

Caregiver Support Schedule

OCT 2021 TO MAR 2022

CAREGIVER SUPPORT GROUP (ENGLISH)

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

DATE	TOPIC	VENUE
9 Oct	LPA + Deputyship	Zoom
16 Oct	Managing Responsive Behaviours	Zoom
13 Nov	A Reminiscence Programme for Persons with Dementia	Zoom
20 Nov	What is Good Death?	Zoom
18 Dec	Resiliency Workshop	Zoom
8 Jan	Oral Hygiene in Persons with Dementia	Zoom
15 Jan	Motivation in Caregiving	Zoom
19 Feb	Communication: The He(ART) of Validation	Zoom
26 Feb	Sexual Behaviours & Intimacy in Dementia	Zoom
12 Mar	Impact of Environment on Dementia	Zoom
19 Mar	Medications in Dementia Care	Zoom

Note: Resumption of physical support group sessions in 2021/2022 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
23 Oct	中医视角: 睡眠与情绪的调理	Zoom
27 Nov	晚期失智症的 Namaste Care	Zoom
18 Dec	失智症人士的口腔卫生	Zoom
22 Jan	与亲人一同参与艺术	Zoom
26 Mar	人生之 善终、善别、善生	Zoom

注: 2021/2022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
2 Oct	Mengatasi Emosi Seorang Penjaga	Zoom
4 Dec	Menggunakan Aktiviti Inovatif untuk Berinteraksi bersama Pesakit Demensia	Zoom
12 Feb	Menjaga Orang yang Menghidap Demensia: Apa Perbezaan yang Boleh Kita Buat?	Zoom

Nota: Sambungan semula sesi kumpulan sokongan penjaga secara fizikal pada tahun 2021/2022 tertakluk pada garis panduan. Topik dan jadual tertakluk kepada perubahan tanpa notis.

CLOSED CAREGIVER SUPPORT GROUP

NEW CAREGIVERS

10.30am - 12.30pm | Register by 1 Feb 2022

Overall Objectives:

- Enhance understanding of dementia using virtual reality (VR) technology
- Equip new caregivers with knowledge and skills for the caregiving journey
- Create a supportive environment for new caregivers for open discussion and foster support network between fellow caregivers

Who should attend:

- Family caregivers who are caring for their loved ones diagnosed with dementia for **3 years or less**, and
- Able to speak and comprehend English and able to commit to attending **all 5 sessions** of this support group.

DATE	TOPIC	VENUE
26 Feb 2022	Introduction - Who are We	CSS
5 Mar 2022	Experiencing EDIE: A VR Experience	CSS
12 Mar 2022	Knowing Dementia	CSS
19 Mar 2022	Communication and Activities	CSS
26 Mar 2022	Caregiving Emotions and Self-care	CSS

*In view of COVID-19 and safe restriction measures, we are only able to finalise the details nearer to the sessions. Thank you for your understanding.

CAREGIVER SUPPORT GROUP VENUES

CSS	Caregiver Support Services 20 Bendemeer Road, #01-02, BS Bendemeer Centre, S(339914)
Zoom	Online session via Zoom

TO REGISTER

Call our Dementia Helpline at **6377 0700** or register online at dementia.org.sg/csg. Alternatively, email us at info@dementia.org.sg. Caregiver support groups are free of charge (unless specified).

Caregiver Training Schedule

OCT 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)	
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

Dementia Singapore Academy 20 Bendemeer Road, #01-02, BS Bendemeer Centre, S(339914)

TO REGISTER

Call our Dementia Helpline at **6377 0700** or register online at dementia.org.sg/fdw.

Alternatively, email us at caregivertrg@dementia.org.sg.

Training classes are subjected to cancellation if the class does not meet the minimum class size.