

# PROF – 9201: Professional Certificate in Caregiving of the Elderly & Disability (*with Dementia Care*)

## Course Objective:

- assist the participant with a proper and basic caring skill, knowledge & confidence to provide a quality care to care recipient (i.e. senior citizens, disabilities, strokes, dementia) after the training

## Course Contents:

### Module 1: Accidents & Emergencies Care for the Elderly & Disability (with CPR + AED Training)

- Understand some common factors & illnesses affecting to the elderly/disability
- Identify the potential risks & accidents to the elderly/disability caused by the common illnesses, diseases or environment
- Understand the measuring skill of vital signs correctly & practice correctly
- Manage abnormal blood pressure & blood sugar level appropriately
- Understand & provide the proper management to the fall incident
- Foreign Body Airway Obstruction (FBAO) Management (Adult)
- Cardio Pulmonary Resuscitation (CPR) – One Man CPR (Adult)
- Automated External Defibrillator (AED) usage



### Module 2: Personal hygiene & grooming

- Understand & practice infection control
- Understanding all basic & essential personal hygiene and grooming procedures
- Assist & promote proper personal hygiene & grooming to older persons
- Build up adequate skill, knowledge and confidence to provide a quality care to older persons properly
- Handle the waste & used linen properly



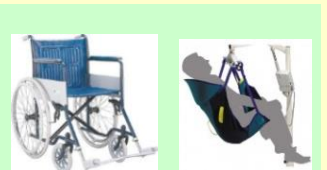
### Module 3: Pressure Ulcer Care

- Understand Basic Pressure Care (Bed Sore) Care (i.e. causes, prevention and basic management / treatment)
- Prepare a correct skill to prevent, minimize and perform a basic management / treatment of the pressure ulcer (bed sore) to the older person



### Module 4: Transferring, lifting & moving techniques with or without equipment

- Understanding of mobility equipment (types / usage)
- Understanding of transferring equipment (types / usage)
- Apply proper transferring, lifting and moving skills & techniques (i.e. bed to wheelchair by one man transfer or two man transfer)
- Management of mobility equipment



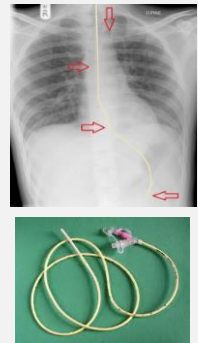
### **Module 5: Support Care Recipients to meet their needs & Basic Medication Management**

- Understanding different types of personality
- Practice effective Communication between older persons and caregivers
- Understand the basic human needs
- Understand Holistic Care
- Understand different types of personality
- Understanding of Oral Feeding
- Perform proper management of medication



### **Module 6: Feeding Techniques – Tube Feeding (Nasogastric Tube)**

- Understanding of Nasogastric (NG) Tube
- What are the benefits of Nasogastric Insertion & Feeding?
- What are the risks of Nasogastric Insertion & Feeding?
- Management
  - Checking tube position before feeding
  - Securing and monitoring the tube



### **Module 7: Suction Techniques – Oral Suction (by Suction Pump)**

- Understanding of suctioning objective
- Understanding of suctioning management (suctioning of pharynx)
- Management of suctioning equipment



### **Module 8: Dementia Care Management**

- Definite Dementia
- Types of Dementia
- Identification of Dementia
- Different stages & development of Dementia
- Care Management Care Recipients with Dementia



### **Module 9: Caregivers Stress Management**

- Understanding of Stress
- Understanding of Depression
- Risk factors of Stress
- Management of Stress



### **Module 10: End of Life (Loss, Grief & Bereavement)**

- Define: Loss, Grief and Bereavement
- Overview of Loss, Grief and Bereavement
- Caregiver's Role
- Factors influencing the Grief Process
- Caregiver: Prevention of Compassion Fatigue



## Medium of Training

- *English*

## Training Methodology

- Each module includes **classroom** (theory), **practice** (simulation) and **assessment** (oral questions, written test + practical performance or return demonstration)

## Certification

- If participants are able to meet the assessment criteria, participants will be rewarded **Certificate in Achievement**

### Semester 1

Certificate in Caregiving of the Elderly & Disability

### Semester 1 & Semester 2

Professional Certificate in Caregiving of the Elderly & Disability

## Course Duration

- **48 Hours (4 hours x 12 Sessions)**

## Attendance Requirement

- **90%** in each module

## Entry Requirements

- 1 years working experience
- Able to read, speak and understand English in Secondary School Level

## Course Fee

<u>Course Fee (effective from FY2024)</u>	<u>Payment</u>
<b>S\$760</b> (after <b>Caregivers Training Course Rebate / CTCR</b> with <b>50%</b> off)	Payment Mode <b>(Online Banking / Internet Banking / PayNow ONLY)</b>
<u>Regular Course Fee</u> Semester 1: S\$720 Semester 2: S\$800 Total: <b>S\$1520</b>	<b>S\$760</b> <i>Semester 1 (Module 1 – 5) / 1<sup>st</sup> Payment: S\$360 (Regular Course Fee: S\$720)</i> <i>Semester 2 (Module 6 – 10) / 2<sup>nd</sup> Payment: S\$400 (Regular Course Fee: S\$800)</i>

## Training Venue

### **Venue:**

### **Home Instead Training Room**

469 Joo Chiat Road

#02 – 00

Singapore 427679

(**Raffles Medical Clinic** @ 1/F)

## Registration / Enrollment / Enquiry For Next Intake (**commencing in Jan 2024**)

**Hotline: +65 6258 2801**

**Email: [training@sqcaregiver.org](mailto:training@sqcaregiver.org)**