

CAREGIVER SUPPORT SCHEDULE

APR 2020 TO SEP 2020

CAREGIVER SUPPORT GROUP (ENGLISH)

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

DATE	TOPIC	VENUE
4 Apr	Zumba	TP
18 Apr	Non-Pharmacological Approaches in Dementia Care	JP
9 May	Community Support in Dementia Care	TP
16 May	Finding Meaning in Caregiving	JP
6 Jun	Arts in Dementia	TP
27 Jun	Managing Food Nutrition and Meals	JP
4 Jul	Essential of Psychosocial Support in Dementia	TP
11 Jul	Zumba	JP
1 Aug	Emotion Regulation in Caregiving	TP
15 Aug	Lasting Power of Attorney	JP

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
25 Apr	爱的五种语言	TB
23 May	环境对失智症护理的影响	TB
20 Jun	与失智症人士的沟通	TB
25 Jul	善(终)点: 人生最后的旅程	TB
22 Aug	与失智症人士进行多种活动	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
13 Jun	Salam Lebaran Aidilfitri	TB
29 Aug	Penjagaan Kebersihan Diri Dalam Demensia	TB

Nota: Topik dan jadual tertakluk kepada perubahan tanpa notis.

CLOSED CAREGIVER SUPPORT GROUP NEW CAREGIVERS

10.30am - 12.30pm | Register by 3 July

Overall Objectives:

- To enhance understanding of dementia using virtual reality (VR) technology
- To equip new caregivers with knowledge and skills for the caregiving journey
- To create a supportive environment for new caregivers to discuss about caregiving roles and responsibilities, and to foster support networks between fellow caregivers

Who should attend: Family caregivers who are caring for their loved ones diagnosed with dementia for 3 years or less; who can speak and comprehend English and are able to commit to attending all 5 sessions.

DATE	TOPIC	VENUE
25 Jul	Introduction - Who are We	CSC
1 Aug	Experiencing EDIE: A VR Experience	CSC
15 Aug	Knowing Dementia	CSC
22 Aug	Caregiving Emotions	CSC
29 Aug	Self-care	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	Caregiver Support Centre 20 Bendemeer Road #01-02, BS Bendemeer Centre, S(339914)
TB	Family of Wisdom (Tiong Bahru) 298 Tiong Bahru Road, #10-05 Central Plaza, S(168730)
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)

TO REGISTER

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



CAREGIVER TRAINING SCHEDULE

APR 2020 TO MAR 2021

FAMILY CAREGIVER TRAINING PROGRAMME (FCTP)

These modules are only conducted in English.

DATE	OUTLINE
CORE MODULE: LIVING WITH DEMENTIA (9AM-5PM)	
25 Apr 2020 4 Jul 2020 10 Oct 2020	<ul style="list-style-type: none"> • Signs and symptoms of dementia • Impact of dementia on the person with dementia and caregivers • Principles of Person-Centred Care • Effective communication • Ways to support the person with behavioural and psychological symptoms of dementia
ELECTIVE MODULE 1: PURPOSEFUL AND MEANINGFUL ENGAGEMENT (9.30AM - 12.30PM)	
27 Jun 2020 28 Nov 2020	<ul style="list-style-type: none"> • Value of activity and engagement in life • Purposeful and mind-stimulating activities • Considerations when engaging the person in activities • Ways to support purposeful and meaningful engagement
ELECTIVE MODULE 2: A POSITIVE APPROACH TO CHALLENGING BEHAVIOUR (9.30AM - 12.30PM)	
25 Jul 2020 23 Jan 2021	<ul style="list-style-type: none"> • Common challenges in providing everyday care • Factors affecting behaviour associated with dementia • Potential triggers for changes in behaviour • Person-centred strategies to assist the person in everyday activities e.g. bathing, toileting, and mealtimes

DEMENTIA CARE TRAINING PROGRAMME FOR FOREIGN DOMESTIC WORKERS (FDW)

All modules are conducted in English, Malay and Burmese.

DATE	OUTLINE
CORE MODULE: ESSENTIALS OF DEMENTIA CARE (9AM-5PM)	
16 May 2020 22 Aug 2020 7 Nov 2020 9 Jan 2021	<ul style="list-style-type: none"> • Signs and symptoms of dementia • Causes and stages of dementia • Behaviour changes and ways to manage them • Impact of dementia on communication • Ways to communicate with the person with dementia effectively
ELECTIVE MODULES (9.30AM - 12.30PM)	
5 Sep 2020	EVERYDAY CARE <ul style="list-style-type: none"> • Impact of dementia on Activities of Daily Living (ADL) • Assist person with dementia using the Prepare, Involve & Comfort (PIC) model
27 Feb 2021	MEANINGFUL ACTIVITIES <ul style="list-style-type: none"> • Identify appropriate activities for the person with dementia • Engage the person with dementia in meaningful activities

ABOUT CAREGIVERS TRAINING GRANT (CTG)

It is an annual \$200 subsidy that allows caregivers to attend approved training courses to better care for their loved ones. The CTG is administered by Agency for Integrated Care (AIC). Visit aic.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)

*Subject to eligibility and the remaining amount of the care recipient's CTG which is capped at \$200 per year. 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 20 Bendemeer Road #01-02, BS Bendemeer Centre, S(339914)

TO REGISTER

Call our Dementia Helpline at **6377 0700** or register online at alz.org.sg/artc. Alternatively, email us at caregiver_training@alz.org.sg. Training classes are subjected to cancellation if the class does not meet the minimum class size.

