

Course Summary

[Name of Course]

Basic Caregiving with a Difference

[Training Provider]

RasaCare Pte Ltd

[Target Participants]

Caregivers and Foreign Domestic Workers who need to assist their elderly care recipients who require assistance with their activities of daily living (e.g transferring, toileting etc)

[Synopsis]

This course aims to provide caregivers and foreign domestic workers with knowledge on how to manage expectations and skills in caring for the elderly on a daily basis. Caregivers will also be taught on coping strategies to reduce the occurrence of burnout, whilst enhancing the quality of life for both caregiver and the care recipient.

[Course Outline]

- 1) *Introduction (5 mins)*
 - a. *Options of Care*
 - b. *Roles of Caregiver*

- 2) *Physical Care (70 mins)*
 - a. *Proper Hand Washing Techniques*
 - b. *Importance of Oral Hygiene*
 - c. *Nutrition of Oral / NGT Feeding*
 - i. *Types of Diet*
 - ii. *Feeding Techniques*
 - iii. *How to recognize / prevent aspiration*
 - d. *Personal Hygiene Management*
 - i. *Toilet / Bed bath assistance*
 - ii. *Skin Care*
 - e. *Waste Management*
 - i. *Types of Waste*
 - ii. *Handling and disposing of waste*
 - f. *Transfer & Movement / Massage*
 - i. *Ambulation assistance*
 - ii. *Transfer techniques*
 - iii. *Passive exercise / massage*
 - g. *Safety & Fall Prevention*
 - i. *Identify fall risk*
 - ii. *Home Safety*
 - iii. *Managing incidents of fall*

- 3) *Symptoms Management (15 mins)*
 - a. *Handling of Common symptoms*
Fever / Cough / Constipation / Skin Itch
 - b. *Handling of Emergency & Non-Emergency situations*

4. Medication Management (10 mins)
 - a. Organisation and storage
 - b. Types of medication and regimes
 - c. Preparation of medication
 - d. Importance of medication compliance

5. You Matters! (20 mins)
 - a. Communication with elderly
 - b. Staying 'FIT' mentally
 - c. Importance of Touch
 - d. Enjoying the journey

[Learning Outcomes]

Primary Caregiver / Foreign Domestic Helper will be able to

1. manage Care Recipient's basic physical needs at home with confidence
2. manage own emotions and prevent burnout

[Mode of Teaching]

Home-Based

Demonstration (may have physical contact with participants)

[Venue]

Home-Based training at the participant's or care recipient's home

[Course fee]

Course Fee (before CTG)

SGD200

Co-Payment (after CTG)

*SGD10 **

(Subject to eligibility and the remaining amount of the care recipient's CTG, Caregiver Training Grant, which is capped at SGD200 per year)

**This course is also approved for the Foreign Domestic Worker Grant administered by the Agency for Integrated Care (AIC). Please call the Training Provider for more information.*

[Duration]

2 hours

[Trainer's Bio]

Please call the Training Provider for more information

[Enquiries]

Please contact RasaCare Pte Ltd at :-

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