

# Caregiver Support Schedule

**APR 2022 TO SEP 2022**

## CAREGIVER SUPPORT GROUP (ENGLISH)

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

DATE	TOPIC	VENUE
9 Apr	Community Resources - Where Can We Go For Help?	Zoom
16 Apr	Namaste Care	Zoom
14 May	Managing Challenging Behaviours in Dementia Care	Zoom
21 May	Managing Food Nutrition and Meals	Zoom
11 Jun	Advance Care Planning for Persons with Dementia	Zoom
18 Jun	Advance Stage Dementia: What do I need to know?	Zoom
9 Jul	Assistive Technology in Dementia Care	Zoom
16 Jul	Activities Engagement for Persons with Dementia	Zoom
13 Aug	Personal Hygiene in Dementia	Zoom
20 Aug	Emotion Regulation in Caregiving	Zoom

Note: Resumption of physical support group sessions in 2022/2023 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 Apr	照护者的自我关爱	Zoom
28 May	与失智症人士一同进行活动	Zoom
25 Jun	与失智症人士沟通	Zoom
23 Jul	失智症护理之：药物	Zoom
27 Aug	早期至中期失智症护理	Zoom

注：2022/2023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
9 Apr	Mencari Erti dalam Pengasuhan	Zoom
4 Jun	Perancangan Penjagaan Awal (ACP) dan Surat Kuasa Berkekalan (LPA)	Zoom
6 Aug	Sumber Bantuan Masyarakat	Zoom

Nota: Sambungan semula sesi kumpulan sokongan penjaga secara fizikal pada tahun 2022/2023 tertakluk pada garis panduan. Topik dan jadual tertakluk kepada perubahan tanpa notis.

## CLOSED CAREGIVER SUPPORT GROUP WORKING ADULT CAREGIVERS

10.30am - 12.30pm | Register by 1 May 2022

### Overall Objectives:

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

### Who should attend:

- Family caregivers who are caring for their loved ones formally diagnosed with dementia, and
- Are currently also working full-time/part-time, and
- Able to speak and comprehend English, and
- Able to commit to attending **all 5 sessions** of this support group.

DATE	TOPIC	VENUE
4 Jun	Introduction - Who are We	CSS
11 Jun	Experiencing EDIE: A VR Experience	CSS
18 Jun	Knowing Dementia	CSS
25 Jun	Communication and Activities	CSS
2 Jul	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. **All registered participants must be fully vaccinated.**

## CAREGIVER SUPPORT GROUP VENUES

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

## TO REGISTER

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

Schedule is accurate as of publishing date and is subject to changes. Visit our website for updates.

# Caregiver Training Schedule

APR 2022 TO MAR 2023

## 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. **All registered participants must be fully vaccinated.**

DATE	OUTLINE
<b>CORE MODULE: ESSENTIALS OF DEMENTIA CARE (9AM-5PM)</b>	
23 April 2022 16 July 2022 8 October 2022 7 January 2023	<ul style="list-style-type: none"> <li>• Signs and symptoms of dementia</li> <li>• Causes and stages of dementia</li> <li>• Behavioural changes and ways to manage them</li> <li>• Impact of dementia on communication</li> <li>• Ways to communicate with the person with dementia effectively</li> </ul>
<b>ELECTIVE MODULES (9.30AM - 12.30PM)</b>	
3 September 2022	<b>EVERYDAY CARE</b> <ul style="list-style-type: none"> <li>• Impact of dementia on Activities of Daily Living (ADL)</li> <li>• Assist person with dementia using the Prepare, Involve &amp; Comfort (PIC) model</li> </ul>
12 November 2022	<b>MEANINGFUL ACTIVITIES</b> <ul style="list-style-type: none"> <li>• Identify appropriate activities for the person with dementia</li> <li>• Engage the person with dementia in meaningful activities</li> </ul>

## 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](https://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](https://dementia.org.sg/fdw).

Alternatively, email us at [caregivertrg@dementia.org.sg](mailto:caregivertrg@dementia.org.sg).

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