



Course Summary

<u>Name of Course</u>	Stress Management Strategies for Caregivers
<u>Training Provider</u>	Silver Caregivers Co-operative Limited (SCCL)
<u>Target Participants</u>	Family members and Foreign Domestic Workers (FDW) who are caregivers. Also, allied health providers to advanced or chronic illness patients and staff in Voluntary Welfare Organizations (VWO), charities, healthcare related organizations.
<u>Synopsis</u>	Participants will be provided with an overview of stress, so as to understand the common sources of stress faced by caregiver and care-recipient. At the workshop, through small group discussions and role plays, participants will learn to better identify signs and symptoms of stress, how to manage stress, techniques for dealing with stress and provided with useful resources. The stress management skills will empower participants to deal with stress and/or help their care-recipients to cope with stress.
<u>Course Outline</u>	<ol style="list-style-type: none"> 1. WHAT IS STRESS? (20 mins) <ul style="list-style-type: none"> • Sources of Stress • What are stressors? Are you stressed? 2. INTERNAL SOURCES OF STRESS AND ANXIETY (15 mins) 3. COGNITIVE ASPECTS OF STRESS AND ANXIETY (15 mins) <ul style="list-style-type: none"> • Cognitive Symptoms

	<p>4. HOW TO MANAGE STRESS (30 mins)</p> <ul style="list-style-type: none"> • Questions to Consider When Assessing for Stress • Stress Inventory and Symptom Checklist • The Worry Cycle <p>5. WHAT CAN I DO TO COPE WITH STRESS? (30 mins)</p> <ul style="list-style-type: none"> • Effective Stress Management <p>6. STRESS RELIEVING TECHNIQUES (30 mins)</p> <p>7. USEFUL CONTACTS (10 mins)</p>	
<u>Learning Outcomes</u>	<ol style="list-style-type: none"> 1. Caregivers will learn about sources of stress in caregiving. 2. Caregivers will acquire knowledge on applying stress management techniques to manage personal stress. 3. Caregivers will learn about where to go to seek help. 	
<u>Mode of Teaching</u>	Class-based	
<u>Venue</u>	SCCL Office 81 Anson Road, M Hotel Level 8, Meeting Rm	
<u>Course Fee</u>	Course Fee (Before CTG)	\$100.00
	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>	2.5 hours	
<u>Trainer's Bio</u>	<p><u>Dr. Poon Pak Leng</u> Dr. Poon obtained his MBBS qualification from NUS in 1990 and worked as a Consultant for the Department of Colorectal Surgery at the Singapore General Hospital and Department of Surgery at Alexandra Health - Khoo Teck Puat Hospital.</p>	

As a medical doctor, general surgeon, Dr. Poon was also a clinical tutor for the Faculty of Medicine, NUS from 1999-2006 and a Lecturer at NUS YLL School of Medicine from 2007-2011. Dr. Poon has participated in seminars and conference as speaker / presented for promotion and public education on Colorectal Cancer both locally and regionally.

Dr. Poon no longer practice as a medical surgeon today but remains passionate to serve the community. He conducts psychosocial training for both caregivers and care-recipients at Yong-en Centre (Dementia Day Care Service), Senior Activities Center at Fairfield Methodist Church and at various community centers upon receipt of request from Grassroots leaders.

Dr. Poon medical experience will be most beneficial to workshop participants as he will be able to share his medical experience with caregivers and care-recipient which will connect well with participants learning.

Mr. Edward Gan Qinghui

Edward Gan obtained his Degree in Medicine from Shanghai Jian Tong University / Shanghai Medical University. Upon graduating Edward worked as a physician in charge and Pathologist at the Affiliated Hospital of Shanghai Medical University.

Edward no longer a practise as a Pathologist since migrating to Singapore from People Republic of China. Edward has 20 years of working experience and regional exposure in healthcare and eldercare industries, covering a diverse area of business development, integrated management, operational management for Hospital Outreach Program and Community Care.

As Director, Business Development and Projects at Silver ComCare Development Pte Ltd, Edward formulated and initiated healthcare projects/programs in collaboration with local partners and counterparts from government and /or private sectors. Edward also conduct training for local partners and counterparts.

At Tan Tock Seng Hospital, Edward provided management and administrative support to ensure effective operations of the clinical division of Integrated and Community Care and was responsible for

preparing and implementing project proposals, and driving hospital outreach programmes.

At Econ Healthcare Limited, Edward was responsible for setting up and overseeing operations of the two flagship medicare centres of the Group and carried out internal training for ISO, SQC and SPA related courses.

