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<https://www.wings.sg/what-we-do/nsa/#homecare-for-the-aged-sick>



HOME CARE FOR THE AGED SICK



9 Bishan Place, Junction 8 Office Tower
#05-01 Singapore 579837
Tel: 6250 1012
Email: info@wings.sg
www.wings.sg



TETSUYU

60 Paya Lebar Road, #06-09
Paya Lebar Square, Singapore 409051
Tel: 6694 2677
Email: info@tetsuyuhealthcare.com
www.tetsuyuhomecare.com



TETSUYU

COURSE SUMMARY

Course Title:	Home Care for the Aged Sick
Language:	English
Date and Time:	18, 25 March, 1, 8 April 2019 Mondays, 1:30PM – 5:30PM
Duration of Course:	16 Hours over 4 Sessions
Trainers:	Society for WINGS Nurses from Tetsuyu Home Care
Venue:	Society for WINGS
Course Fee/Pax (excl. GST):	Full Fees: \$500 After NSA Subsidy: \$100 Skills Future Credits eligible
Note: NSA subsidy – Applicable to Singaporean & PR aged 50 years and above.	

COURSE OBJECTIVES

Aging population and longer life expectancy bring many common health issues such as chronic diseases, acute events, dementia, falls and pressure injuries affecting quality of life.

In this course, qualified nurses will equip participants with strategies to cope with daily care, resources to tap on and how to detect and manage caregiver stress. They will also learn how adopting the right mindset and communication skills can pave the path for better patient and caregiver outcomes.

WHAT THEY HAVE TO SAY...

Trainer elaborates and gives additional related information; was helpful & informative.
Overall, information was well explained and conveyed.

Very practical for hands-on usages. Helpful. Thanks!

I learnt how to handle patients with dementia.

DRESS CODE

Note: Participant dressing – slack/jeans, loose fit tops and appropriate footwear for demo and role-play.

No dresses or skirts.





◀ How's your oxygen saturation doing?

Transferring the aged/sick?
No problem! ▶



WHO SHOULD ATTEND?

This foundational course is designed for:

- ◆ Persons interested to prepare themselves for the aging process and/or
- ◆ Caregivers of elderly loved ones

TRAINER DETAILS

Lesson 1-3:

- ◆ SNB registered nurses from Tetsuyu with experience in eldercare, caregiver/healthcare worker training, patient counselling, wound management as well as dementia care
- ◆ Accredited by AIC as Caregiver Trainer

Lesson 4:

- ◆ Certified ACTA Trainer and Assessor from Society for WINGS

Relax! I have learnt how to take your blood pressure! ▶



◀ Let's attempt the "7 Easy Exercises to an Active Lifestyle" together!



TRAINING DELIVERY METHOD

- ◆ Lectures
- ◆ Facilitated Discussions
- ◆ Demonstrations

LESSON 1: CARING FOR SELF

- Part 1 – Understanding the Aging Process
- Part 2: Common Health Issues in Aging
- Part 3: Self Care and Preventive Strategies

LESSON 2: CARING FOR THE ELDERLY

- Part 4: Common Care Needs for Elderly
- Part 5: Mobility Assistance and Falls Prevention
- Part 6: Safe Handling & Transfer Techniques
- Part 7: Personal Hygiene & Grooming and Toileting Assistance
- Part 8: Medication Management (Caregiver Resources)
- Part 9: Feeding Assistance

LESSON 3: UNDERSTANDING DEMENTIA

- Part 10: Overview of Dementia
- Part 11: Behaviours of Concern
- Part 12: Engaging in Meaningful Activities

LESSON 4: EFFECTIVE COMMUNICATION FOR BUILDING RELATIONSHIP FOR CAREGIVERS

- Part 1: Communication Tools
- Part 2: Relationship and Conflict Management