	JP
09 Mar 2019	<b>Psychological Impact of Caregiving on Self</b>	TP
30 Mar 2019	<b>Zumba</b>	BB

*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](http://www.alz.org.sg) 报名。您也可以电邮到 [registration@alz.org.sg](mailto: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。我们将会联络新的照护者以了解你们的需球。

## 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
06 Oct 2018	<b>伸展运动</b> (Stretch your Stress Away)	TB
17 Nov 2018	<b>与失智症人士的沟通</b> (Effective Communication in Dementia Care)	TB
15 Dec 2018	<b>如何应付照护压力</b> (Managing Caregivers' Stress)	TB
19 Jan 2019	<b>失智症人士的个人和卫生护理</b> (Personal Care and Hygiene)	TB
16 Feb 2019	<b>农历新年庆祝</b> (Chinese New Year Celebration)	TB
2 Mar 2019	<b>了解失智症</b> (Understanding Dementia)	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. Pada para penjaga yang baru, panggilan akan dibuat demi memahami keperluan anda dengan lebih baik lagi.*

## 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
17 Nov 2018	<b>Pendekatan untuk menangani tekanan penjagaan</b> (Strategies on Managing Caregivers' Stress)	TB
23 Feb 2019	<b>Cara tutur kata yang berkesan dengan seseorang Demensia</b> (How to Converse Effectively with Persons with Dementia)	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)



## CLOSED CAREGIVER SUPPORT GROUP

# WE MATTER AS WE CARE

### Overall Objectives

- Explore motivations towards caregiving, the caregiving journey and emotions experience as a caregiver.
- Support caregivers in their journey by finding meaning in their caregiving roles.
- Foster and enhance support among fellow caregivers.

### Who Should Attend

- Family caregivers who are caring for their loved ones diagnosed with dementia and are keen to know other caregivers.
- Caregivers who can speak and comprehend English and can commit to attending all **5** sessions.

DATE	TOPIC	VENUE
13 Oct 2018	<b>Introduction: Who are You</b>	10.30am - 12.30pm
20 Oct 2018	<b>Your Caregiving Journey</b>	Caregiver Support Centre, 70 Bendemeer Road, Luzerne Building #03-02A, S(339940)
27 Oct 2018	<b>Your Emotions</b>	
03 Nov 2018	<b>Your Care Circles and Resources</b>	
10 Nov 2018	<b>Your Well-being</b>	

As there are limited vacancies for closed support groups, registration is on a first come, first served basis. We apologise that we do not take walk-in registrations. Registrations will close on **15 September 2018**. After you have registered, the group facilitator will contact you to understand your needs.

## CLOSED CAREGIVER SUPPORT GROUP

# FORGET-US-NOT

## - THE FLOWER OF EMOTIONAL NEEDS

### Overall Objectives

- Start viewing the individual as a PERSON whose dementia forms only a part of his total identity.
- Gain understanding about one's Flower of Emotional Needs.
- Explore opportunities to continuously engage in positive interactions and experience well-being together with our loved ones living with dementia.
- 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 more and apply skills and knowledge.
- Caregivers who can speak and comprehend English and can commit to attend all **6** sessions.

DATE	TOPIC	VENUE
16 Feb 2019	<b>Introduction: Who are You</b>	10.30am - 12.30pm  Caregiver Support Centre, 70 Bendemeer Road, Luzerne Building #03-02A, S(339940)
23 Feb 2019	<b>What is Love &amp; Empathy</b>	
02 Mar 2019	<b>When You Say: Inclusion &amp; Comfort</b>	
09 Mar 2019	<b>The Meaning of Meaning in Life</b>	
23 Mar 2019	<b>Managing Emotions in Caregiving</b>	
30 Mar 2019	<b>The Journey</b>	

As there are limited vacancies for closed support groups, registration is on a first come, first served basis. We apologise that we do not take walk-in registrations. Registrations will close on **19 January 2019**. After you have registered, the group facilitator will contact you to understand your needs.



# 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.

The 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: <b>Living with Dementia</b>	9.00am - 5.00pm	20 Oct 2018
		19 Jan 2019
Elective Module 1: <b>Purposeful and Meaningful Engagement</b>	9.30am - 12.30pm	17 Nov 2018
		23 Feb 2019
Elective Module 2: <b>A Positive Approach to Challenging Behaviour</b>	9.30am - 12.30pm	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 [silverpages.sg](http://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
<b>Essentials of Dementia Care</b> <ul style="list-style-type: none"> <li>• Orientation on Dementia</li> <li>• Managing Changing Behaviour</li> <li>• Effective Communication</li> </ul>	<b>Participants will learn:</b> <ul style="list-style-type: none"> <li>• how to identify the signs and symptoms of dementia;</li> <li>• how dementia causes changes in the behaviour of a person and ways to manage these behaviours; and</li> <li>• techniques to communicate with the person with dementia effectively</li> </ul>	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 skills and knowledge in dementia care.

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

*See schedule on page 17.*



# REGISTRATION DETAILS FOR CAREGIVER TRAINING

MODULE	SYNOPSIS	DATE
<b>Elective Module 1:</b> 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.	10 Nov 2018
<b>Elective Module 2:</b> Meaningful Activities	Participants will learn to identify and conduct suitable activities for persons with dementia.	TBC*
<b>Elective Module 3:</b> Fall Prevention	Participants will learn about factors causing falls, fall prevention and correct techniques of assisting someone who has had a fall.	TBC*
<b>Elective Module 4:</b> Managing Mealtimes	Participants will comprehend the mechanics of swallowing, how dementia can impact swallowing, and ways to manage food refusal in persons with dementia.	TBC*
<b>Elective Module 5:</b> 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
<b>Elective Module 6:</b> 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
<b>Elective Module 7:</b> 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

\*TBC: Elective modules 2 to 4 have been completed. Please contact ADA for new dates from April 2019 onwards.

## How do I register?

- Via phone call at Dementia Helpline 6377 0700.
- Via email at: [caregiver\\_training@alz.org.sg](mailto:caregiver_training@alz.org.sg).
- Online: [www.alz.org.sg](http://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 the Agency for Integrated Care (AIC). Please visit [www.silverpages.sg/CTG](http://www.silverpages.sg/CTG) to find out more.

## What documents are required to register for the training?

- A copy of the Care Recipient's NRIC.
- A copy of Participant's NRIC /Work Permit (For FDW training only).
- A copy of the Employer's NRIC (for FDW training only).
- A copy of the doctor's memo confirming a diagnosis of dementia (only for Care Recipient who is below 65 years of age).
- 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 Resource & Training Centre.
- 70 Bendemeer Road #06-02, Luzerne Building, Singapore 339940.

Note: Training classes are subjected to cancellation if the class does not reach the prescribed minimum class size.

# 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 Resource and Training Centre and Caregiver Support Centre.

## Dementia Helpline

- 📞 Monday - Friday: 9.00am - 6.00pm
- 📞 6377 0700

## Resource & Training Centre

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

## Caregiver Support Centre

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

## ADAcafé

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

## Family of Wisdom (Bendemeer)

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

## Family of Wisdom (Tiong Bahru)

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

## Family of Wisdom (Toa Payoh)

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

## New Horizon Centre (Bukit Batok)

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

## New Horizon Centre (Jurong Point)

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

## New Horizon Centre (Tampines)

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

## New Horizon Centre (Toa Payoh)

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