At Dawyn Group of Companies, Edward was a professional consultant, responsible for product development and training. Edward was responsible for training development and conducting training workshops for both internal staff and external partners i.e. sole agents and distributors for medical related product and services both in Singapore and overseas.

Edward has assisted SCCL in translating the approved CTG workshops in Mandarin and knows the training well. His many years of conducting training for diverse participants from many different countries shows his competency in conducting effective training workshops.

As a Native Chinese Speaker, Edward is a great asset for the CTG Workshops as there are many elderly Caregivers who are only conversant in Mandarin and unable to speak or read English. They will have an opportunity to attend our Mandarin CTG workshops and this will benefit both their care-recipients and themselves. As a Native Chinese Speaker, Edward will be a great asset for the CTG Workshop as more elderly Chinese from the heartlands who cannot speak or read English now have an opportunity to attend our CTG workshops which will benefit them and their care-recipients.

Mr. David Foo

(M Sc Counselling, MA Design, Certified NLP Practitioner, Accredited HBDI Practitioner, Certified DISC trainer, Certified Parenting with Confidence Facilitator, Certified Passion@work, ACTA Certified)

Hailed as an engaging speaker, David Foo is known for his ability to use interesting anecdotes, stories and humor to bring his points across in an easy-to-understand manner. David has conducted workshops, seminars and talks in countries such as Japan, China, Mauritius, The Philippines, Vietnam, Indonesia and

Malaysia.

Company directors, medical doctors, professors, lecturers, scientists, lawyers, counselors, social workers, students and caregivers have benefited from his mental wellness programs on managing stress, anxiety disorders, depression, anger, emotions, positive thinking, brain wellness, communication, emotional intelligence, Passion@Work, etc. David has also conducted a series of self-created whole-brain programs that help participants understand how their brain and mind play a significant role in achieving mental wellness. These programs equip participants with skills that add considerable value to their professional, personal and family lives.

David has extensive experience in crafting, developing and conducting training programs, talks and seminars. With his background as a highly-experienced group creative director, he is able to develop and deliver his materials from a creative and refreshing angle.

David is presently the director of Mind Mettle Consulting and also the Head Counselor for CHANGE Community Services, a non-profit organisation. He was the Vice Principal and Chairman of the Academic Board of First Media Design School (FMDS).

In his earlier career, David served on the Board of Directors for various companies and was also engaged by various organisations to assist in start-ups, mergers and expansions. In addition, he was in charge of designing and conducting in-house training programs for the companies under his charge. David's ability to converse in English, Mandarin and Chinese dialects enables him to communicate his ideas effectively across different cultures.

Mr. Reuben Lim

(GCDF-US, CCSP-US, M.Div., M.A., B.Acc., Master Trainer-New York, ACTA, Dip-TESOL)

Reuben is an internationally certified cross-cultural career coach and trainer, and wears the title of GCDF-US and CCSP-US. As a multi-disciplinary academic with over 20 years' corporate experience as an entrepreneur, and a cross-cultural trainer, coach and consultant, Reuben brings together his rich and

	<p>practical experience in mentoring and training people from all walks of life. His scope of training covers topics related to the psycho-social aspect of caregiver training, such as effective communication skills, interpersonal skills, managing emotions and stress, positive thinking, self-motivation, personal management and development. Reuben has conducted trainings for educational institutions, NGOs, non-profit organisations and churches in Singapore and overseas. He has also mentored, counselled and coached families, youths, parents and caregivers with family and caregiving-related issues.</p> <p>As a master trainer, Reuben effectively integrates different training and coaching pedagogies with practical insights to make his sessions interesting, inspiring, and impactful. He believes that a change of mindset is the key to unlocking behavioural changes that will bring about real success.</p> <p>As a cross-cultural trainer and coach who's effectively bilingual and conversant in local dialects, he can connect well with participants of different ages and diverse needs. With his mentoring and counselling background, he is also adept in understanding and helping participants to better manage their emotional, social and psychological needs.</p> <p>As a caregiver himself, Reuben has personal experience in caring for seniors suffering from physical immobility and dementia, and are familiar with social services, initiatives and grants that support caregivers.</p> <p>As a life and career coach, he is also able to guide job-seekers, transiting family caregivers, including the retirees, to make meaningful life and transition decisions.</p>
<p><u>Enquiries</u></p>	<p>Please contact Silver Caregivers Co-operative Limited at: Tel: 65363648 Email: info@silvercaregivers.org.sg Website: www.silvercaregivers.org.sg</p>