

# CAREGIVER SUPPORT SCHEDULE

**OCT 2019 TO MAR 2020**

## CAREGIVER SUPPORT GROUP (ENGLISH)

2.30pm to 4.30pm (Participants to be seated by 2.15pm)

DATE	TOPIC	VENUE
5 Oct	Personal Care and Hygiene	TP
12 Oct	Impact of Environment on Dementia Care	BB
9 Nov	Relaxation Techniques	JP
30 Nov	Caregivers' Appreciation Day	TP
4 Jan	Peace and Possibilities at End of Life	TP
11 Jan	Spirituality in Dementia	BB
1 Feb	Managing Changing Behaviours and Needs	TP
22 Feb	Quality of Life in Late Stage Dementia	JP
7 Mar	Coping with Dementia Diagnosis	TP
14 Mar	Mindfulness in Caregiving	BB

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

## 关护者互助小组(华语)

10.30am至12.30pm (请在10.15am就坐)

日期	课题	地点
19 Oct	我们不是一个人: 前关护者分享	TB
16 Nov	自我表达 (心) 艺术	TB
21 Dec	欢度圣诞节	TB
15 Feb	太极	TB
21 Mar	了解我的关护风格	TB

注:主题和议程可能会更改

## KUMPULAN SOKONG PENJAGA (MELAYU)

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

TARIKH	TOPIK	LOKASI
23 Nov	Bilakah Masa yang Tepat untuk ke Rumah Penjagaan?	TB
8 Feb	Kegiatan-kegiatan yang Merangsang untuk Seseorang Demensia	TB

Nota: Topik dan jadual tertakluk kepada perubahan tanpa notis.

## CLOSED CAREGIVER SUPPORT GROUP FORGET-US-NOT - THE FLOWER OF EMOTIONAL NEEDS (SECOND RUN)

10.30am - 1.00pm | Register by 11 Oct

**Overall Objectives:** To view the individual as a PERSON whose dementia forms only a part of his total identity and gain understanding about an individual's Flower of Emotional Needs. Explore opportunities to engage in positive interactions and experience well-being together with our loved ones living with dementia, 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; can speak and comprehend English, and can commit to attend all six sessions.

DATE	TOPIC	VENUE
2 Nov	Introduction - Who are You	CSC
9 Nov	What is Love & Empathy	CSC
16 Nov	When You Say: Inclusion & Comfort	CSC
23 Nov	The Meaning of Meaning in Life	CSC
30 Nov	Managing Emotions in Caregiving	CSC
7 Dec	The Journey	CSC

As there are limited vacancies for closed support groups, registration is on a first-come, first served basis.

After registration, the group facilitator will contact you to understand your needs.

## CAREGIVER SUPPORT GROUP VENUES

CSC*	<b>Caregiver Support Centre</b> 70 Bendemeer Road, Luzerne Building #03-02A, S(339940)
TB	<b>Family of Wisdom (Tiong Bahru)</b> 298 Tiong Bahru Road, #10-05 Central Plaza, S(168730)
BB	<b>New Horizon Centre (Bukit Batok)</b> Blk 511 Bukit Batok St 52, #01-211, S(650511)
JP	<b>New Horizon Centre (Jurong Point)</b> 1 Jurong West Central 2, #04-04, Jurong Point Shopping Centre, S(648886)
TP	<b>New Horizon Centre (Toa Payoh)</b> Blk 157 Toa Payoh Lorong 1, #01-1195, S(310157)

\*Relocation Notice: We will be moving to 20 Bendemeer Road #01-02, BS Bendemeer Centre, Singapore 339914 later this year. For updates, visit our website.

## TO REGISTER

Call our Dementia Helpline at **6377 0700** or register online at [alz.org.sg/csg](http://alz.org.sg/csg). Alternatively, email us at [registration@alz.org.sg](mailto:registration@alz.org.sg). Caregiver support groups are free of charge (unless specified).



Schedule is accurate as of print date and is subject to changes. Visit our website for updates.

