

**Caregivers Training Grant (for Caregivers of Persons Needing Care)
Approved (Elderly) Training Programmes (as at 1st April 2011)**

S/N	Training Provider	Course Name	Course Ref No	Objectives	English [Y/N]	Chinese [Y/N]	Course Duration (Hrs)	Course Fee	Minimum Co-Payment Amount
1	Society for the Physically Disabled Tel: 6587 7611	Activity of Daily Living and Wheelchair Transfer	CTG/2011/0005/001	<ul style="list-style-type: none"> Understand and apply of the various techniques in facilitating the care and independence in Basic Activities of Daily Living (BADL) Increase awareness of the various assistive devices appropriate to facilitate care and independence in BADL according to the needs of the individual patient. Demonstrate ability to adopt the appropriate transfer technique according to the individual patient. 	Y	N	2	\$200.00	\$10.00
2		Stroke-Features for Caregivers to Note	CTG/2011/0104/001	<ul style="list-style-type: none"> Educate caregivers about Stroke Educate caregivers about the stages of recovery following Stroke Educate caregivers about the disability following Stroke Understand the salient features of Stroke that needs care and caution 	Y	N	1	\$20.00	\$10.00
3	HCA Hospice Tel: 6251 2561	Caregiver Training Programme (Palliative Care)	CTG/2011/0029/001	<ul style="list-style-type: none"> Empower caregivers with the skills & knowledge to provide care for the patient and cope emotionally with patients with life limiting illness at home. Better understand the patient's feelings and needs. Besides looking after the patient, the participant will learn to care for themselves in handling stress and emotional needs in the home. 	Y	N	5	\$120.00	\$10.00
4	IMH	Caregiving for Persons with Depression	CTG/2011/0032/001	<p>This caregiving training programme aims to:</p> <ol style="list-style-type: none"> educate caregivers about the causes, symptoms & treatment options for Depression provide a platform to share and hear from others on common issues, concerns and challenges by caregivers equip caregivers on ways to help loved ones in their recovery process equip caregivers with skills for effective communication with loved ones provide coping strategies for loved one's self harm behaviours provide strategies to caregivers to manage caregivers' fatigue, self care and management inform on available resources for caregiving in the community, relevant to caregivers and their loved ones. 	Y	N	7	\$85.00	\$10.00
5		Caregiving for Persons with Schizophrenia	CTG/2011/0033/001	<p>The objectives of the training programme are as follows:</p> <ol style="list-style-type: none"> To equip caregivers with coping skills so as to better manage caregiving to persons with schizophrenia To provide caregivers strategies to better manage issues of stigmatisation, crisis and illness relapse when caring for persons with schizophrenia To teach caregivers strategies for self care and management to reduce caregiver strain over the longer term 	Y	Y	9	\$190.00	\$10.00
6		Short Course on Elderly Care for Caregivers	CTG/2011/0097/001	<p>Upon completion of the course, the participants will be able to:</p> <ol style="list-style-type: none"> demonstrate helping techniques when assisting elderly in their activities of daily living. list the benefits and risks of medication in elderly. state the consequences of constipation in elderly. outline strategies to prevent constipation in elderly. list the signs and symptoms of incontinence in elderly. state strategies to prevent incontinence in elderly. discuss strategies to manage elderly with incontinence. initiate and conduct a conversation with an elderly effectively. list strategies to prevent falls in elderly. identify resources for caregiver support needs 	Y	Y	36	\$90.00	\$10.00
7	TOUCH Community Services Tel: 6258 6797	Individualised Caregiver's Training at Home	CTG/2011/0069/001	To provide guidance, information, and skills in preparing caregiver to provide care for elderly/ person with disability at home.	Y	Y	2	\$210.00	\$10.00
8	Tsao Foundation	How to be an Effective Caregiver	CTG/2011/0066/001	This interactive workshop aims to provide: an introduction to some of the most fundamental issues of ageing and caregiving ie the ageing process practical skills on caring for the elderly (safe use of mobility aids, safe transfer)	Y	N	14	\$210.00	\$10.00

