



## EVENTS

**THROWBACK - A collection of events lined up by CAPE's Learning Communities for our Allied Health Community in the past months ...**

### COMMUNITY-CARE SERIES

CAPE's Community Care Series is ignited from a desire to extend care beyond hospital to community, through forming communities of practice (CoP) in areas of shared interests for health and social care professionals. The Elder Care Track Season 1 Series delivered 6 interactive sessions for its participants to discuss and learn through a series of sharing of real-life experiences and purposefully-designed learning activities over 2 years since June 2020.



“Eldercare COP has provided allied health practitioners a platform to learn from each other and work towards improving the continuity of client care in the community..”

Ms Neha Trivedi, Cluster Head, Therapy Hub, SPD

COMMUNICATION across health and community care settings was identified in our previous sessions, as a major pain point in care delivery. We have explored tips and modes on how communication across settings may be improved. In our final session held on 1 June, Ms Evelyn Khoo, founder of Aphasia SG spoke on “Empowering persons with Aphasia to lead meaningful lives while advocating for an aphasia-friendly Singapore”. Mr Benjamin Wong, Population Health Office, Division of Central Health, TTSH also spoke the “Establishment of Communications channel between various stakeholders”. Both speakers shared generously with the participants on how communication ideas may be translated into practice and how small beginnings matter in bringing on change via their stories. Our participants also shared collective tips on how communication may be improved on a personal-level initiatives and systematic-level initiatives as they had similar experiences in the Intermediate & Long Term (ILTC) sector.

With the wrapping up of Season 1, we look forward to meeting the community in our next Season! Email us if you are also interested to join the Allied Health Community in future conversations.



Ms Heidi Tan sharing the takeaways summary from the previous sessions of the Elder Care Track.



Ms Evelyn Khoo, Founder of Aphasia SG sharing how Aphasia SG reached out and support the patients and their caregivers.

On **Personal-Level initiatives** to improve communications with clients

**CONNECT** clients or caregivers with relevant volunteer groups for support.

**COLLABORATE** with training providers to equip self with communication strategies specific to different client population. (If your centre wish to learn more about "Supported conversation for adults with aphasia, email aphasiag@gmail.com).

**COMMIT** to taking small steps within your circle of influence.

On **Systematic-Level initiatives** to improve communications

We are **ENCOURAGED** Ongoing efforts are happening at systems level to improve communications cross settings, despite the complexities (e.g. PDPA implications) involved.

**DON'T GIVE UP**-Improving communication takes time as it also requires relationship building between organizations and practitioners too.

**SHOWCASE EVIDENCE** that small beginnings matter is key to move pilot initiatives into mainstream use.

CAPE's Learning Community's CoP Series focus on Community Care, Trans-Disciplinary Care and Technology-Enabled Care as its innovative tracks. So, do join our network and keep a look-out to our upcoming events if you are interested in them.

## CAPE FUND - Project Story



### Amputee Support Group Befriending Service



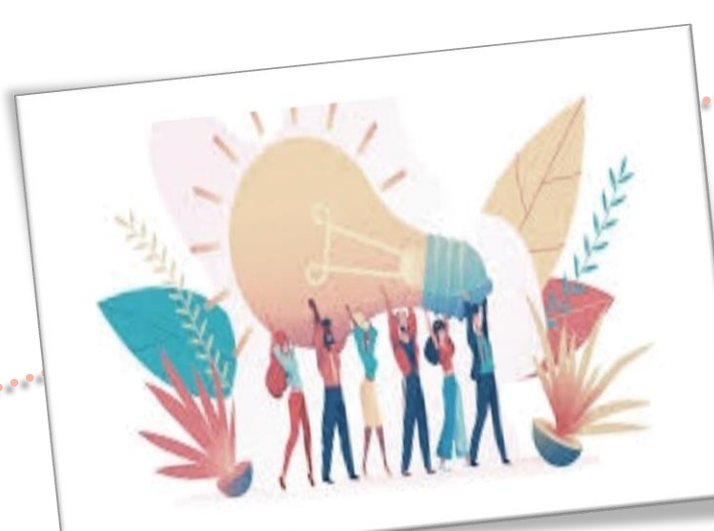
Mid-year check in session with befrienders in July 2020 and training about tele-befriending via Zoom.

This project strives to enhance social integration and reintegration in the community for persons with amputations (PWAs) via peer-befriending and personal empowerment. Identified befrienders are our former patients with amputation who are well-integrated in the community. The befrienders serve as peers, coaches and facilitators to encourage patient activation, with support and oversight provided by Allied Health professionals from Tan Tock Seng Hospital and Ang Mo Kio-Thye Hua Kwan Community Hospital.

Regular trainings were provided to equip new and existing befrienders with necessary knowledge and skills to work effectively with PWAs, and to improve consistency of service quality. Traditional face-to-face befriending sessions were transformed to tele-befriending sessions to overcome existing social distancing policies and leverage on technology, so as to provide timely befriending support for new persons with amputations during their recovery journey.

At the end of the project, 13 befriending sessions were conducted for PWAs. Feedback from PWAs who received the befriending sessions have been positive, who find it beneficial to hear and learn from the befriender's personal experience. Our team will continue to work on training experienced befrienders to become facilitators and mentors for new befrienders, hence developing greater capacity of PWAs to form a sustainable self-help community.

Ms Lim Peiwen, Senior MSW



## UPCOMING

### COURSES by CAPE FOR OUR COMMUNITY!

Interested to take up courses to help seniors age gracefully? Community Care professionals may now anticipate new courses from CAPE at Centre for Healthcare Innovation (CHI) @ Tan Tock Seng Hospital.

DATE	COURSE
20-Sep 2022	Nutrition Considerations in Home Enteral Nutrition (HEN)
30-Sep 2022	Approaches to optimise Nutrition Care for Adults in Intermediate and Long term Care (ILTC) Facilities
8 & 9 Oct 2022	Physiotherapy Management of Knee Osteoarthritis
14-Oct 2022	Using SCOPE to Optimise Client and Caregiver Training
20 & 27 Oct 2022	Prevention and Management of Malnutrition in the community
16-Nov 2022	Speech Therapy in the Community: What can You do?
17 & 18 Nov 2022	Rehabilitation for Older Adults



**Register Now**  
<https://lms.wizlearn.com/AIC>

For more information on courses, simply scan the QR code (right) to access the Learning Management System (LMS) and filter to "Tan Tock Seng Hospital (TTSH)" as the Learning Institute of your choice to find out more about the courses offered.

The Centre for Allied Health and Pharmacy Excellence (CAPE) was launched in May 2019 to spur strategic transformation of the Allied Health and Pharmacy Professionals through innovation, thought leadership development and training integration with partners across health and community sectors. CAPE provides an exciting platform for allied health professionals and pharmacists to drive innovation and training in health-social care integration so as to optimise independence and quality of life for our population. Through CAPE, we hope to collaborate, co-learn and co-create with partners across health-social sectors in the 3 identified key areas of community, trans-disciplinary and tech-enabled care. We also hope to build thought leadership and continuously innovate our roles and care models as future-ready Allied Health & Pharmacy professionals.

Presented by

