**CAREGIVER SUPPORT GROUP (ENGLISH)**

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

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

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

**KUMPULAN SOKONG PENJAGA (MELAYU)**

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

<table>
<thead>
<tr>
<th>TARIKH</th>
<th>TOPIK</th>
<th>LOKASI</th>
</tr>
</thead>
<tbody>
<tr>
<td>13 Jun</td>
<td>Salam Lebaran Aidilfitri</td>
<td>TB</td>
</tr>
<tr>
<td>29 Aug</td>
<td>Penjagaan Kebersihan Diri Dalam Demensia</td>
<td>TB</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>DATE</th>
<th>TOPIC</th>
<th>VENUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 Jul</td>
<td>Introduction - Who are We</td>
<td>CSC</td>
</tr>
<tr>
<td>1 Aug</td>
<td>Experiencing EDIE: A VR Experience</td>
<td>CSC</td>
</tr>
<tr>
<td>15 Aug</td>
<td>Knowing Dementia</td>
<td>CSC</td>
</tr>
<tr>
<td>22 Aug</td>
<td>Caregiving Emotions</td>
<td>CSC</td>
</tr>
<tr>
<td>29 Aug</td>
<td>Self-care</td>
<td>CSC</td>
</tr>
</tbody>
</table>

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.

**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).

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

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
• 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
• 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
• 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
• 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
• 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
• 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.

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