



PROFESSIONAL PROGRAMMES

Befriending Older Persons

Introduction

This is a foundation course to equip individuals with the basic skills and knowledge to understand and support the needs of elders living in the community.

Physical, psychosocial and mental health factors can be risk factors in determining the wellbeing of the older adults. Besides being limited in mobility, in chronic pain and frailty, some of them are living in isolation. Feeling lonely and experiencing a loss of independence puts them at high risk of psychological conditions such as depression and dementia. Lastly, they are susceptible to elder abuse, aggravating their physical and psychological distress.

Course participants can expect to be involved in experiential exercises in ageing and learn practical knowledge and skills to support the older person to live independently in the community.

Who should Attend

1. Support care staff in the community care sector.

Course Objectives

1. Understanding the importance and purpose of befriending, sharing experiences and developing the right mind set.
2. Be sensitive to the challenges faced by seniors and understand the seniors' mind-set and attitudes towards ageing.
3. Identify the most efficient communications channel with the seniors when meeting them.
4. Learn the importance of active listening when communicating with the seniors.
5. Speak with respect and tact when engaging the seniors facing different medical/ health conditions.
6. Self-reflect and self-awareness of personal values and attitudes when communicating with seniors.
7. Observation of body language, how to engage and hold a conversation and listen to their emotions.
8. Learn about the benefits and various types of exercise for the seniors, as well as safety issues involved.

Course Details

4 Days course

Refer to next page for module dates

Time:

9.00 am to 5.00 pm

Venue:

To be confirmed

Fee (Including GST):

\$963.00

Prevailing course fee subsidy at 90% for Singaporeans/PRs and 45% for foreign staff working in eligible community care organisations.

Enquiries and Registration:

Call: 6593 9558

Please register for the course via AIC Learning Management System (LMS) at the following URL:

<https://lms.aic-learn.sg/lms/app/>

For those without access to AIC LMS, please contact Hua Mei Training Academy at hmta@tsaofoundation.org

For more on HMTA:

<https://tsaofoundation.org/what-we-do/training-educations/about-hmta>

For more on our training calendar:

<https://tsaofoundation.org/events>

About Hua Mei Training Academy

HMTA is a dedicated provider of training in person-centred multidisciplinary eldercare to support healthy ageing over the life stages.

Its courses for professionals and new market entrants and its consultancy services meet an urgent need for capacity-building in the eldercare sector. It also provides training to family and informal caregivers to empower ageing in place.

Known for its practitioner-to-practitioner training methodology and signature courses in team-managed primary healthcare, HMTA transmits the expertise of the Tsao Foundation, which has been providing quality integrated bio-psycho-social healthcare to older persons in the community since 1993.

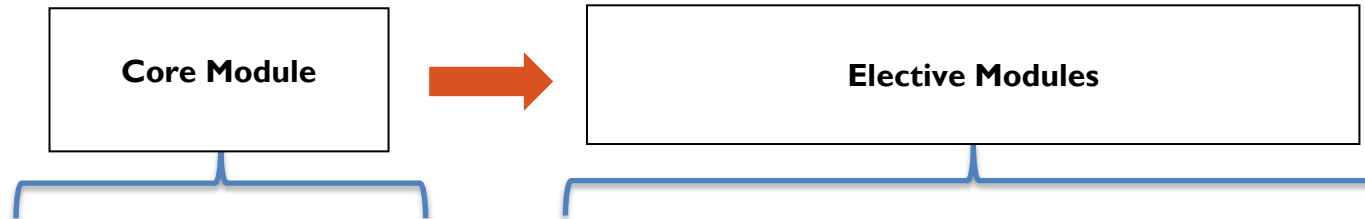
Tsao Foundation's training services started in 1995. To advance opportunities in longevity, it also offers a range of courses through the Learning Room at its Community for Successful Ageing (ComSA).

Befriending Older Persons Modules

***Course Module Details**

(Modular courses are available for registration, please call Hua Mei Training Academy for more information.)

- Participants are required to complete the core module prior to embarking on the elective modules.
- Participants have up to 2 runs to complete the Elective Modules.
- Participants will be awarded an e-certificate of completion for completing each module.



Modules*	Foundation	Communication	Care
Outline	<ul style="list-style-type: none"> • Befriending older persons: Introduction • Understanding ageing: Mental changes of older persons • Understanding ageing: Nutritional needs & challenges of older persons • Understanding ageing: Physical changes of older persons 	<ul style="list-style-type: none"> • Caregiver stress • Communicating with older persons • Elder abuse • Geriatric conditions and concerns • Medication and the older persons • Grief, loss, death and dying 	<ul style="list-style-type: none"> • Handling emergencies and crisis • Keeping healthy through exercises • Staying safe and preventing falls • Handling mobility aids
Duration	1 Day	2 Days	1 Day
Dates	Day 1	Day 2 and 3	Day 4
Module Fees (Including GST)	\$267.50	\$428.00	\$267.50

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