

Caring & Carer Programme

Caregiver Training for Frailty Support

Duration	<ul style="list-style-type: none"> • 4 hours
Course Modules	<ul style="list-style-type: none"> • Introduction and Understanding the Role of Physiotherapy in Elderly Care • Mobility and Safe Handling Techniques • Exercise Regime and Muscle Strength • Pain Management Techniques • Enhancing Functional Independence
Language	<ul style="list-style-type: none"> • English
Certification	<ul style="list-style-type: none"> • A Certificate will be issued upon completion of the course.
Methodology	<ul style="list-style-type: none"> • Discussion • Scenarios • Activities
Course Information	<p>The Caregiver Training for Frailty Support course is designed to equip caregivers with the knowledge, skills, and compassion required to provide comprehensive care to frail individuals. This course is aimed at professional caregivers, family members, and anyone seeking to provide support to frail individuals, promoting their health, safety, and overall well-being.</p>