



SINGAPORE RED CROSS ACADEMY COURSE INFORMATION



Course Title	Caregivers' First Aid for the Elderly (CGFAE) Workshop
Course Description	This classroom-based training workshop will equip learners with the basic caregiving skills for the elderly at home and in the community.
Course Objective	By the end of the course, learners will have the relevant knowledge and application skills in Eldercare First Aid and CPR+AED to apply during an emergency or accident: <ol style="list-style-type: none"> 1. Explain the duties and responsibilities of a Caregiver. 2. Check and pack contents of First Aid Kit. 3. Perform Eldercare First Aid treatment for common medical emergencies. 4. Perform Cardiopulmonary Resuscitation (CPR) effectively on adult unconscious casualties. 5. Perform the use of an Automated External Defibrillator (AED) effectively on adult unconscious casualties.
Course Module Description	<p>4 hours: Eldercare First Aid</p> <p>Module 1: Becoming a Caregiver</p> <p>Module 2: Guide to First Aid</p> <p>Module 3: Common Injuries Among Elderly (Fainting, Bleeding, Falls & Fractures, Asthma & Stroke)</p> <p>Module 4: Common Chronic Diseases Among Elderly (COPD, Pneumonia, Diabetes, Depression, Dementia)</p> <p>3 hours: CPR+AED</p> <p>Module 5: Cardio Pulmonary Resuscitation (CPR)</p> <p>Module 6: Automated External Defibrillation (AED)</p>
Ratio	Lecture - 1 Facilitator : 16 Learners Small Group Practical - 1 Facilitator : 4 Learners (up to 4 Facilitators per class)
Class Size	Minimum 8 pax, Maximum up to 16 pax
Course Duration	7 hours of face-to-face classroom training
Attire	Casual (T-shirt, Jeans and Covered Shoes)
Language Medium	Caregivers' First Aid for the Elderly (CGFAE) is available in English & Mandarin.



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Prerequisites	<p>P1. We highly recommend individuals to have attained at least secondary two education or level 5 of ESS Workplace Literacy and Numeracy.</p> <p>P2. Must be physically fit and able to render help to another individual during an emergency.</p> <p>P3. Medically fit with no pre-existing medical conditions such as knee, spinal or joints injury. Learners with medical problems, such as bronchial asthma, any upper respiratory tract infection, orthopaedic problems (e.g. slipped disc), are encouraged to consult their own doctors before attending the course. In case of doubt, please consult your doctor first and produce a Letter/Memo to indicate if fit for training.</p>
Certification	A Card Size Certificate of Participation will be issued.
Course Fees	SGD \$100.00 per participant (exclusive of GST)

Caregivers' First Aid for the Elderly (CGFAE) Workshop Outline			
Module	Content	Methodology	Duration
1	Becoming a Caregiver	<ul style="list-style-type: none"> Lecture Presentation 	30 mins
2	Guide to First Aid <ul style="list-style-type: none"> + First Aid + First Aid Kit Contents 	<ul style="list-style-type: none"> Lecture Presentation Show and Tell 	30 mins
3	Common Injuries Among Elderly Fainting <ul style="list-style-type: none"> + Bleeding and Basic Bandaging <ul style="list-style-type: none"> o Head, Forearm + Falls, Fractures and Basic Bandaging <ul style="list-style-type: none"> o Use of Arm Sling and Immobilisation + Asthma <ul style="list-style-type: none"> o MDI w/ Spacer + Stroke 	<ul style="list-style-type: none"> Lecture Presentation Demonstration Case Studies Drill and Practice 	120 mins
4	Common Chronic Diseases Among Elderly <ul style="list-style-type: none"> + COPD, Pneumonia, Diabetes, Depression, Dementia 	<ul style="list-style-type: none"> Lecture Presentation Sharing and Discussion 	60 mins
5	Theory of CPR + AED	<ul style="list-style-type: none"> Lecture Presentation 	60 mins
6	Practice of CPR + AED	<ul style="list-style-type: none"> Demonstration Drill and Practice 	120 mins
Total hours			7 hours