

# 基本看护ABC (行卧坐)课程

无论您年迈的亲人具备怎样的行动能力，此课程涵盖了照顾年长者日常起居活动所需的基本技能，适合让家庭看护者以及外籍女佣进修。

## 课程内容

基本看护课程分为两部分：

### 第一部分：看护的基础知识



学习如何与年长者沟通



学习如何测量体温、血压和脉搏率(生命体征)



学习如何从不同类型的健康饮食中来摄取充足的营养



学习如何阅读药物上的标签及喂药

还有更多!

## 第二部分：协助年长者的日常起居活动

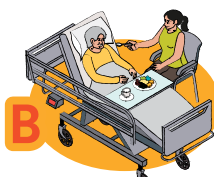
除了基本看护知识，您也能掌握如何协助年长者的日常起居活动。

请在以下三种行动能力的选项中，挑选出您亲人目前的行动能力：



### 我的亲人可以行走

学习如何协助年长者使用手杖和步行架、洗澡和预防跌倒。



### 我的亲人长期卧床

学习如何协助年长者在床上舒服卧躺与翻身、预防压疮、洗澡或在床上擦浴、如何使用便盆和尿壶以及更换纸尿裤。



### 我的亲人使用轮椅(坐)

学习如何协助年长者使用轮椅和坐厕椅、洗澡和更换纸尿裤。

## 课程费用和时间



每个主要课程  
(第一部分加第二部分)  
收费均为\$200及以下。



最少3小时

您可以使用看护者培训津贴 (Caregivers Training Grant, CTG) 来抵消高达\$200的课程费用。您只需在报名课程时支付至少\$10的共同支付费。欲知有关CTG更多详情，请浏览 [www.aic.sg/ctg](http://www.aic.sg/ctg)

## 选修课程

您的亲人需要以下的专科护理吗?每项选修课程只需额外支付\$30\*便可进修。



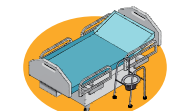
每项选修课程须增加  
45分钟到1小时



仅限居家教学



造口护理



床上擦浴



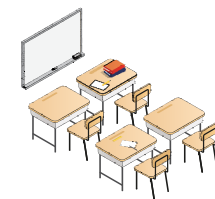
导尿管护理



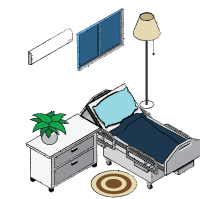
转移、定位和行动  
(轮椅)

\* 此特价是根据您完成主要课程的6个月内为有效期。如果主要课程和选修课程不是在同一堂课内，培训机构则可能需收取额外附加交通费。

## 授课方式



课堂教学



居家教学

## 教学语言+

英语 | 华语 | 马来语  
缅甸语 | 淡米尔语 | 印尼语

+ 教学语言会因培训机构而异。

## 报名方式非常简单

1 在A、B或C选项中选择一主要课程。如需要，可附加一个或多个选修课程。

2  手机扫描右侧的QR码或浏览[www.aic.sg/ABC-course](http://www.aic.sg/ABC-course) 以获取更多课程详情和培训机构列表。

3 直接联系您选择的培训机构以安排培训课程。

若您想使用CTG来抵消部分的课程费用，请在报名课程时通知培训机构，以便代您申请此津贴。

# ABCs of Caregiving Course 基本看护ABC (行卧坐)课程



Pick up eldercare skills customised to your loved one's needs

依照个人所需的课程，让您学习如何更好的照顾年迈亲人。



# About the ABCs of Caregiving Course

This course covers the essential skills needed to care for your loved one's daily needs based on their mobility condition.

This course is suitable for caregivers or domestic helpers taking care of a senior.

## What You Will Learn

There are two parts:

### Part 1: The Fundamentals



Learning how to communicate better with the senior



Monitoring temperature, blood pressure and pulse rate (vital signs)



Understanding different types of healthy diets for proper nutrition



Reading labels on medication and giving medication

And much more!

## Part 2: Assistance with Daily Tasks

On top of the basics, learn how to support your loved one in their daily activities. Pick one of the three options below based on your loved one's mobility:



### My loved one is Ambulant (Can walk)

This covers use of walking sticks and walking frames, assisted showering and how to prevent your loved one from falling.



### My loved one is Bed-bound

This covers positioning and turning in bed, managing pressure injuries, assisted showering or bed bath, use of bedpans and urinals and diaper changing.



### My loved one is wheelchair-enabled

This covers use of wheelchairs and commodes, assisted showering and diaper changing.

## Course Fees and Duration



Each core course (Part 1+ Part 2) is \$200 and below



Minimum 3 hours

You can tap on the Caregivers Training Grant (CTG) to offset up to \$200 of the course fees. You will need to co-pay at least \$10 upon registration. For more info on CTG, please visit [www.aic.sg/ctg](http://www.aic.sg/ctg)

## Optional Electives

Does your loved one require more specialised care? Customise your training by topping up \$30\* for each elective.



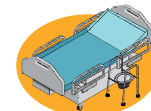
Additional 45 mins to 1 hour for each elective



Home setting only



Stoma Care



Bed Bath



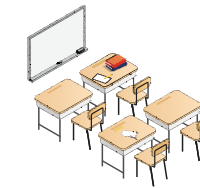
Care of Urinary Catheter



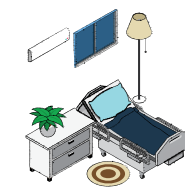
Transferring, Positioning and Mobility (Wheelchair)

\* This special price is valid for 6 months from the time you attend the core course. Additional surcharges may apply to cover the transportation fees of trainers if electives are not conducted in the same session as the core course.

## Training Setting



Classroom setting




Home setting

## Languages Available<sup>+</sup>

English | Mandarin | Malay  
Burmese | Tamil | Bahasa Indonesia

<sup>+</sup> Do note that languages available differ from training provider to provider

## Signing Up is as Easy as 1-2-3

- 1 Pick option A, B or C and one or more electives (if you need).
- 2  Scan the QR code to the right or visit [www.aic.sg/ABC-course](http://www.aic.sg/ABC-course) for more information and the list of training providers.
- 3 Contact your preferred training provider directly to schedule a time slot.

If you would like to tap on CTG to offset the course fees, please inform the training provider and they will apply for the grant on your behalf.

## The Heart of Care



Click  
[www.aic.sg](http://www.aic.sg)



Call  
1800 650 6060



Visit  
AIC Link

The Agency for Integrated Care (AIC) aims to create a vibrant care community for people to live well and age gracefully. AIC coordinates and supports efforts in integrating care to achieve the best care outcomes for our clients.

We reach out to caregivers and seniors with information on staying active and ageing well, and connect people to services they need.

We support stakeholders in their efforts to raise the quality of care, and also work with health and social care partners to provide services for the ageing population. Our work in the community brings care services and information closer to those in need.