



# Caregiver Support Schedule

APR 2024 TO SEP 2024

## CAREGIVER SUPPORT GROUP (ENGLISH)

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

DATE	TOPIC	VENUE
13 Apr	Dental Care for Persons Living with Dementia	CSS
20 Apr	Lasting Power of Attorney (LPA) and Mental Capacity Act	Zoom
11 May	Managing Emotions and Preventing Burnout in Caregiving	Zoom
8 Jun	Expressing Self through Art	CSS
22 Jun	Medications in Dementia Care	Zoom
13 Jul	Understanding Nursing Home	Zoom
3 Aug	Effective communication with Persons Living with Dementia	CSS
17 Aug	Managing changing behaviours of Persons Living with Dementia	Zoom

## 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
20 Apr	与失智症人士进行有意义的活动	DSC
25 May	自我表达(心) 艺术	DSC
29 Jun	如何应付失智人士的多变行为	Zoom
27 Jul	失智症人士的口腔卫生	DSC
24 Aug	中医视角: 如何改善消化	Zoom

## KUMPULAN SOKONG PENJAGA (MELAYU)

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

TARIKH	TOPIK	LOKASI
4 May	Ubat-ubatan Dalam Penjagaan Demensia	Zoom
6 Jul	Menangani tingkah laku responsif dalam penjagaan Demensia	Zoom
7 Sep	Penjagaan Palliatif untuk pesakit Demensia	DSC

## CLOSED CAREGIVER SUPPORT GROUP

### THE JOURNEY, TWOGATHER

10.00am - 12.30pm | Register by 10 April 2024

#### Overall Objectives:

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

#### Who should attend\*:

- Spousal caregivers who are caring for their husband/wife formally diagnosed with dementia, and
- Able to speak and comprehend English, and
- Able to attend all 5 sessions of this closed support group

DATE	TOPIC	VENUE
4 May	The Beginning – Who Am I?	CSS
11 May	Seeing the World Together – Virtual Reality (EDIE)	CSS
18 May	In Sickness & In Health – Behavior Management	CSS
25 May	To Love & To Cherish – Emotions	CSS
1 Jun	Loving You, Loving Me – Self Care	CSS

## CAREGIVER SUPPORT GROUP VENUES

CSS	<b>Caregiver Support Services</b> 20 Bendemeer Road, #01-02 BS Bendemeer Centre, S(339914)
DSC	<b>Dementia Social Club</b> 298 Tiong Bahru Road, #10-05 Central Plaza, S(168730)
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).