

CAREGIVER SUPPORT SCHEDULE

APR 2021 TO SEP 2021

CAREGIVER SUPPORT GROUP (ENGLISH)

2.30pm to 4.30pm (Participants to log in by 2.15pm)

DATE	TOPIC	VENUE
10 Apr	Community Resources in Dementia Care	Zoom
17 Apr	Zumba	Zoom
8 May	Meaningful Engagement for Persons with Dementia	Zoom
15 May	COVID-19: Its Impact on Dementia Care	Zoom
12 Jun	Incontinence in Dementia	Zoom
19 Jun	Body Relaxation Techniques	Zoom
10 Jul	Identifying Caregiver Burnout Symptoms	Zoom
17 Jul	Caregivers' Sharing - their Personal Journey	Zoom
14 Aug	Nursing Home placements in Singapore	Zoom
21 Aug	How to build a Dementia friendly Home?	Zoom

Note: Resumption of physical support group sessions in 2021 are subjected to guidelines. Topics and venues are subjected to change without prior notice.

照护者互助小组(华语)

10.30am至12.30pm (请在10.15am上线)

日期	课题	地点
24 Apr	正念关怀	Zoom
22 May	什么是慈怀护理	Zoom
26 Jun	了解社区支援	Zoom
24 Jul	积极应对失智症人士的不同行为	Zoom
28 Aug	与失智症人士的沟通	Zoom

注：2021年恢复实体互助小组还须遵守指导准则。主题和地点如有更改，恕不另行通知。

KUMPULAN SOKONG PENJAGA (MELAYU)

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

TARIKH	TOPIK	LOKASI
5 Jun	Penjagaan Kebersihan Diri Dalam Demensia	Zoom
7 Aug	Cara tutur kata yang berkesan dengan seseorang Demensia	Zoom

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

CLOSED CAREGIVER SUPPORT GROUP

NEW CAREGIVERS

10.30am - 12.30pm | Register by 2 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
7 Aug	Introduction - Who are We	CSC
14 Aug	Experiencing EDIE: A VR Experience	CSC
21 Aug	Knowing Dementia	CSC
28 Aug	Communication and Activities Engagement	CSC
4 Sep	Caregiving Emotions and 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)
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

APR 2021 TO MAR 2022

DEMENTIA CARE TRAINING PROGRAMME FOR FOREIGN DOMESTIC WORKERS (FDW)

The following training programme consists of a core and two electives modules. They are designed to equip FDWs with practical knowledge and skills to handle different challenges that they will face in caring for a person with dementia. FDWs will learn through classroom lectures, case discussions and role play.

All modules are available in English, Malay and Burmese.

DATE	OUTLINE
CORE MODULE: ESSENTIALS OF DEMENTIA CARE (9AM-5PM)	
29 May 2021 17 July 2021 25 September 2021 27 November 2021 8 January 2022	<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)	
2 October 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
4 December 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.

DOCUMENTS REQUIRED TO REGISTER FOR THE TRAINING

- A copy of the Care Recipient's NRIC
- A copy of Participant's Work Permit
- A copy of Employer's NRIC
- A copy of the doctor's memo confirming a diagnosis of dementia (only for Care Recipient who is below 65 years of age)
- Completed CTG Application Form (only for caregivers who wish to utilise the CTG)

COURSE FEES

Each Core Module: \$180 (before CTG) or minimum \$10* co-payment (after CTG)

Each Elective Module: \$90 (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/fdw. 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.

