



# ADLS Care for FDWG (Below 65 years old)

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## Course Summary

### [Training Provider]

WhiteAngel Caregiver Consultancy Pte Ltd

### [Target Participants]

For foreign domestic helper providing care for a person with disability (aged 1-64 years old) in the home.

### [Synopsis]

This training will help both new and experienced caregivers who are caring for individuals with congenital, intellectual, mental or physical disabilities. Caregivers may also learn tips on how to cope with the anxieties of caring for a person requiring assistance with their activities of daily living, especially after a prolonged or sudden illness.

During the training, our trainer who are locally trained nurses will analyze the individual's full medical condition before customizing the training according to his/her daily needs.

Caregivers can expect to increase their level of confidence in the daily care required.

### [Course Outline]

#### **Part 1: Personal Hygiene of Care Recipients**

Assist care recipient with basic hygiene activities

- Assistance in showering
- Assistance in toileting
- Assistance in dressing
- Oral care such as cleaning of mouth, teeth or dentures
- General skin care and preventing pressure sores
- Hair care
- Foot care
- Nail care



#### **Part 2: Movement & Transfer**

Assist care recipient with ambulating and transferring

- Assistance with ambulating
- Assistance with use of different mobility aids
- Safe transferring skills



### **Part 3: Feeding**

Assist care recipient with oral feeding

- Different oral feeding techniques
- Preparing of feed
- Observation of swallowing
- **Basic Nasogastric tube feeding would require additional 60 minutes and additional charges separately)**

### **Part 4: Waste Management**

- Hand hygiene
- Changing & disposing diapers
- Management of waste in commode pan

If Applicable:

- Care & management of urine catheters (*Intermittent catheterization would require addition 30 mins and additional charge separately*)
- Changing urine bags
- Documentation of urine output
- Care and management of stoma site
- Changing stoma bags
- Documentation of stoma output
- Waste disposal

### **Part 5: Care Recipient's Safety**

Identify and manage care recipient's fall risks

- Identify and manage fall risks
- Prevention of falls

#### **[Mode of Teaching]**

- Home based
- Theory
- Practical- Return demonstration (may have physical contact with participants)
- Courses available in English, Malay, Mandarin & Guided Burmese

#### **[Venue]**

Home based training at the participant's residence or Classroom at Katong Shopping Centre

#### **[Course Fee]**

Course Fee (Before CTG):        \$200.00 (Home based) \$140.00 (Classroom) (*Inclusive of GST*)



## *White Angel Caregivers Consultancy*

Co Payment (After CTG)      \$10.00 \*(*Subject to eligibility and the remaining amount of the care recipient's CTG which is capped at \$200 per year, \$10 co-payment fees are waived*)

**[Duration]**

2 hours (home based) or 6 hours (classroom)

**[Enquiries]**

Please contact WhiteAngel Caregiver Consultancy Pte Ltd at:

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