



Caregiver Training

Stroke Support

Training Contents

- Module 1: Responsibilities of a Caregiver
- Module 2: Signs & Symptoms of Stroke
- Module 3: Risk Controls
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Sustainable Learning for Resilience
Converging Aspiration & Knowledge

Conducted by:
Center for Humanitarian Education

Course Duration 	4 hours	Course Fees 	\$150
Certificate 	Certificate of Participation will be awarded by Centre for Humanitarian Education		
Mode of Training 	In person, class based		
Methodology 	Lecture, discussion and case-study		
Funding 	Not Eligible for SSG funding and Skills Future Credit		

Requirements:

Have good english proficiency



Course Overview

This course aims to educate caregivers on the essentials for caring for individuals with stroke.



Learning Outcome:

At the end of the course, learners should be able to:

1. Demonstrate an understanding of the roles and responsibilities of a caregiver
2. Understand the signs and symptoms of stroke
3. Identify the risk controls that cause stroke
4. Identify the ways to reduce risk of stroke
5. Understand the challenges faced by caregivers and family members of stroke patients and explore strategies for their support

CONTENT

Module 1:

Responsibilities of a Caregiver

Caregivers play a crucial role in assisting with daily activities and creating a safe and supportive environment. This module aims to equip caregivers with the knowledge and skills necessary to fulfill these responsibilities effectively and enhance the overall well-being of stroke survivors under their care.

Module 2:

Signs & Symptoms of Stroke

Delve into the critical signs and symptoms of stroke that caregivers need to recognise promptly. This module aims to educate caregivers on identifying these warning signs and taking immediate action to ensure the best possible care for stroke patients.

Module 3:

Risk Controls

Explore the essential risk controls that can help prevent strokes and minimize the risk of recurrence for stroke survivors. This module aims to empower caregivers and stroke survivors with the knowledge and tools to implement these risk control strategies effectively for improved long-term outcomes.



CONTENT

Module 4:

Methods for Reducing Stroke

Focusing on lifestyle changes and preventive measures, this module aims to explore various methods for reducing the risk of stroke. By understanding and implementing these methods, individuals can significantly lower their risk of experiencing a stroke and improve their overall health and well-being.

Module 5:

Challenges & Strategies to Support

This module aims to address and explore the challenges faced by stroke survivors and their caregivers, along with methods to provide effective support. By understanding these challenges and implementing effective strategies, caregivers can better support stroke survivors in their recovery journey, enhancing their quality of life and promoting independence.

