

Caregiver Training and Schemes

To equip caregivers with skills and knowledge of Activities of Daily Living (ADL), eldercare practices, fall prevention, medication administration, and emergency preparedness for home care:



Scan for more information!

Dementia Care

Dementia care involves specialised support for individuals with cognitive decline. It focuses on enhancing their quality of life through activities, communication strategies, and a safe environment. Caregivers provide personalized assistance in ADLs, manage behavioral changes, as well as foster a compassionate and understanding approach in meeting the unique needs of individuals affected by dementia.



Learning About Dementia Care From Others



Dementia Resources to Support Caregivers



Cognitive Resources

Cognitive resources for dementia offer support through tailored activities and strategies, enhancing the mental function and well-being of individuals facing cognitive challenges.



Lumosity Brain Training



Lively Silver phone application



Silver Activities



Maria's Place



ST. ANDREW'S COMMUNITY HOSPITAL

Dear Caregivers,

Your dedication and compassion care makes a profound impact on our patients. Through your kindness, patience, and support, you are creating a more loving world. Take a moment for self-care, as you are valued and appreciated. Thank you for being our heroes!

With heartfelt gratitude,
Occupational Therapists

Resources for Caregivers

Recommendations and tips to facilitate your caregiving journey

Falls Prevention At Home

Aging increases the risk of falls due to reduced vision, balance, and weakened muscles. Conditions such as Cataracts and Parkinson's Disease heighten this risk, leading to potential injuries and limitations in daily activities. Recognising potential risk hazards is crucial in preventing falls.



Scan for more information!

Home Modifications

An occupational therapist can help to assess your home, identify potential safety hazards, and recommend improvements to your living environment. These adjustments enhance functionality, safety, and independence. It also creates inclusive and accessible environments, improving the well-being for your loved ones.



Scan for more information!

Home Exercises

Home exercises enhance seniors' mobility and strength, as well as contribute to overall health, well-being and independence.

Scan for videos and pictorial instructions!



Caregiver Burnout / Stress

Providing care can be a fulfilling path, yet managing its demands may pose challenges. Stress may arise for caregivers when they struggle to fulfill their role effectively or encounter stressful situations. Prolonged stress may affect caregivers' physical and emotional well-being.



Scan for tips to help you cope!

Educational E-brochures consolidated from Agency of Integrated Care (AIC)

The Agency for Integrated Care (AIC) coordinates healthcare services for seniors and individuals with disabilities, including occupational therapy to enhance their daily function and well-being.



Scan for "Activities of daily living"



Scan for "Caring for The Elderly 101"



Scan for "Body Mechanics"



Scan for "A caregiver's guide to burnout"