

# CAREGIVER SUPPORT GROUP

## 照护者互助小组

Caregiver Support Groups allow you to meet other caregivers to exchange similar caregiving experiences and practical tips. Support groups provide a relaxed and safe environment for respite. The sessions are conducted in English, Mandarin and Malay at different venues for two hours, and consists of talks by guest speakers and group sharing amongst caregivers.



ADA also organises Closed Caregiver Support Groups which focus on specific caregiving needs and requires caregivers to commit to all sessions. Seats are limited hence registration is on a first-come, first-served basis. After you register, the group facilitator will contact you to understand your needs.

Caregiver support groups are only for family caregivers of persons with dementia and are free of charge (unless specified).

新加坡失智症协会的照护者互助小组, 提供照护者与其他面临相同经历的照护者在一个轻松又安全的喘息空间交流, 同时获取相关的知识与社区支援的资讯。

照护者互助小组分别在多个特定地点以英语, 华语和马来语进行两小时的讨论, 当中也有受邀嘉宾会进行演讲, 以及照护者之间的分享讨论。

另外, 针对特定的照护课题与需求, 我们也主办关闭性的照护者互助小组。照护者必须出席所有的小组会议。由于名额有限, 因此报名将依照优先顺序的原则进行。报名后, 小组协调人将会与您联系以了解你的需求。

小组仅限于家庭照护者参加, 且无须费用。(除非另有说明)

With multiple responsibilities and expectations, the caregiving journey can become challenging. Therefore, supporting caregivers remain a priority of Alzheimer's Disease Association (ADA). This brochure provides information on ADA's caregiving programmes and services. It also allows caregivers to plan their learning to enhance their caregiving skills and abilities.

照护者的工作极具挑战性。除了要肩负多重责任外, 他们也必须面对各种期望。为此, 给予照护者适当的扶持是新加坡失智症协会的主要任务之一。此手册包含了本协会照护者互助与培训的信息, 让照护者安排自己的学习以提升他们的护理知识与技能。



#Despite  
DEMENTIA

ADA  
ALZHEIMER'S  
DISEASE  
ASSOCIATION

### ● SOCIAL MEDIA 社交媒体

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### ● CONTACT US 请与我们联系

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20 Bendemeer Road #01-02,  
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## CAREGIVER SUPPORT AND TRAINING 照护者互助与培训

DEMENTIA HELPLINE  
6377 0700





## DEMENTIA CARE TRAINING PROGRAMME FOR FOREIGN DOMESTIC WORKERS (FDW) 外籍帮佣失智症护理课程

FDWs may struggle to address the needs and wants of persons with dementia. The training modules will cover different aspects of dementia care to equip FDWs with practical knowledge and skills to handle different challenges that they face in caring for a person with dementia. The training programme comprises of a core and two elective modules.

在照顾失智症人士的需要与需求时，外籍帮佣往往面临很多挑战。这个课程让外籍帮佣在照料失智症人士方面取得实际的知识及应对技巧。课程包括一个基础及两个选修课程。

	MODULES 课程内容
Core 基础 (English, Malay and Burmese 英语, 马来语与缅甸语)	Essentials of Dementia Care 失智症的基本护理
Electives 选修 (English, Malay and Burmese 英语, 马来语与缅甸语)	Everyday Care 每日护理
	Meaningful Activities 有意义的活动

Caregiver Training Programmes are chargeable. Please refer to the schedule for more information.  
护理课程均有收费。想了解更多详情，请查阅课程表。

## FAMILY CAREGIVER TRAINING PROGRAMME (FCTP) 家庭照护者培训课程

The Family Caregiver Training Programme (FCTP) is a two-day course designed to support caregivers. With Core and Elective Modules, FCTP provides you with essential knowledge and skills to care for the person with dementia using the Person-Centred approach. This programme is only conducted in English.

两天的家庭照护者培训课程，是针对家庭照护者所设计的。此基础与选修课程，应用“以人为本”的护理原则，使家庭照护者的照顾能力获得提升。课程仅以英语授课。



	MODULES 课程内容
Core 基础	Living with Dementia 与失智症共处
Electives 选修	Purposeful and Meaningful Engagement 有意义与目标的互动
	A Positive Approach to Challenging Behaviour 积极面对挑战性的行为



## REGISTRATION DETAILS 报名详情

Call our Dementia Helpline at **6377 0700** to register for Caregiver Support Groups and/or Training Courses.

请拨打失智症援助热线**6377 0700**报名。

For more information including online registration:

查阅更多详情，包括网络报名：

### Caregiver Support Groups:

Website: <http://alz.org.sg/csg>

Email: [registration@alz.org.sg](mailto:registration@alz.org.sg)

### Caregiver Training Programmes:

Website: <http://alz.org.sg/artc>

Email: [caregiver\\_training@alz.org.sg](mailto:caregiver_training@alz.org.sg)

Refer to the schedule leaflet for more information on charges and venues.

有关费用及地点，请查阅指定传单。

