

Training courses may cover topics such as:

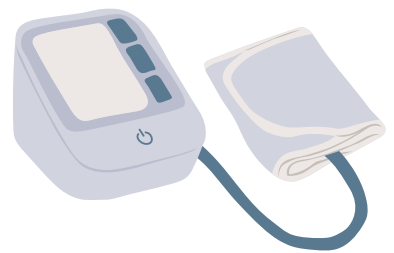


Personal Care Techniques

Learn how to carry out day-to-day activities like bathing, toileting, feeding and transferring your care recipient from one place to another using the proper methods.

Management of Health Condition

Learn how to monitor basic vitals signs, recognise health issues, perform first aid and manage chronic illnesses (e.g. blood sugar monitoring).



Specific Diseases (e.g. dementia, stroke)

Understand a particular type of disease and learn how to provide care to someone who has the disease.

Clinical Skills

Pick up specialised skills such as nasogastric tube feeding, urine catheter care and tracheostomy care.



Coping as a Caregiver

Understand what is caregiving, the challenges it may bring and how to maintain personal well-being amidst all of the above.

Training Courses

- 1** Click [here](#) to view the available training courses.
- 2** Choose the training course that you are interested in.
- 3** Contact the service provider indicated for more details.
- 4** Inform the service provider that you are applying for the *Caregivers Training Grant (\$200).

Caregivers Training Grant

- \$200/ year to offset cost of courses

Care recipient must be:

- Singapore Citizen or Permanent Resident
- Aged 65 years and older; or
- Has disability as assessed by a qualified healthcare practitioner

For more information, click [here](#)