

# Caregiver Support Schedule

**OCT 2024 TO MAR 2025**

## CAREGIVER SUPPORT GROUP (ENGLISH)

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

DATE	TOPIC	VENUE
5 Oct	Meaningful engagement for Persons Living with Dementia	TP**
26 Oct	Skin Care for Persons Living with Dementia	Zoom
16 Nov	Understanding My Care Journey	TP**
18 Jan	Managing Swallowing and Dysphagia Issues in Dementia Care	Zoom
8 Feb	Financial and Community Resources to Support Caregiving Expenses	Zoom
15 Feb	TCM Approaches in Improving Sleep and Managing Agitation in Dementia Care	CSS**
1 Mar	Managing Food Nutrition and Meals for 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
19 Oct	了解失智症如何影响吞咽	DSC**
23 Nov	失智症护理之：维持性运动	DSC**
14 Dec	与失智症人士沟通	Zoom
22 Feb	失智症护理之：个人卫生	Zoom
15 Mar	我们不是一个人：照护者分享	DSC**

\*\*Caregivers who would like to attend this session and have no alternative caregiver for person living with dementia may register for Complimentary Eldersit, subjected to availability and confirmation. Please contact our Dementia Helpline to enquire.

## KUMPULAN SOKONG PENJAGA (MELAYU)

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

TARIKH	TOPIK	LOKASI
9 Nov	Menangani Emosi Penjaga	Zoom
11 Jan	Komunikasi dengan Pesakit Demensia	DSC
8 Mar	Sumber Bantuan Masyarakat	Zoom

## CLOSED CAREGIVER SUPPORT GROUP (MALE CAREGIVERS)

### JOURNEY WITH DEMENTIA

10.00am - 12.30pm | Register by 15 January 2025

#### Overall Objectives:

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

#### Who should attend:

- Male family caregivers (i.e. spouse, adult child, sibling) who are caring for their loved ones newly diagnosed with dementia for three years or less; and
- Able to speak and comprehend English, and
- Able to commit to attending all five sessions of this support group

DATE	TOPIC	VENUE
15 Feb	Who are we? — Understanding ourselves to prepare for the journey	CSS
22 Feb	Where are we going? — Who is "dementia" and experiencing "him" through EDIE	CSS
1 Mar	What Challenges await us? — Managing changing behaviours	CSS
8 Mar	What can we pack or prepare? — Leveraging on communication & activity engagement	CSS
15 Mar	When do we take five during the journey? — Recharging ourselves	CSS

## CAREGIVER SUPPORT GROUP VENUES

CSS	<b>Dementia Singapore 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)
TP	<b>New Horizon Centre (Toa Payoh)</b> Blk 157 Toa Payoh Lorong 1, #01-1195, S(310157)
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. Topics and venues are subjected to change without prior notice. Visit our website for updates.