

## 在家中 量身定制的照护者培训



培训将会根据照护者与患者的个别需求而量身订做

如何使您与帮佣获益  
传授照护技巧, 知识及资源  
让照护者更有信心照顾家人  
减少疲劳及损伤的发生率

照护者陈女士的见证

“触爱的培训是非常有用的。他们教授予我和家庭女佣的照顾技巧直接照顾到我丈夫的需要。”

## CUSTOMISED CAREGIVERS TRAINING @ HOME



*Each training is customised to meet the unique needs of each caregiver, the care recipient and their care environment.*

**Benefits to you & your domestic helper**  
*Equips caregivers with skills, knowledge and resources to care.  
Enables caregivers to be competent and confident  
in providing care for their loved one.  
Reduces incidences of caregivers' fatigue and injury.*

**Testimony of a Caregiver, Mrs Tan**

*“TOUCH's training is very useful. What they taught my helper and I were directly relevant to my husband's needs.”*



**2 one-hour training sessions** may include:

**Handling Skills & Personal Care**

- Mobility and walking
- Transfers
- Bed sponging / Showering
- Wheelchair use
- Exercises
- Contracture Prevention

**Health Care**

- Feeding tube care
- Respiratory care
- Urine catheter care
- Wound care
- Diabetes management
- Pressure sore prevention

Cost: **fr \$0\***

*\*Centre for Enabled Living offers training subsidies of up to \$200 a year for caregivers to undergo TCG training if the care recipient is*

- Singaporean / Permanent Resident AND
- Frail / Disabled elderly

*\*All rates indicated above are valid at time of print.*

**About TOUCH Caregivers Support (TCG)**

TCG strives to help caregivers of the frail elderly cope with the challenges of caregiving by providing a wide range of home-based and support services.

Holistic care and support services are delivered by a team of doctors, nurses, occupational therapists, physiotherapists and care coordinators experienced in geriatric care.

For enquiries, please contact us at:

**6258 6797**

[caregivers@touch.org.sg](mailto:caregivers@touch.org.sg)  
[www.caregivers.org.sg](http://www.caregivers.org.sg)

**两堂一小时的培训可包括:**

- |                                     |                                |
|-------------------------------------|--------------------------------|
| <input type="checkbox"/> 协助行走       | <input type="checkbox"/> 喂食管护理 |
| <input type="checkbox"/> 移动患者的技巧    | <input type="checkbox"/> 呼吸照护  |
| <input type="checkbox"/> 协助床浴 / 沐浴  | <input type="checkbox"/> 尿管护理  |
| <input type="checkbox"/> 轮椅使用       | <input type="checkbox"/> 伤口护理  |
| <input type="checkbox"/> 保持肌肉与筋骨的灵活 | <input type="checkbox"/> 糖尿病护理 |
|                                     | <input type="checkbox"/> 压疮预防  |

价格: **\$0起\***

*\*若您照顾以下人群, 看护者每年可享活力中心所提供高达\$200的培训补助*

- 新加坡 公民或永久居民, 及
- 体弱或残疾老人

*\*上述所有价格只在打印期间为有效。*

**关于触爱照护者扶持服务**

触爱致力于为照料体弱年长者的家庭提供支援服务, 帮助照护者应付在照顾过程中遇到的困难及挑战。

我们的全面支援服务是由专门从事老年护理的医生, 护士, 职能治疗师, 物理治疗师等人员组成的。

欲知详情, 请联络我们:

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