

**Foundations of Person-Centred Dementia Care** is endorsed by the Alzheimer's Disease International. Based on Person-Centred Care principles, the course emphasises on bestowing personhood on the person with dementia as a social being, providing recognition, respect, and trust (Kitwood, 2011).

This course consists of 5 modules:

Module	Module Title	Duration (Hrs)
Foundational Module	Nature and Impact of Dementia	3.5
Core Module 1	Person-Centred Care	3.5
Core Module 2	Behavioural Communication	6
Core Module 3	Purposeful and Meaningful Engagement	6
Elective Module	Palliative Care Approach	3.5
		<b>Total Hours: 22.5</b>

### Course Objectives

- Explain the impact of the environment on persons with dementia
- Identify strategies for promoting person-centred care
- Describe the impact of dementia on professional staff
- Recognise signs and symptoms of stress, compassion fatigue, and burnout
- Apply self-care strategies for self and caregivers

### Training Methodology

Lecture, Class/Group discussion

### Target Audience

Front-line care staff and volunteers who would like to be equipped with a basic understanding of how to care for people living with dementia in a variety of settings including the family home, centre-based services, and residential care facilities.

### Course Date & Time

2pm – 5.30pm

### Course Fee: \$96.30 (Including GST)

Prevailing course fee subsidy at 90% for Singaporeans/PRs and 45% for Work Pass Holders working in eligible community care organisations.

### Trainers' Profile

**Ms Fong Yoke Leng** is a trained nurse with many years of experience in managing social, rehabilitation and dementia day centres. As one of the lead trainers for the ADA Training Programmes, she has inspired many caregivers with her dynamic training style and passion for dementia care. Fong was formerly the Centre Manager of Alzheimer's Disease Association's New Horizon Centres at Jurong Point and Tampines, and the coordinator for the MINDVital and MINDActive programmes at the Centre of Geriatric Medicine, Tan Tock Seng Hospital. These programmes were for persons with dementia and their caregivers in the Cognitive and Memory Disorders Service. Fong holds a Master of Clinical Rehabilitation from Flinders University, Australia, and has attained the WSQ Advanced Certificate in Training and Assessment (ACTA).

### Core Module 1


**Person-Centred Care** aims to provide learners with strategies to promote person-centred care and apply self-care strategies for both professional care staff and family caregivers.

#### Course Outline


##### Face to Face Session

- Impact of the environment
- Principles of Person-Centred Care
- Impact of dementia on professional staff
- Signs and Symptoms
- Self-Care Strategies

#### Venue

 Alzheimer's Disease Association, 20 Bendemeer Road, BS Bendemeer Centre #01—02 Singapore 339914

#### Enquiries

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