

## COURSE TRAINERS

**Dr Donald Yeo** is qualified as a Clinical Neuropsychologist (Doctor of Psychology) with a special interest in aging and dementia. Through 18 years of professional practice, advanced training and clinical research, he has established deep expertise in cognitive evaluations of patients with brain disorders and providing psychological support for family caregivers. He is currently creating innovative Arts and Health community programmes to benefit elderly persons with early cognitive decline.

**Ms Koh Hwan Jing** has a broad range of experience helping Persons with Dementia, including hospital-based services, and community-based range of experience helping Persons with Dementia, including hospital-based services, and community-based services. Hwan Jing has attained the WSQ Advanced Certificate in Training and Assessment (ACTA) and is a certified instructor for Mental Health First Aid (Singapore)



For any enquiries, please contact:

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(Manpower Development)

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## Enquiries



**Mental Health**

**First Aid**

**- Older Persons**

Mental Health First Aid for Older Persons (MHFA-OP) aims to teach participants to recognise common mental health problems in older persons such as depression, dementia, anxiety, psychosis and confusion. Participants are guided through the basic first aid steps to support the older person in a mental health crisis until the person is referred for professional help. MHFA-OP trains participants to recognise mental health problems, provide initial help, and guide the affected person towards appropriate professional help.

## LEARNING OBJECTIVE

Upon completion of this programme, participants will be able to:

- Know what constitutes mental health issues
- Recognise and provide initial help to older persons with common mental health problems such as depression, dementia, anxiety and psychosis.
- Learn the basic first aid steps that are used to support the older person in mental health crisis until the person is referred for professional help.



## COURSE OUTLINE

### Module 1

- 1) Introduction to Mental Health
- 2) Psychosis in the older person

Practical First Aid:

- What to do if a psychotic older person is threatening violence
- What to do if the person does not want help

### Module 2

- 3) Anxiety disorders in the older person

Practical First Aid:

- How to help the older person having panic attacks
- How to help the older person who has experienced a traumatic event

### Module 3

- 4) Depression in the older person

Practical First Aid:

- How to help the older person having suicidal ideas

### Module 4

- 5) Confusion in the older person

Practical First Aid:

- How to help the older person who is confused
- 6) Promoting Good Mental Health and Self-care

## TEACHING METHODOLOGY

Lectures, role plays and discussions

## TARGET AUDIENCE

Anyone who works with/ have contact with mental health patients

## COURSE FEES (Inclusive of GST)

Healthcare VWOs and Private Nursing Homes with portable subsidies:

Singaporeans & SPRs = \$28.21

Non-Singaporeans & Non-SPRs = \$121.42

Any other organisations = \$214.64

## COURSE DURATION & CLASS SIZE

2 Full days workshop

Maximum 25 participants

