



Care for Seniors

A training course for Family Members and Domestic Helpers

In life, all of us will grow old and will likely need people to care for us. That someone may be our parents, or someone who has cared for us when we were growing up; or even ourselves when we get older.

Do you have the know-how to care for the elderly?the skill set to communicate with them, especially those with dementia, or the knowledge of how a care plan can be drawn up, or the resources available in the community?

The training course is designed to address these issues. Our goal is that the elderly can stay in the community with dignity, and enjoy the quality of life.

Course content

- Tentatively 2 classes each month on weekends (Saturday or Sunday)
- One class for family members (in English / Chinese), one class for Filipina domestic helpers (in English)
- Class duration: 9:00am to 5:00pm
- Class size: Minimum of 10, maximum of 15 for better interaction
- Venue: Convenient to participants, e.g. community centre, church centre, resident clubhouse, corporate conference room
- Refreshment & sandwich lunch will be provided during lunch break
- Certificate from JCCPA to domestic helper participants
- Cost: Free to all participants (*sponsored by a private donor*)

Course content

For family members:

- What are the common problems encountered in elderly care?
- What is dementia?
- Communication with elderly, communication with doctors, and teaching domestic helpers to perform daily care
- How to form a home based care plan?
- Long term care planning
- Community resources
- How to care for the elderly's day to day activities? Especially an elderly person with dementia
- Other management skills upon request of participants

For domestic helpers:

- Similar course content as above with focus on the difficulties encountered by the participants

Enquiries

For enquiries and further information, please contact Ivy Tang, Project Officer.
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