

# PROVIDE CARE FOR THE ELDERLY AT HOME



An Interactive Classroom-Based Learning Program



The 'Provide Care for the Elderly at Home' is a program conducted by qualified nurses. 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 daily activities. In addition, participants will also learn about various wellness supports for themselves as caregivers.



## 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:

- Understand the needs of elderly
- Provide for personal hygiene
- Assist elderly in toileting
- Provide the right nutrition
- Prevent pressure sores
- Assist with ambulation & range-of-motion activities
- Perform basic home care and first aid
- Support oneself as a caregiver

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## PROGRAM DURATION

2 days (9:00 am - 6:00 pm)

Total: **15 hours**

## TRAINING VENUE

Classes are conducted at

### **CBLD Center**

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

## PROGRAM FEE

**\$235 nett** (standard)

## FUNDING

SkillsFuture Credit

This course is eligible for SkillsFuture Credit

- \* All Singaporeans aged 25 and above can use their \$500 SkillsFuture Credit from the government to pay for a wide range of approved skills-related courses. Visit the SkillsFuture Credit website ([www.skillsfuture.sg/credit](http://www.skillsfuture.sg/credit)) to choose from the courses available on the SkillFuture Credit course directory.