



Jamiyah
Singapore

Course Summary

<u>Name of Course</u>	Rehabilitation and Structured Activities for Elderly with physical disabilities
<u>Training Provider</u>	Jamiyah Nursing Home
<u>Target Participants</u>	Caregivers of elderly persons and/or persons with physical impairments and need assistance with their activities of daily living and self-care. Such caregivers may be formal (employees) or informal (family members)
<u>Synopsis</u>	<p>Jamiyah Eldercare Academy believes that quality care begins with equipping caregivers with relevant skills, providing them with adequate support to promote their well-being and resilience. We also firmly believe in the need to provide greater recognition for professional and family caregivers. We focus on equipping caregivers with knowledge and skills to handle care recipients with chronic illness and disabilities, across the lifespan.</p> <p>Many do not realise the daunting challenge that they will undertake when caring for elderly family members who wish to age-in-place, in the familiar environment of their homes. Elderly care recipients require intense levels of attention to cater to their unique needs, which inevitably adds on to the family/caregiver's commitments. Over time, it often leads to increasing stress, anxiety and erratic levels of attention for the care recipients.</p> <p>This course nurtures the participants to provide care to an individual who has an acute or chronic condition and needs assistance to manage a variety of tasks, This includes but not limited to tasks such as bathing, dressing, toileting, Oral Hygiene, Skin Care, oral feeding/ tube feeding, assist with daily medications, provides necessary skills with ambulating and transferring a person who has weakness or disabilities</p>

and proper handling and disposal of wastes. This includes but not limited to:

- To create a learning environment that enables course participants to become confident caregivers, capable of delivering the highest quality client-centred care.
- Provides theoretical and hands-on practical training.
- To enhance course participants' interpersonal, critical thinking, and personal care skills as well as their health-related knowledge.
- To prepare course participants to be "job ready" as a caregiver.
- To equip course participants with relevant caregiving skills and knowledge to better care for their care recipients.
- Professionals in the Healthcare Sector will train course participants.
- Review and Assessment Activities: Self-corrected quizzes, Learning games such as Concentration or Jeopardy, Small group presentations, return demonstrations, Role-plays, Exams, Individual trainee mid- and end-of-cycle evaluations with the instructor.

By attending this training, the caregiver will gain confidence to provide therapeutic exercise or activities appropriately which is prescribed by the therapist. This training will help the caregiver to promote the care receiver to perform their daily functional activities safely.

The caregiver also will gain knowledge in the following:

Basic rehabilitation terminology about joint mobility, functional mobility and transfer, positioning, precautions & contraindications, which ultimately reduce the risk of accidents and injury while providing care for the person with physical impairments /disabilities

Course Outline

Range of Motion (ROM) Exercises

- What is a range of motion?
- Joints and its normal range of motion
- General guidelines
- Active range of motion
- An active assisted range of motion
- Passive range of motion
- Tightness/contracture /deformity: implication on joint mobility & flexibility
- Basic positioning
- Precautions & contraindication

Functional Mobility

I. Bed Mobility

- Basic terminology
- Getting into bed
- Getting out of bed
- Supine to side lying & side lying to supine
- Supine to prone & prone to supine
- Roll over techniques
- Coming up to long leg sitting
- Coming up to high sitting
- Bridging
- Scooting
- Static sitting balance on bed
- Dynamic sitting balance on bed

II. Transfer

- General rules
- Body mechanism
- Sit to stand
- Stand to sit
- Independent vs dependent transfer
- Stand pivot transfer (both side)
- Sit pivot transfer (both side)
- Slide board transfer
- Transfer to various surface (w/c; toilet seat, shower, floor, chair, bed, car)
- Safety precautions

	<p>III. <u>Ambulation</u></p> <ul style="list-style-type: none"> • What is ambulation • Different types of mobility aids • Walking on even and uneven surfaces • Climbing up and downstairs • Climbing up and down ramps • Negotiating doorways & obstacles • Precautions & contraindications <p>IV. <u>Wheelchair Mobility</u></p> <ul style="list-style-type: none"> • Different types of wheelchair • Parts of wheelchair • Moving forward • Moving backward • Turning to right • Turning to left • Turning around 180* • Turning around 360* • Moving up and down ramps • Safety precautions
<p><u>Learning Outcomes</u></p>	<ul style="list-style-type: none"> • By focusing on mobility, we are able to improve patient outcomes, expedite recovery time and shorten length of stay. Introducing this initiative has led to greater patient engagement and improved experience. More importantly, we are able to bring patients back to independence. • Communicates and educates the individual and family about rehabilitation, positive health, prevention, and wellness. • To deetermines the effectiveness of intervention, and contributes to the body of knowledge in physical therapy • Improvement in exercise tolerance • Improvement in symptoms • Improvement in blood lipids • Improvement in psychosocial well-being and reduction of stress • Reduction in mortality

Mode of Teaching

Theory and practical session

- **Training pedagogy:** This curriculum incorporates an adult learner-centred training approach, relying heavily on interactive learning activities that engage learners in multiple ways. This approach allows trainers to meet the learning needs of trainees with a wide range of learning styles, experiences, and abilities.
- **Trainee background:** Trainees are expected to come from a range of literacy levels. Many people who are drawn to direct-care work are low-income women between the ages of 25 and 55. Often these women may not have graduated from high school and will have limited English-language skills.
- **Supportive environment:** Because many of these women are intimidated by the idea of being in “school”—and perhaps even of holding a regular job—our first concern for an adequate training is to create a supportive and safe learning environment in which trainees can develop the necessary competencies in an atmosphere that also builds and reinforces self-confidence and self-esteem.
- **Learning materials:** In keeping with our focus on meeting the needs of the learners, the handouts for this curriculum were explicitly designed for readers with lower literacy levels, or for trainees for whom English is a second language.
- **Participants’ Handouts**
- **Teaching Methods: Focus on Participation**
 - Case scenarios
 - Role plays
 - Small-group work
 - Interactive presentations
- **Teaching Materials, Supplies, and Equipment.** This curriculum requires a flip chart pad and easel, coloured markers, masking tape, pens or pencils, paper for participants, nametags, and three-ring binders for participants. Additional supplies needed for skill demonstrations and practice labs are listed with the overview of each module

	<ul style="list-style-type: none"> • Instructional Resources • Videos, video clips, DVDs • Computer-assisted instructions • PowerPoint presentations 	
<u>Venue</u>	Jamiyah Nursing Home. 130 West Coast Drive Singapore 127444	
<u>Course Fee</u> <i>*Inclusive of GST</i>	Course Fee (Before CTG)	\$140.00
	Co-Payment (After CTG)	\$10.00 (Subject to eligibility and the remaining amount of the care recipient's CTG which is capped at \$200 per year)
<u>Duration</u>	7 Hours (1 day)	
<u>Trainer's Bio</u>		
<u>Enquiries</u>	Please contact Jamiyah Nursing Home at: Tel: 67768575 Email: training_jnh@jamiyah.org.sg Website: www.jamiyah.org.sg	