

# PROFESSIONAL CERTIFICATE IN CAREGIVING FOR THE ELDERLY - BASIC

## OVERVIEW

This course is designed to equip family caregivers with the knowledge and skills to provide effective home-based care for the elderly. The course is taught by qualified healthcare professionals who are experienced in eldercare.

The course comprises lectures, interactive case studies and Q&A sessions, quizzes, face-to-face role plays and practical skills assessments as well as a final assignment to ensure participants are competent to provide home care after completing the course.

	Other courses	Our course
Supportive community	X	√
Qualified trainers from various healthcare disciplines	X	√
Flexible online course*	X	√
Priority in joining Carer upon graduation and referral to work in hospitals	X	√

\*If you are choosing to take the course online, you can conveniently view the video lectures at your own place and time.

### Who should attend:

- Family caregivers who are caring for their elderly relatives
- Individuals who are interested in healthcare careers or becoming professional caregivers and want to gain competency in the relevant skillsets

## LEARNING OUTCOMES

### By the end of this course, you will be able to:

- Understand the ageing process
- Assist the elderly in their activities of daily living including personal hygiene and grooming, feeding, lifting and transferring
- Attend to the elderly's basic medical needs including medication administration, monitoring their health condition, recognising health warning signals and managing emergencies
- Learn how to effectively communicate with the elderly
- Manage caregiver stress and burnout

## PRICE

**S\$300** (online course)  
**S\$380** (classroom course)

Please note that there are **no SkillsFuture subsidies** for this course.

## COURSE FREQUENCY

We are looking to conduct the course every month. For more information on the course dates, please contact us.

## TIME COMMITMENT

### Online course:

Do expect to set aside **about 2-5 hours a week** to complete the video lectures, assignments and participate in weekly online group Q&A sessions. There will be a face-to-face practical session too

### Classroom-based course:

4 full days on Sundays (9am-6pm)  
OR 5 weekday evenings (7pm-10pm) and 1 weekend

## VENUE

Practical skills sessions and assessments will be held at **Kim Hoe Centre, 23 Kelantan Lane, #05-01A**

## ENQUIRES & REGISTRATION

Contact us at **87691685** or email [hello@carer.com.sg](mailto:hello@carer.com.sg)



## COURSE CURRICULUM

### WEEK 1: AN OVERVIEW

#### Module 1: Overview of Ageing

As one ages, we may experience a variety of physical, physiological and psychological changes. In this module, you will learn the common illnesses associated with ageing and how to adapt to your loved ones as they age.

#### Module 2: Monitoring of Vital Signs

Regular monitoring of the elderly's health vitals is important for chronic disease management and early diagnosis of health complications. This module teaches you how to monitor vital signs and what to do when readings are abnormal.

#### Module 3: Emergency Management

In this module, you will learn to identify health warning signals and how to react in emergency situations such as falls and injuries.

### WEEK 2: ASSISTANCE WITH ACTIVITIES OF DAILY LIVING (PART 1)

#### Module 4: Exercises for Older Adults and Fall Prevention

Exercise can help seniors prevent immobility and maintain proper muscle and joint function. In this module, you will learn the common types of exercises for older adults, the causes of frailty in the elderly and how to prevent falls.

#### Module 5: Mobility & Ambulation

In this module, you will learn to care for clients on mobility aids/devices or who are bedbound. These include using and evaluating the use of walking aids, assisted lifting, transfer and positioning techniques.

#### Module 6: Personal Hygiene & Grooming

As seniors age, they may require assistance in maintaining their personal hygiene and grooming. This training will cover the practical skills including performing oral care, continence care, assisted bath and basic urinary catheter care.

### WEEK 3: ASSISTANCE WITH ACTIVITIES OF DAILY LIVING (PART 2)

#### Module 7: Elderly Nutrition & Feeding

Seniors require a balanced and nutritious diet for healthy ageing. They may also require special diets or tube feeding if they have difficulty chewing or swallowing. This lesson covers the nutrition requirements and diet management for seniors, and how to apply different types of diets and feeds for the elderly.

#### Module 8: Administration of Medication

Most seniors take multiple medications simultaneously to treat different medical conditions. Hence, it is important to know how to help them administer their medication properly and avoid some of the common medication mistakes. In this module, you will learn the 5 rights of medication administration, common medication errors and how to use a pill box to effectively administer medications.

### WEEK 4: TECHNIQUES FOR EFFECTIVE COMMUNICATION & MANAGING CAREGIVER STRESS

#### Module 9: Communicating with Elderly Clients

Seniors may be slow, forgetful, temperamental and stubborn. Learn how to manage seniors by understanding their underlying medical problems and behaviour and engaging them through effective communication methods.

#### Module 10: Managing Caregiver Stress

This module teaches you how to identify signs of caregiver stress and how to manage such caregiver stress when caring for an elderly who is chronically ill.

## HOW THE COURSE IS CONDUCTED

### Online course:

There are online video lectures (conducted by a senior nurse, speech therapist and physiotherapist) which you can view at your own time before the online group sessions.

On the evening of the group session, all the cohort members will meet via a Zoom call to participate in the class activities, share their experience and have their questions answered by a nurse.

