

# PROVIDE CARE FOR THE ELDERLY AT HOME



## A Classroom-Based Program for Foreign Domestic Helpers (FDWG)



This is a classroom-based training program in which a typical HDB home with common furniture is simulated, enabling participants to practise and role-play in a realistic and safe environment. The topics covered include managing the day-to-day care of an elderly and understanding an elderly's basic healthcare needs.

At the end of the program, caregivers will understand the daily and basic healthcare needs of the elderly, and be equipped with the competencies to assist care recipients with activities of daily living, promote self-care and independence, and be able to better manage the demands of caregiving.



## WHO SHOULD ATTEND ?

Anyone, especially family members, and caregivers with elderly members at home.

This program is available in English, Mandarin or Bahasa Melayu.



## PROGRAM OUTLINE

At the end of this program, participants will be equipped with the skills and knowledge to:

- Provide for personal hygiene
- Assist elderly in toileting
- Provide the right nutrition
- Prevent pressure sores
- Assist with ambulation & physiotherapeutic activities
- Perform basic home care and first aid

## PROGRAM DURATION

Training hours:

**7 hours**

## PROGRAM FEE

**\$140 nett** (standard) or

**\$20 nett** (after Foreign Domestic Worker Grant<sup>^</sup>)

<sup>^</sup> Subject to eligibility and the remaining amount of FDWG capped at \$120 per month

## TRAINING VENUE

Classes are conducted at

### **CBLD Center**

261 Waterloo Street, #04-36,  
Waterloo Centre, Singapore 180261

\* Caregivers enjoy a CTG subsidy of \$200 if one is the main caregiver to an elderly person who is Singaporean/PR aged 65 years old and above, OR below 65 years old with any disabilities. The subsidy is also applied to caregivers who are foreign domestic helpers with valid work permit / employment pass.



To find out more, call us at 6399 9272 or email us at [caregivers@cbl-d-center.com](mailto:caregivers@cbl-d-center.com)