

Course Summary

[Name of Course]

Palliative Care

[Training Provider]

RasaCare Pte Ltd

[Target Participants]

For Caregivers who need to be equipped with knowledge & skills, to care for their loved ones who are going through the last stage of their life.

[Synopsis]

This course aims to provide caregivers with knowledge and skills to provide physical and emotional care to Care Recipient, so as to alleviate further suffering and optimizing the quality of life of the Care Recipient.

[Course Outline]

1) Introduction (10 mins)

- a. Understanding of Palliative Care*
- b. Options available in End of Life Care*
- c. Benefits of Home Care*
- d. Roles of Caregiver*

2) Physical Care (70 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 (15 mins)*
 - a. *Explore the causes and management of symptoms
Fever / Cough / Constipation / Skin Itch*
 - b. *Handling of Emergency & Non-Emergency situations*
- 4) *Are you prepared? (25 mins)*
 - a. *Benefits of Advance Care Planning (ACP)*
 - b. *The last moments*
 - c. *What about you?*

[Learning Outcomes]

Primary Caregiver will be able to

1. *manage Care Recipient's basic physical needs at home with confidence*
2. *communicate with Care Recipient and understand his/ her needs & wishes*
3. *know what to do upon the 'departure' of the Care recipient.*

[Mode of Teaching]

Home-Based

Demonstration (may have physical contact with participants)

[Venue]

Home-Based training at the participant's or care recipient's home

[Course fee]

Course Fee (before CTG)

SGD210

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)

[Duration]

2 hours

[Trainer's Bio]

Please call the Training Provider for more information

[Enquiries]

Please contact RasaCare Pte Ltd at :-

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