At the end of 4 weeks, we will have a face-to-face practical session to give you all hands-on practice on transferring and diaper changing/bed bath skills before a practical assessment.

### Classroom course:

The class (inclusive of assessments) will be conducted at our office.

## ABOUT THE TRAINERS

### [NURSE] Umadevi d/o Subramaniam

Umadevi d/o Subramaniam is the Director of Nursing at Carer, a healthcare start-up that provides nursing education and helps caregivers receive adequate help and guidance when providing home care.

Throughout more than 35 years of her nursing career, she has nursed and led the nursing care of various patients at several hospitals, hospice and nursing homes in Singapore, and performed home-based care and nursing procedures for hundreds of clients.

As a senior registered nurse, Umadevi is competent in various advanced nursing skills and developing individualised care plans for her patients. She is certified in palliative care nursing, counselling, working with people with disability and understanding issues related to sensory integrative disorder. Her interests include community care and geriatrics.



### [SPEECH THERAPIST] Loo Qingwen

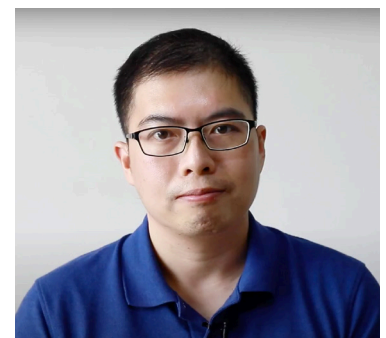
After graduating from the Masters of Speech Pathology Studies program from The University of Queensland, Qingwen worked with an adult population across public and private hospitals, as well as aged care facilities in Australia for 3 years. She also actively participated in research studies during this time.

Upon her return to Singapore, she has continued working mainly with adults in a private setting and nursing homes. She enjoys providing education to staff and members of the public alike to increase the awareness of swallowing and communication difficulties.



### [PHYSIOTHERAPIST] Jason

Jason is a Director and Principal Physiotherapist of RehabFirst. He has years of experience working with adults in both hospital and home care settings.



# PROFESSIONAL CERTIFICATE IN CAREGIVING FOR THE ELDERLY (INTERMEDIATE)

## OVERVIEW

This course is designed to equip family caregivers with the knowledge and skills to provide effective home-based care for the elderly.

The course comprises video lectures, online quizzes, as well as a face-to-face practical session and skills assessment\* to ensure participants are competent to perform the procedure after completing the course.

\*you will be practising the skills on a mannequin using actual equipment for the procedure

	Other courses	Our course
Supportive community	X	√
Priority in joining Carer upon graduation	X	√
Exposure to and coaching during home care cases	X	√

### Who should attend:

- Family caregivers who are caring for their elderly relatives and need to gain competency in certain clinical skillsets
- Professional caregivers who want to gain competency in more advanced clinical skillsets

## LEARNING OUTCOMES

By the end of this course, you will be able to perform the relevant procedures independently in a home setting:

- Simple wound care management
- Nasogastric tube feeding
- Insulin injection
- Respiratory care
- Stoma care

## PRICE

**For existing students of Carer:**  
S\$100 per module or \$450 for all 5 modules.

**For new students:**  
S\$120 per module or \$480 for all 5 modules.

Please note that there are **no SkillsFuture subsidies** for this course.

## COURSE FREQUENCY

For more information on the course dates, please contact us.

## TIME COMMITMENT

Each module takes about one full day including online learning, online quizzes, and a face to face practical session and assessment.

## VENUE

Classes will be held at  
**Kim Hoe Centre, 23 Kelantan Lane, #05-01A**

## ENQUIRES & REGISTRATION

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## COURSE CURRICULUM

### MODULE 1: SIMPLE WOUND CARE MANAGEMENT

You will learn the causes of pressure injuries, its risk factors and the staging of pressure wounds. You will also understand the purpose of wound dressing and how to implement simple wound dressing techniques which can be applied to pressure wounds as well as clean wounds.

### MODULE 2: NASOGASTRIC TUBE FEEDING

In this module you will learn the purpose of enteral feeding, different types of enteral milk feeds, how to perform tube feeding including the safety precautions to take. You will also learn how to schedule enteral feeds and address common issues associated with enteral feeding in a home care setting.

### MODULE 3: INSULIN INJECTION

In this module, you will understand why insulin is administered to diabetic patients. You will also learn the types of insulin, correct techniques and five rights of administering an insulin injection, and proper method to dispose the insulin needles and syringes in a home care setting.

### MODULE 4: RESPIRATORY CARE

Patients with respiratory problems like chronic obstructive lung disease as well as stroke patients with drooling and impaired swallowing are some of the patients who would benefit from oxygen therapy and oral suctioning. In this module, you will learn the purpose of oxygen therapy and oral suctioning, how to use the equipment (oxygen concentrator and suctioning machine), as well as the safety precautions and infection control measures when performing the procedures.

### MODULE 5: STOMA CARE

A stoma is an opening on the abdomen that is connected to the intestines to allow waste to be removed from the body. In this module, you will learn the anatomy of the stoma, the reasons for stoma and their complications. We will also share the types of stoma, pouching systems, and how to drain and change the wafer and stoma bag. Finally, we will discuss the common problems associated with stoma and how to prevent them.

## ABOUT THE TRAINER

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