

PROVIDE CARE FOR THE ELDERLY AT HOME



A One-to-one Home-Based Training

The 'Provide Care for the Elderly at Home' is a one-to-one training program conducted by **qualified nurses** in the comfort of your own home. It aims to equip participants with the competencies to provide basic elderly care for loved ones in need at home.

On completion of the program, participants will be able to better understand the needs of the elderly and to confidently and correctly assist them in their activities of daily living. In addition, participants will also learn about various wellness supports for themselves as caregivers.



WHO SHOULD ATTEND ?

Anyone, especially family members, or domestic helpers with elderly members at home.

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



PROGRAM OUTLINE

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

- Provide for personal hygiene
- Assist elderly in safe toileting
- Prevent pressure sores
- Assist with ambulation & range-of-motion activities
- Perform basic home care and first aid

PROGRAM DURATION

Training hours:

3 hours

PROGRAM FEE

\$200 nett (standard)

\$10 nett (after Caregivers Training Grant*)

* 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.

CBLD Center For Competency-Based
Learning & Development

CENTER FOR
Caregivers

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