

#Despite
DEMENTIA

ADA

ALZHEIMER'S
DISEASE
ASSOCIATION



**CAREGIVER
SUPPORT AND
TRAINING**
照护者互助与培训

DEMENTIA HELPLINE
6377 0700

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(不同指定地点)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）

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. All modules are available in English, Malay, and Burmese.

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。所有的课程将以英语、马来语或缅甸语授课。



PROGRAMME SYNOPSES

外籍帮佣失智症护理课程

CORE MODULE 基础课程

Essentials of Dementia Care 失智症的基本护理

Participants will learn how to identify the signs and symptoms of dementia; how dementia causes changes in the behaviour of a person and ways to manage these behaviours; and techniques to communicate with the person with dementia effectively.

参与者将学习辨认失智症的迹象和症状，以及了解失智症如何可以改变一个人的行为举止和学习如何应对行为的变化，及与失智症人士有效的沟通技巧。

ELECTIVE MODULES 选修课程

Everyday Care 每日护理

Participants will gain a better understanding of the impact of dementia on Activities of Daily Living (ADL), and learn tips on assisting persons with dementia with their ADLs through the Prepare, Involve & Comfort (PIC) model.

参与者将会进一步了解失智症对日常起居活动所带来的影响，并学习通过准备，参与和安抚的模式来协助失智症人士应对日常生活。

Meaningful Activities 有意义的活动

Participants will learn to identify and conduct suitable activities for persons with dementia.

参与者将会学习辨认和为失智症人士进行适当的活动。

This training programme is 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。



REGISTRATION DETAILS 报名详情

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

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: <https://alz.org.sg/csg>

Email: registration@alz.org.sg

Dementia Care Training Programme for Foreign Domestic Workers (FDW):


Website: <https://alz.org.sg/artc/fdw>

Email: 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。





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。

SOCIAL MEDIA 社交媒体

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