# CAREGIVER TRAINING SCHEDULE

OCT 2019 TO MAR 2020

## FAMILY CAREGIVER TRAINING PROGRAMME (FCTP)

These modules are available in English only.

DATE	OUTLINE
<b>CORE MODULE: LIVING WITH DEMENTIA (9AM-5PM)</b>	
12 Oct 2019 11 Jan 2020	<ul style="list-style-type: none"> <li>• Symptoms and impact of dementia</li> <li>• Principles of Person-Centred Care</li> <li>• Understand the nature of behavioural and psychological symptoms of dementia</li> <li>• Communicate effectively &amp; identify strategies to cope with changing behaviour of person with dementia</li> </ul>
<b>ELECTIVE MODULE 1: PURPOSEFUL AND MEANINGFUL ENGAGEMENT (9.30AM - 12.30PM)</b>	
2 Nov 2019 8 Feb 2020	<ul style="list-style-type: none"> <li>• Value of activity and engagement</li> <li>• Identify suitable purposeful and mind-stimulating activities</li> <li>• Ways to support purposeful and meaningful engagement</li> </ul>
<b>ELECTIVE MODULE 2: A POSITIVE APPROACH TO CHALLENGING BEHAVIOUR (9.30AM - 12.30PM)</b>	
7 Dec 2019 14 Mar 2020	<ul style="list-style-type: none"> <li>• Factors affecting behaviour associated with dementia</li> <li>• Identify potential triggers for changes in behaviour</li> <li>• Apply Person-Centred strategies to assist the person in everyday activities</li> </ul>

## DEMENTIA CARE TRAINING WORKSHOPS FOR FOREIGN DOMESTIC WORKERS (FDW)

DATE	OUTLINE
<b>CORE MODULE: ESSENTIALS OF DEMENTIA CARE (9AM-5PM)</b> (The core module is available in English, Malay and Burmese)	
19 Oct 2019 4 Jan 2020 7 Mar 2020	<ul style="list-style-type: none"> <li>• Signs and symptoms of dementia</li> <li>• Ways to manage changed behaviours</li> <li>• Techniques to communicate with the person with dementia effectively</li> </ul>
<b>ELECTIVE MODULES (9.30AM - 12.30PM)</b> (The elective modules are available in English and Malay only)	
9 Nov 2019	<b>MANAGING MEALTIMES</b> <ul style="list-style-type: none"> <li>• Comprehend the mechanics of swallowing</li> <li>• Impact of dementia on swallowing</li> <li>• Ways to manage food refusal</li> </ul>
22 Feb 2020	<b>MANAGING FOOD NUTRITION</b> <ul style="list-style-type: none"> <li>• Nutritional needs of persons with dementia</li> <li>• Strategies to overcome under- or over-eating</li> </ul>

## ABOUT CAREGIVERS TRAINING GRANT (CTG)

It 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. The CTG is administered by Agency for Integrated Care (AIC). Visit [silverpages.sg/CTG](http://silverpages.sg/CTG) to find out more.

## COURSE FEES

**Each Core Module:** \$140 (before CTG) or minimum \$10\* co-payment (after CTG)

**Each Elective Module:** \$70 (before CTG) or minimum \$10\* co-payment (after CTG)

\*Subjected to eligibility and CTG balance

Course fees are inclusive of GST

Payment can be made in cash or cheque made payable to "Alzheimer's Disease Association" one week before training date.

## CAREGIVER TRAINING VENUE

**ADA Resource & Training Centre** 70 Bendemeer Road, Luzerne Building #06-02, S(339940)

\*Relocation Notice: We will be moving to 20 Bendemeer Road #01-02, BS Bendemeer Centre, Singapore 339914 later this year. For updates, visit our website.

## TO REGISTER

Call our Dementia Helpline at **6377 0700** or register online at [alz.org.sg/artc](http://alz.org.sg/artc). Alternatively, email us at [caregiver\\_training@alz.org.sg](mailto:caregiver_training@alz.org.sg). Training classes are subjected to cancellation if the class does not meet the minimum class size.