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9	Tel: 6593 9500	Fundamentals of Caregiving for Older Persons with Dementia	CTG/2011/0057/001	This interactive workshop aims to: provide an introduction on the fundamentals on dementia identify key caregiving issues as one takes care of dementia patients impart practical skills to manage difficult behaviours impart self care techniques to caregivers	Y	Y	15	\$210.00	\$10.00
10	WhiteAngel Caregivers Consultancy Tel: 9879 0903	Elderly Care (Group)	CTG/2011/0047/001	Caregivers will gain confidence and knowledge to handle Elderly and the Sick at their homes. Assist them in ADLS and promoting safe handling, avoiding negligence.	Y	Y	14	\$180.00	\$10.00
11		Elderly Care (Individual)	CTG/2011/0048/001	Caregivers will gain confidence and knowledge to handle Elderly and the Sick at their homes Assist them in ADLS and promoting safe handling, avoiding negligence.	Y	Y	14	\$360.00	\$10.00
12	Alzheimer's Disease Association Tel: 6377 0700	Caring For A Person With Dementia	CTG/2011/0034/001	To equip maids who are caring for elders with dementia, with the necessary knowledge and practical skills to look after the person better	Y	N	6	\$40.00	\$10.00
13	Metta Day Rehab Centre for the Elderly Tel: 6580 4688	Caregiver Training Course		To equip caregivers with relevant skills of looking after the elderly or disabled persons at home, including hospice care patients.	Y	N	6	\$60.00	\$10.00
14	NTUC Eldercare Tel: 6478 5480	Care@home "Together We Care" Training Support (E-learning)	CTG/2011/0024/001	To provide a training programme that will equip the caregivers with core home care giving skills that will address the day to day needs in caring their older person at home, thus, enhancing the standard level of care at home.	Y	Y	3	\$160.50	\$10.00
15		Care@home "Together We Care" Training Support (E-learning-H)	CTG/2011/0025/001	To provide a training programme that will equip the caregivers with core home care giving skills that will address the day to day needs in caring their older person at home, thus, enhancing the standard level of care at home.	Y	Y	4	\$214.00	\$10.00
16		Care@home "Together We Care" Training Support (Classrm 14hrs)	CTG/2011/0023/001	To provide a training programme that will equip the caregivers with core home care giving skills that will address the day to day needs in caring their older person at home, thus, enhancing the standard level of care at home	Y	N	14	\$200.00	\$10.00
17		Care@home "Together We Care" Training Support (Homebase 9hrs)	CTG/2011/0026/001	To provide a training programme that will equip the caregivers with core home care giving skills that will address the day to day needs in caring their older person at home, thus, enhancing the standard level of care at home.	Y	Y	9	\$341.00	\$10.00
18		Care@home "Together We Care" Training Support	CTG/2011/0021/001	<ul style="list-style-type: none"> • to provide a training programme that will equip the caregivers with core home care giving skills that will address the day to day needs in caring their older person at home • to establish a sustainable caregiver support system that enables caregivers to better care for themselves and their loved ones through activities like monthly structured networking and training workshops and self care. 	Y	Y	24	\$321.00	\$10.00
19		Care@home "Together We Care" Training Support (Homebase)	CTG/2011/0027/001	<ul style="list-style-type: none"> • to provide a training programme that will equip the caregivers with core home care giving skills that will address the day to day needs in caring their older person at home • to establish a sustainable caregiver support system that enables caregivers to better care for themselves and their loved ones through activities like monthly structured networking and training workshops and self care. 	Y	Y	4	\$267.50	\$10.00
20	Society of Moral Charities Tel; 6100 1201	THK – Caregiving Skills for Informal Caregivers	CTG/2011/0110/001	To equip caregivers with the relevant knowledge and skills and to help them to better cope with the challenges of caregiving.	Y	Y	18	\$240.00	\$10.00
21	AWWA Centre for Caregivers Tel: 1800 2992 992	Caregivers Education and Support Programme (CESP)	CTG/2011/0030/001	This psycho-social educational programme aims at helping family caregivers: <ul style="list-style-type: none"> • to realise the importance of taking care of themselves • to equip themselves with essential life skills and effective strategies to cope with caregiving related issues 	Y	Y	2	\$40.00	\$10.00
22	ECON Careskill Training Centre (ECTC) Pte Ltd Tel: 6741 8640	Caregiver (Care for the Elderly)	CTG/2011/0028/001	<ul style="list-style-type: none"> •To train caregivers in providing quality home care for elderly individuals with special needs. For instance, elderly with diminished ability to care for themselves, the chronically ill or the disable. • To prepare individuals who are interested in voluntary services for effectively taking care of elderly individuals at home. 	Y	N	14	\$246.10	\$10.00
23	Home Nursing Foundation Tel: 6854 5500	Basic Caregiver Training Programme (Individual)	CTG/2011/0012/001	<ul style="list-style-type: none"> • Equip caregivers with basic nursing skills in relation to care of the PNC in their home setting. •Empower caregivers in providing quality care and enabling them to identify potential risk. 	Y	Y	2	\$200.00	\$10.00