

CAREGIVER SUPPORT SCHEDULE

OCT 2020 TO MAR 2021

CAREGIVER SUPPORT GROUP (ENGLISH)

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

DATE	TOPIC	VENUE
3 Oct	Coping with Dementia Diagnosis	Zoom
17 Oct	Key Principles in Dementia Care	Zoom
7 Nov	Understanding Nursing Homes	Zoom
21 Nov	Managing Changing Behaviours in Dementia Care	Zoom
16 Jan	Medications in Dementia Care	JP
23 Jan	Dental Care for Persons with Dementia	TP
20 Feb	What's your CNY Resolution?	TP
27 Feb	Self-compassion in Caregiving	JP
13 Mar	The Role of Speech Therapy Treatment	TP
20 Mar	Finding Meaning in Caregiving	JP

Note: Topics, schedules and venues are subject to change without prior notice. Resumption of in-person support group sessions in 2021 are also subject to changing government measures due to COVID-19.

照护者互助小组(华语)

10.30am至12.30pm (请在10.15am就坐)

日期	课题	地点
24 Oct	照护者的自我照顾	Zoom
28 Nov	年长人士的药物使用及影响	Zoom
19 Dec	了解我的照护风格	Zoom
9 Jan	了解失智症对个人的吞食、沟通和进食能力的影响	TB
27 Mar	走进他的心灵: 了解失智症人士的需求	TB

注:主题,议程和地点可能会更改。在2021年恢复实体互助小组还须遵守指导准则。

KUMPULAN SOKONG PENJAGA (MELAYU)

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

TARIKH	TOPIK	LOKASI
10 Oct	Menyediakan Keselesaan dan Kualiti Hidup dalam Penjagaan Demensia	Zoom
5 Dec	Kegelisahan, Kemurungan dan Gangguan Tidur Dalam Penjagaan Demensia	Zoom
6 Feb	Mencari Erti dalam Pengasuhan	TB

Nota: Topik dan jadual tertakluk kepada perubahan tanpa notis. Sambungan semula sesi kumpulan sokongan penjaga secara fizikal pada tahun 2021 tertakluk pada garis panduan.

关闭性的照护者互助小组

新照护者

10.30am - 12.30pm | 报名截止日期: 5 Feb 2021

互助小组的目标:

- 增强新照护者对失智症的了解, 提供失智症护理的知识和技能
- 让照护者有一个轻松和安全的平台, 探讨照护旅程, 互相分享和交流经验, 以及加强照护的支持网

谁应该参加: 拥有三年或以下照护经验的家庭照护者; 必需可以出席所有的小组会议; 并可说和理解华语。

日期	课题	地点
6 Mar	自我介绍 - 谁是照护者	CSC
13 Mar	认识失智症	CSC
20 Mar	与失智症人士的沟通	CSC
27 Mar	社区资源	CSC
3 Apr	照护的身心健康	CSC

由于互助小组的名额有限, 报名以先到先得为原则。报名后, 小组负责人会与您联系, 了解您的需求。

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)
Zoom	Online session via Zoom

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

OCT 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)	
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)	
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)	
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)	
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)	
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
13 Mar 2021	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

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 by PayNow. 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..

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.

