

TOP-UP NOW!

to include these new specialized home-based programs

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

Program Outline

- Understand mental illnesses in elderly
- Understand dementia in elderly
- Understand depression in elderly
- Cope with mental illness of elderly at home
- Provide emergency response to mental illnesses of elderly at home

Course Details

Duration : 3 hours
Fee : \$200 nett
(standard)

2. Infection Control at Home

Program Outline

- Understand infectious diseases
- Prevent modes of spread and identify potential risks
- Learn handwashing procedures and techniques

Course Details

Duration : 2 hours
Fee : \$130 nett
(standard)

3. Manage Medication

Program Outline

- Understand different types of medication for elderly
- Interpret medication information on medication label
- Learn measures to be taken before and after medication
- Understand how to detect drug allergy reactions

Course Details

Duration : 2 hours
Fee : \$130 nett
(standard)

4. Perform Care of Elderly with Heart-Related Conditions

Program Outline

- Understand the heart anatomy and physiology
- Learn signs and symptoms of heart attack
- Provide first aid treatment during a heart attack

Course Details

Duration : 2 hours
Fee : \$130 nett
(standard)

Training will be conducted by qualified nurses. Classes are available on weekdays & weekends (except public holidays)

CBLD reserves all rights to change training dates, time and venue, as well as to cancel the class.

We will inform participants of any change prior to class.

Training venue

CBLD Center (Central Campus)

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

+65 6339 9272 www.cbld-center.com.sg caregivers@cbld-center.com.sg

PROVIDE CARE FOR THE ELDERLY AT HOME

CENTER FOR
Caregivers

Caregiver Courses (Home-based & Classroom-based)

CBLD Center For Competency-Based Learning & Development

GREAT NEWS! Enjoy up to
95%* FUNDING
AIC Caregivers Training Grant
* Terms and Conditions apply.

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



These programs are available in English, Mandarin or Bahasa Melayu.

Overview

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 your 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

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



Participants will receive a "CERTIFICATE OF ATTENDANCE" from CBLD upon completion of the training program

HOME-BASED PROGRAMS

95%*
FUNDING
AVAILABLE

1. Provide Basic Care for the Elderly at Home - (FDWG)¹

Program Outline

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

Course Details

Duration : 3 hours (weekdays & weekend class except public holidays)

Fee : \$200 nett (standard)

\$10 nett (after AIC Grant*)

2. Perform Care of Elderly with History of Stroke

Program Outline

- Understand stroke condition
- Provide post-hospital care
- Assist in daily activities that need close monitoring
- Provide moral support to elderly with stroke
- Make effective decision in the event of attack

Course Details

Duration : 3 hours (weekdays & weekend class except public holidays)

Fee : \$200 nett (standard)

\$10 nett (after AIC Grant*)

3. Perform Care of Elderly with History of Diabetes Mellitus

Program Outline

- Understand diabetes mellitus
- Understand the difference between high blood sugar and low blood sugar
- Provide care and treatment to elderly with history of diabetes mellitus
- Gain awareness on diabetes if left untreated and its complication
- Perform glucometer reading test

Course Details

Duration : 3 hours (weekdays & weekend class except public holidays)

Fee : \$200 nett (standard)

\$10 nett (after AIC Grant*)

CLASSROOM-BASED PROGRAMS

1. Provide Care for the Elderly at Home - Classroom-Based (FDWG)¹

Program Outline

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

Course Details

Duration : 7 hours, 9am-5pm
(weekend class except public holidays)

Fee : \$140 nett (standard)

\$10 nett (after AIC Grant*)

2. Provide Care for the Elderly at Home - Classroom-Based

Program Outline

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

Course Details

Duration : 15 hours, 2 days, 9am-6pm
(weekend class except public holidays)

Fee : \$235 nett (standard)

(~SkillsFuture Credit claimable)

[^] All Singaporeans aged 25 and above can use their \$500 SkillsFuture Credit from the government to pay for this course. Visit the SkillsFuture Credit website (www.skillsfuture.sg/credit) to choose from the courses available on the SkillFuture Credit course directory.

* **AIC Caregivers Training Grant** - If you are a main caregiver to an elderly person who is Singaporean/PR aged 65 years old and above, OR below 65 years old with any disabilities you are eligible for CTG subsidy of \$200. The subsidy is also applied to caregivers who are foreign domestic helpers with valid work permit / employment pass.

¹ Foreign Domestic Worker Grant