

PROVIDE CARE FOR THE ELDERLY AT HOME



New special home-based programs



The 'Provide Care for the Elderly at Home' training program is 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 activities of daily living. In addition, participants will also learn about various wellness supports for themselves as caregivers.



"THE BEST GIFT
for your elderly loved one
is to be able
TO CARE FOR THEM"

1. Common Mental Illnesses in Elderly (Dementia & Depression)

DURATION	3 hrs, weekdays & weekends (except public holidays)	Program Outline <ul style="list-style-type: none">• Understand mental illnesses in elderly• Understand dementia in elderly• Understand depression in elderly• Coping with mental illness of elderly at home• Emergency response to mental illnesses of elderly at home
FEES	\$200 nett (standard)	



2 hours, weekdays & weekends (except public holidays)

2. Infection Control at Home

FEES : \$130 nett (standard)

Program Outline

- Understanding infectious diseases
- Mode of spread and potential risk
- Handwashing procedure and technique

3. Manage Medication

FEES : \$130 nett (standard)

Program Outline

- Understand different type of medication for elderly
- Interpret medication information on medication label
- Measures to be taken before and after medication
- Able to detect drug allergy reaction

4. Perform Care of Elderly with Heart-Related Conditions

FEES : \$130 nett (standard)

Program Outline

- Understand the heart anatomy and physiology
- Signs and symptoms of heart attack
- First Aid treatment during a heart attack

Who should attend?

These training programs are for anyone, especially family members, domestic helpers & caregivers with elderly members at home.

TRAINING VENUE

CBLD Center (Central Campus)
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Waterloo Centre, Singapore 180261

FOR MORE INFORMATION

Call 6339 9272
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*This program is
available in English
or Bahasa Melayu.*