

COURSE TRAINER

Ms Alice Tok Mui Peng

Ms Alice Tok Mui Peng, MCounselling, BA in Children & Family Education, Adv Dip in Early Childhood Studies, is a family education consultant and trainer with more than 15 years of experience in education and counselling, specialising in children and families.

She is also a counsellor and family life resource speaker. Over the years, she has vast experience in conducting interactive talks/workshops for singles, couples, parents and teachers in various settings such as childcare centres, kindergartens, parents' support groups, churches, social organisations and family service centres.



For any enquiries, please contact:

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Enquiries



Introduction to Caregiver

Journey, Landscape

And Resources

COURSE OUTLINE



The programme aims to equip all healthcare professionals who come in contact with Caregivers (particularly for new staff) by providing them with adequate knowledge and skills to better understand the caregiver journey, landscape and resources, to be able to identify stressed Caregivers to assist and re-direct the identified Caregivers to community for necessary resources and follow-up, as well as provide adequate and suitable Caregiver support.

COURSE DURATION



4-hr

TARGET AUDIENCE



Healthcare Professionals including Centre Managers, Therapists, Staff Nurses, Therapy / Nursing Aides, Assistants and Healthcare Assistants, who have direct contact with caregivers of the elderly

COURSE OUTLINE



- Overview of Caregivers in local landscape
 - Introduction to caregivers – i.e. who are caregivers?
 - Impact of aging population on caregivers
 - Trends of caregiving
 - Importance in providing support to caregivers

COURSE OUTLINE



- The Caregiver's Journey and Challenges
 - Explain the stages involved in caregiving
 - Understand the common challenges faced throughout the journey
 - Elaborate with relevant Case Studies
- Identifying Caregiver Stress
 - Causes, Symptoms and consequences
 - Types of stress (including depression and burnout etc)
 - Identify stressed caregivers (include a simple needs checklist/assessment, and standardized assessment tools such as Zarit Burden Interview, WHO-5 Well-being Index etc.)
- Caring for the Caregivers
 - Various concepts of care for the caregivers
 - Eg. care triad, family-centred approach vs patient-centred approach
- Providing Support to Caregivers
 - Types of interventions that can help Caregivers
 - Community Resources
 - How to make a referral
 - Case Studies
- Effective Communication with Caregivers
 - Identify relationship builders and destroyers
 - Identify communication barriers
 - Tips on how to build cooperative relationships with Caregivers

COURSE FEES



For Healthcare VWOs and Nursing Homes with Portable Subsidies:

Fees for Singaporeans & PRs = \$18.10 per pax

Fees for Foreigners = \$65.84 per pax

Fees for any other Organization = \$113.58 per pax

VENUE, DATE & TIME



Venue: AIC Learning Institute @ City Square Mall

Address: City Square Mall, 180 Kitchen Road, #06-05/06, Singapore 208539

Schedules :

- Run 1 : 30 May 2017, 9.30am—1.30pm
- Run 2 : 28 September 2017, 9.30am—1.30pm