

## Enquiries



For any enquiries, please contact:

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How to Assists Clients to

Perform Therapeutic Exercises in

Centre-based and Nursing Homes

The objective of this workshop is for Therapist Assistants to be better equipped with skills necessary to assist the Therapists/ Therapy Aides in performing therapeutic exercises for the clients and follow-up with proper reporting and documentation.

## LEARNING OBJECTIVE

At the end of the workshop, participants will be able to:

1. Understand common physiological change in the elderly and the effect of immobilization
2. Understand different types of therapeutic exercise and benefits
3. Understand principle of exercise prescription
4. Understand precaution and contra-indications to exercises for specific groups
5. Learn how to assist patients during exercise through instructions, demonstration and providing feedback via practical sessions
6. Conduct therapeutic exercises via practical session/ assessment
7. Understand the importance of progression of therapeutic exercise and to recognize when to report to therapist for progression of exercise
8. Perform proper reporting and documentation
  - \* Highlighting key ideas using topic sentences
  - \* Elaborating each idea
  - \* Using point form for listing salient ideas
  - \* Getting the tense right

## COURSE OUTLINE

### Day 1 (full day)

- Identifying common physiological changes in the elderly.
- Understanding common terms in physical assessment of the elderly.
- Group work and case studies
- Knowing the types of exercise and their benefits
- Understanding the principle of exercise prescriptions
- Practical session - strengthening specific group of muscles
- Precautions and Contradictions to exercises for specific group
- Practical session - Conduct group exercises

## COURSE OUTLINE

### Day 2 (half day)

- Group Assessment :  
Participants are to be divided into 3 groups for group assignments
- Individual Assessment:  
Sharing to the class on reporting and documentations
- Importance of progression of therapeutic exercises
- Question and Answer session (Q & A)
- Post workshop assessment

## TARGET AUDIENCE

Therapist Assistants in Nursing Homes and Centre-based settings

## COURSE FEES

For Healthcare VWOs and Nursing Homes with Portable Subsidies:

Fees for Singaporeans & PRs = \$25.81 per pax

Fees for Foreigners = \$108.27 per pax

Fees for Singaporeans & PRs and any others = \$190.73 per pax

## VENUE, DATE & TIME

Date: 24 & 25 May 2017

Time: 9am to 5pm (day 1); 9am to 1pm (Day 2)

Venue: AIC Learning Institute @ City Square Mall  
Address: City Square Mall, 180 Raffles Road,  
#06-05/06, Singapore 208539

## TEACHING METHODOLOGY

Pre-assessment quizzes , Lectures, Practical sessions, Discussions etc