

First Aid for the Elderly – 8 hours

This First Aid for the Elderly course is designed specially to enable caregivers of the elderly to respond promptly and effectively if someone they are caring for is injured or taken ill.

Our first aid trainers all have experienced in accident and emergency situations in addition to their skills as first aid instructors. By including real life situations as part of our training we can enhance the learning experience and make our courses much more relevant and interesting.

If you are not sure which first aid course you need or would like help assessing your needs, please call **(6258 2801)** or email us (training@sgcaregiver.org) with your enquiry

COURSE CONTENTS

Part I

- Responding appropriately to a first aid emergency
- Understanding how ageing impacts on the elderly
- Recognizing the symptoms of some common disease for the elderly

Part II

- Common incidents for the elderly
- Common causes of unconscious
- Management of unconscious casualty
- Basic Life Saving Techniques
 - Foreign Body Airway Obstruction (FBAO) Management – Heimlich Maneuver
 - Cardio Arrest Management – Cardiopulmonary Resuscitation (CPR)

Part III

- Basic Understanding of Medication Management
- First Aid Kit contents

Duration: 8 Hours

- 6 Hours (Theory/Practical) + 2 Hours (Assessment)

Attendance requirement for assessment

- 100% course attendance is required to sit for the assessment

Completion Certificate

- *Certificate of Achievement of First Aid for the Elderly* will be awarded to those who are completion of the training and achieve the assessment requirement

Course Venue Enquiry

- **Singapore Caregiving Academy**
- 705 Serangoon Road (Kwong Wai Shiu Hospital Training Room) Singapore 328127

Course Fee:

- S\$80.00 per participant

APPLICATION & PAYMENT

Application:

Step 1: Complete the **Course Registration Form**

Step 2: Submit the Completed Course Registration Form with participant's or trainee's NRIC (Front & Back), or Passport or Work Permit copy (Front & Back) together at least 12 working days before the course commences

Step 3: Submission Method

- By Email: training@sgcaregiver.org
- By Fax: (65) 6259 3958
- By Post:

*Singapore Caregiving Academy
(c/o Kwong Wai Shiu Hospital)
705 Serangoon Road
Singapore 328127*

(Note: If submit by email/fax, the original copy of Course Registration Form must be submitted on the first training day)

Payment:

Method 1: By Cash

Method 2: By Cheque

- Write down the Name of Course / Course Date / Name of Trainee on behind of the cheque
- Make the cheque payable to: **Singapore Caregiver Training & Consultancy Pte. Ltd.**
- Mail to:

*Singapore Caregiving Academy
(c/o Kwong Wai Shiu Hospital)
705 Serangoon Road
Singapore 328127*

(Note: At least 12 working days before the course commences to settle the payment)

Enquiry

- Hotline: **6258 2801** or training@sgcaregiver.org