



Caregiver Support Schedule

OCT 2022 TO MAR 2023

CAREGIVER SUPPORT GROUP (ENGLISH)

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

DATE	TOPIC	VENUE
8 Oct	Traditional Chinese Medicine in Dementia Care - Mood and Sleep Improvement	JP
15 Oct	Mild to Moderate Stage Dementia	Zoom
12 Nov	Providing Comfort and Quality of Life in End-Stage Dementia	Zoom
19 Nov	Lasting Power of Attorney (LPA) and Mental Capacity Act	Zoom
10 Dec	Mentally Stimulating Activities for People with Dementia	JP
14 Jan	Dental Care for Persons with Dementia	TP
11 Feb	Environment Matters: Impact of Environment on Dementia Care	JP
18 Feb	Dementia: How It Affects Swallowing, Communication and Mealtime	Zoom
11 Mar	Communication: The He(ART) of Validation	Zoom
18 Mar	Understanding Nursing Homes	TP

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
22 Oct	了解疗养院	Zoom
26 Nov	如何应付失智症人士的多变行为	Zoom
17 Dec	中期至晚期失智症护理	Zoom
25 Feb	失智症护理之：饮食均衡	Zoom
25 Mar	失智症护理之：个人卫生	TP

KUMPULAN SOKONG PENJAGA (MELAYU)

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

TARIKH	TOPIK	LOKASI
1 Oct	Menangani tingkah laku responsif dalam penjagaan Demensia	Zoom
3 Dec	Menangani masalah pembuangan air kecil dan besar dalam demensia?	Zoom
4 Feb	Pencegahan dari jatuh dan Keselamatan di dalam rumah	Zoom

CLOSED CAREGIVER SUPPORT GROUP

ONBOARD A CAREGIVER'S FLIGHT

10.30am - 12.30pm | Register by 17 Oct 2022

Overall Objectives:

- Enhance understanding of dementia using virtual reality (VR) technology
- Support caregivers to find meaning and purpose in caregiving
- Foster and enhance support for caregivers

Who should attend*:

- Family caregivers who are caring for their loved ones formally diagnosed with dementia; and
- Single (i.e. not married, widowed or divorced), and
- Able to speak and understand English and can commit to attending all 5 sessions of this closed support group.

*All abovementioned criteria must be met.

DATE	TOPIC	VENUE
19 Nov	The Pilot - Journey Begins	CSS
26 Nov	The Passenger - Understanding Persons Living with Dementia Through EDIE	CSS
3 Dec	The Fellow Comrades - Sharing From Invited Caregiver(s)	CSS
10 Dec	The Crew - Overcoming Turbulence Together	CSS
17 Dec	Onward the Next Flight - Moving On	CSS

CAREGIVER SUPPORT GROUP VENUES

CSS	Caregiver Support Services 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 dementia.org.sg/csg.

Alternatively, email us at registration@dementia.org.sg. Caregiver support groups are free of charge (unless specified).

Caregiver Training Schedule

OCT 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
CORE MODULE: ESSENTIALS OF DEMENTIA CARE (9AM-5PM)	
8 October 2022 7 January 2023	<ul style="list-style-type: none"> • Signs and symptoms of dementia • Causes and stages of dementia • Behavioural 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)	
TBC	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
12 November 2022	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.