

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



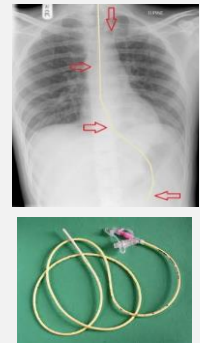
Module 5: Support Care Recipients to meet their needs & Basic Medication Management

- 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 FY2026)</u>	<u>Payment</u>
<p style="text-align: center;">S\$800 (after <i>Caregivers Training Course Rebate / CTCR</i> with 50% off)</p> <p><u>Regular Course Fee</u> Semester 1: S\$800 Semester 2: S\$800 Total: S\$1600 (before any funding)</p>	<p style="text-align: center;">Payment Mode (<i>Online Banking / Internet Banking / PayNow ONLY</i>)</p> <hr/> <p style="text-align: center;">S\$800 (after funding)</p> <p><i>Semester 1 (Module 1 – 5) / 1st Payment: S\$400 (Regular Course Fee: S\$800)</i> <i>Semester 2 (Module 6 – 10) / 2nd Payment: S\$400 (Regular Course Fee: S\$800)</i></p>

Registration / Enrollment / Enquiry For Next Intake in FY2026

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