

Caregiver Support Schedule

APR 2023 TO SEP 2023

CAREGIVER SUPPORT GROUP (ENGLISH)

2.30pm to 4.30pm (Participants to be present by 2.15pm)

DATE	TOPIC	VENUE
1 Apr	Fall Prevention & Home Safety	JP
15 Apr	Financial Planning for Persons with Dementia	Zoom
13 May	Assistive Technology In Dementia Care	Zoom
20 May	Medications in Dementia Care	CSS
10 Jun	Managing Emotions in Caregiving	JP
17 Jun	Incontinence in Dementia Care	Zoom
15 Jul	When Is It the Right Time? — Nursing Homes And Other Care Arrangements	Zoom
22 Jul	Effective Communication with Persons Living with Dementia	CSS
12 Aug	Music Activities For Persons With Dementia	JP
19 Aug	Managing Responsive Behaviors in Dementia Care	Zoom

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
29 Apr	失智症护理：实体与社交环境的影响	Zoom
13 May	中医视角：睡眠与情绪调理	DSC
24 Jun	持久授权书与预先护理计划	Zoom
29 Jul	照护者的情绪管理	DSC
26 Aug	失智症护理：失禁	Zoom

*Caregivers have to commit to all sessions

*照护者需出席所有小组会议

KUMPULAN SOKONG PENJAGA (MELAYU)

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

TARIKH	TOPIK	LOKASI
6 May	Mindfulness dalam penjagaan pesakit dan diri sendiri	Zoom
8 Jul	Menangani tingkah laku responsif dalam penjagaan Demensia	Zoom
2 Sep	Penjagaan Palliatif untuk pesakit Demensia	Zoom

CLOSED CAREGIVER SUPPORT GROUP

THE NIGHT OWL*

7.30pm - 9.00pm | Register by 28 May 2023

DATE	TOPIC	VENUE
28 Jun	Introduction & Knowing Dementia	CSS
3 Jul	Experiencing EDIE: A VR Experience	CSS
12 Jul	Wisdom through Hardship - Managing Changing Behaviors	CSS
19 Jul	"Hoot Hoot" — Communication with the Persons with Dementia	CSS
26 Jul	Activity Engagement for Persons with Dementia	CSS
2 Aug	Flies through the journey	CSS

CLOSED CAREGIVER SUPPORT GROUP (CHINESE)

照护的你，一样重要*

10.30am - 12.30pm | Register by 1 Jun 2023

DATE	TOPIC	VENUE
1 Jul	自我介绍 — 谁是照护者	CSS
8 Jul	通过虚拟环境了解失智症	CSS
15 Jul	照护的情绪	CSS
22 Jul	照护的支援	CSS
29 Jul	照护的身心健康	CSS

CAREGIVER SUPPORT GROUP VENUES

CSS	Caregiver Support Services 20 Bendemeer Road, #01-02 BS Bendemeer Centre, S(339914)
DSC	Dementia Social Club 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)
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).

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

Caregiver Training Schedule

APR 2023 TO SEP 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)	
29 Apr 2023 29 Jul 2023 7 Oct 2023 13 Jan 2024	<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)	
2 Sep 2023	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
18 Nov 2023	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: \$198 (before CTG) or minimum \$10* co-payment (after CTG)

Each Elective Module: \$100 (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.