

Course Summary

[Name of Course]

Basic Caregiving with a Difference (Classroom)

[Training Provider]

RasaCare Pte Ltd

[Target Participants]

Caregivers and Foreign Domestic Workers who need to assist their elderly care recipients who require assistance with their activities of daily living (e.g transferring, toileting etc)

[Synopsis]

This course aims to provide caregivers and foreign domestic workers with knowledge on how to manage expectations and skills in caring for the elderly on a daily basis. Caregivers will also be taught on coping strategies to reduce the occurrence of burnout, whilst enhancing the quality of life for both caregiver and the care recipient.

[Course Outline]

1) Introduction (10 mins)

- a. Options of Care*
- b. Roles of Caregiver*

2) Physical Care (150 mins)

- a. Proper Hand Washing Techniques*
- b. Importance of Oral Hygiene*
- c. Nutrition of Oral / NGT Feeding*
 - i. Types of Diet*
 - ii. Feeding Techniques*
 - iii. How to recognize / prevent aspiration*
- d. Personal Hygiene Management*
 - i. Toilet / Bed bath assistance*
 - ii. Skin Care*
- e. Waste Management*
 - i. Types of Waste*
 - ii. Handling and disposing of waste*
- f. Transfer & Movement / Massage*
 - i. Ambulation assistance*
 - ii. Transfer techniques*
 - iii. Passive exercise / massage*
- g. Safety & Fall Prevention*
 - i. Identify fall risk*
 - ii. Home Safety*
 - iii. Managing incidents of fall*

3. Symptoms Management (30 mins)

- a. Handling of Common symptoms*
Fever / Cough / Constipation / Skin Itch
- b. Handling of Emergency & Non-Emergency situations*

4. Medication Management (20 mins)
 - a. Organisation and storage
 - b. Types of medication and regimes
 - c. Preparation of medication
 - d. Importance of medication compliance

5. You Matters! (30 mins)
 - a. Communication with elderly
 - b. Staying 'FIT' mentally
 - c. Importance of Touch
 - d. Enjoying the journey

[Learning Outcomes]

Primary Caregiver / Foreign Domestic Helper will be able to

1. manage Care Recipient's basic physical needs at home with confidence
2. manage own emotions and prevent burnout

[Mode of Teaching]

Classroom Based

Demonstration (may have physical contact with participants)

[Venue]

TBC – Training Provider to advise

[Course fee]

Course Fee (before CTG)

SGD140

Co-Payment (after CTG)

*SGD10 **

(Subject to eligibility and the remaining amount of the care recipient's CTG, Caregiver Training Grant, which is capped at SGD200 per year)

**This course is also approved for the Foreign Domestic Worker Grant administered by the Agency for Integrated Care (AIC). Please call the Training Provider for more information.*

[Duration]

4 hours

[Trainer's Bio]

Please call the Training Provider for more information

[Enquiries]

Please contact RasaCare Pte Ltd at :-

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