

(A) Course Summary

<u>Name of Course</u>	A Caregiver's Guide to Dementia
<u>Training Provider</u>	The Salvation Army Peacehaven
<u>Target Participants</u>	Main Caregivers (family/relatives/Foreign Domestic Worker) who are currently looking after a person living with Dementia in the home setting.
<u>Synopsis</u> Outline how the course will better equip caregivers to look after their loved ones on a day to day basis <i>*propose format, between 50-150 words</i>	This course aims to train caregivers with the knowledge necessary to provide person centered care to persons living with Dementia in a home setting. Caregivers will understand what dementia is, the impacts of the disease and how to manage behaviour's of concern in persons living with Dementia. Completing this training programme will allow home caregivers to improve the quality of care given to persons living with Dementia and in turn improvement the Quality of life for the care recipient and the caregiver.
<u>Course Outline</u> <i>Indicate the learning units/ modules in sequence with duration for each unit/ module stated</i>	<p>The following 7 learning units will be delivered over this one-day course.</p> <p>The total duration is 8.5 hours (including lunch and coffee breaks).</p> <ol style="list-style-type: none"> 1) Dementia Essentials Participants will learn the definition of Dementia and its signs and symptoms. Then explore the basic anatomy and physiology of the brain and how it is affected in Dementia. We will cover the most common types of Dementia and the Stages that a person living with Dementia will pass through. 2) Person Centred Care Topics covered will include personhood, person centred care for persons living with Dementia and Identity. 3) Engaging with a person Living with Dementia Participants will focus on effective communication strategies to engage persons living with Dementia and the impact that Dementia has on Activities of Daily Living. 4) Behaviours of Concern Participants will learn to recognise behavioural changes which are associated with Dementia, identify the potential triggers for these behaviours and to respond positively and appropriately to these behaviours.

	<p>5) Enriching Lives Participants will learn how to enable persons living with Dementia to live meaningful lives using Therapeutic and Meaningful activities.</p> <p>6) Palliative Care Participants will learn about the Palliative Care approach for persons living with Dementia.</p> <p>7) Sustainable Caregiving Participants will learn the importance of resilient and sustainable caregiving, including caregiver self-care.</p>	
<u>Learning Outcomes</u>	<p>At the end of the course, participants will be able to:</p> <ul style="list-style-type: none"> • Recognise the signs and symptoms of Dementia • Understand the physiology that takes place in the brain in persons with dementia, and the potential difficulties they may encounter • Demonstrate an understanding of Person-Centred Care • Communicate with persons living with dementia • Identify and Manage behaviours of concern. • Improve the quality of life for persons living with Dementia and their carer's, promoting sustainable caregiving. 	
<u>Mode of Teaching</u>	<p>Participants will be taught in a classroom setting at The Salvation Army Peacehaven Jade Circle Acaedemy, using team-based learning methods. They will also undertake a tour of Peacehaven nursing home to observe best practices in Dementia Care.</p>	
<u>Venue</u>	<p>The Salvation Army Peacehaven</p>	
<u>Course Fee</u>	Course Fee (Before CTG)	SGD\$ 224.70
<i>* Inclusive of GST</i>	Co-Payment (After CTG)	SGD\$ 24.70
		Subject to eligibility and the remaining amount of the care recipient's CTG which is capped at \$200 per financial year
<u>Duration</u>	<p>8.5 hours</p>	

<p><u>Trainer's Bio</u></p>	<p>The Salvation Army Peacehaven has a pool of trainers suitable to deliver this programme.</p> <ol style="list-style-type: none"> 1. Bilbao Marivic Furagganan 2. Josefina P. Khai 3. Subramaniam Juvy Niduaza 4. Low Mui Lang <p>Please note that all the trainers are highly qualified personnel with a minimum of 15 years of clinical experience and 5 years of teaching experience. The organization reserves the right to select the trainer based on their respective schedule.</p>
<p><u>Enquiries</u></p>	<p><i>Please contact The Salvation Army Peacehaven at:</i> <i>Tel: 6384 2180</i> <i>Email: Peacehaven.Training@SMM.salvationarmy.org</i> <i>Website: www.salvationarmy.org</i></p>