

St Luke's Hospital

Caregivers Support Programme (Caregivers Training Grant available for participants)

Want to be an effective Caregiver?



Objective

To equip caregivers for the elderly with caregiving knowledge and skills to better care for their loved ones and themselves.

Topics for the 4 sessions (conducted in English)

- ✓ Falls Prevention At Home and In Community and Use of Mobility Aids
- ✓ Good Nutrition for the Elderly
- ✓ Skin Care and Medications for the Elderly
- ✓ Utilizing Community Resources and Support in Caregiving

Who should attend?

Family member or domestic helper who is taking care of a senior or person with disability (eg. stroke).

Venue

St Luke's Hospital
Conference Room (level 2)
2 Bukit Batok Street 11
Singapore 659674

Class Size: 15 per session

Course Duration: 2 hours

Course Fee: \$50@ session

FREE for those eligible for full subsidy from the Caregivers Training Grant (CTG)

Who can qualify for Caregivers Training Grant?

- ✓ A caregiver looking after either a Person with Disability (PWD) or Senior (age 65 and above) who is a Singapore Citizen or Permanent Resident;
- ✓ Complete the pre-approved training course and receive the Certificate of Attendance

The CTG provides up to \$200 subsidy per financial year for caregivers of a PWD or Senior

To apply for CTG, please submit the CTG Application Form, together with a photocopy of the Senior's NRIC to St Luke's Hospital **at least 2 weeks** prior to the commencement of training course.

Enquiry

For more information, you may contact us at
Tel: 6563-2281 (ext.213)
Fax: 6564 9557 or
Email: careconnect@slh.org.sg

Registration

The Registration Form must be accompanied with

- ✓ \$5 registration fee for those applying for CTG. The registration fee is refundable subjected to completion of course.
- ✓ Full payment of \$50@ session for those not applying for CTG.

Confirmation of registration is at the discretion of St Luke's Hospital and is subject to first come first serve basis.

The CTG Application Form is available at St Luke's Hospital's resource centre - CareConnect. Alternatively, it can also be downloaded from St Luke's Hospital's website at www.slh.org.sg

Modes of payment

By cash - payable at CareConnect at St Luke's Hospital

By cheque - payable to "St Luke's Hospital"
Address: St Luke's Hospital
C/o CareConnect
2 Bukit Batok Street 11
Singapore 659674

(On the reverse side of the cheque, please indicate your Name and "Caregivers Support Programme")

For more information on CTG, please refer to Centre for Enabled Living Ltd (CEL) website at www.cel.sg

Registration Form

Please tick choice of talks

Session 1 Session 3
Session 2 Session 4

Particulars of Applicant (Caregiver)

Name: _____

Date of Birth: _____

NRIC/Passport No.: _____

Address: _____

_____S(_____) Gender: Male/ Female

Contact: _____ (H) _____ (HP)

Email: _____

Particulars of Senior/ PWD

Name: _____

NRIC No.: _____ Age: _____

Citizenship: _____ Gender: Male/ Female

Applicant's relationship with the Senior/ PWD:

Father/ Mother/ Husband/ Wife/ Son/ Daughter

Domestic Helper/ Others (pls. specify: _____)

Nature of disability (if applicable): _____

Official Use:

Applying for CTG: Yes/ No

Receipt No: _____ Date: _____

Are you applying for Caregivers Training Grant?

If **yes**, please complete the Caregivers Training Grant Application Form

SESSION	DATE	TOPIC FOR THE MONTH
1	10 July 2010 Saturday 2pm - 4pm	Use of Mobility Aids and Falls Prevention At Home and In Community (Focusing on the use of mobility aids and safety measures to adopt for falls prevention at home and in community)
2	14 August 2010 Saturday 2pm - 4pm	Nutrition In the Elderly (Focusing on the importance of nutrition and the disease relationship/ maintaining a healthy diet in the elderly)
3	18 September 2010 Saturday 2pm - 4pm	Skin Care and Medications for the Elderly (Focusing on the importance of grooming, hygiene, skin care for the elderly and prevention of pressure sores; managing and organizing medications at home, the benefits and side effects of medications)
4	9 October 2010 Saturday 2pm - 4pm	Utilizing Community Resources and Support in Caregiving (Focusing on the importance of self-care, maid supervision and knowledge of community resources available)