

Caregiver Support Schedule

OCT 2023 TO MAR 2024

CAREGIVER SUPPORT GROUP (ENGLISH)

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

DATE	TOPIC	VENUE
14 Oct	Skin Care for Elderly	JP
21 Oct	Preparation for End-of-Life Care in Dementia	Zoom
4 Nov	Caring for Caregivers using Art	Zoom
25 Nov	Meaningful Engagement for Persons with Dementia	CSS
2 Dec	Grief and Loss in Caregiving	Zoom
13 Jan	Personal Hygiene in Mild to Moderate Dementia	Zoom
20 Jan	Traditional Chinese Medicine in Dementia	CSS
3 Feb	Providing Comfort and Quality of Life in End Stage Dementia	JP
9 Mar	Managing Food Nutrition and Meals	Zoom
16 Mar	Mindfulness in Caregiving and Self-Care	CSS

照护者互助小组(华语)

10.30am至12.30pm (请在10.15am抵达)

日期	课题	地点
28 Oct	失智症护理之：个人卫生	Zoom
18 Nov	正念照护与自我关怀	DSC
9 Dec	失智症护理之：社区支援	Zoom
27 Jan	失智症药物须知	DSC
23 Mar	晚期失智症：舒适与生活品质	DSC

KUMPULAN SOKONG PENJAGA (MELAYU)

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

TARIKH	TOPIK	LOKASI
25 Nov	Inkontinen dalam Penjagaan Demensia	Zoom
6 Jan	Kesan Sekitaran dalam Demensia	Zoom
2 Mar	Motivasi dalam Penjagaan	Zoom

KUMPULAN SOKONGAN PENJAGA MELAYU (TERTUTUP)*

SENTUHAN KASIH

10.30 pagi hingga 12.30 petang | Daftar sebelum 30 Sept 2023

DATE	TOPIC	VENUE
14 Oct	Identity - Siapa Kita?	CSS
21 Oct	Inclusion - Memahami orang yang menghadapi Demensia melalui EDIE	CSS
28 Oct	Occupation - Cabaran yang Kita Hadapi	CSS
4 Nov	Attachment - Emosi Para Penjaga	CSS
11 Nov	Comfort and Love - Penjagaan Diri dan Memelihara Hubungan Kita	CSS

*Boleh menghadiri semua 5 sesi kumpulan sokongan ini.

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).

Caregiver Training Schedule

OCT 2023 TO MAR 2024

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)	
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)	
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.