



# CERTIFICATE OF COMPLETION

**“Caregiving to Elderly”**

Course Preview



**CSM ACADEMY**  
INTERNATIONAL

ABOUT

# CSM Academy



Established since year 2005 with core focus in Healthcare Service Education. Thousands of students have graduated and working in the Healthcare Industry.



4 year Edutrust certified & is an Authourised Training Organisation of SSG



Singapore Nursing Board Accreditation for its Nursing Degree

## ABOUT CSM ACADEMY

### Some of the Courses being delivered :

- 1 MSc Dementia Studies awarded by University of Stirling, UK
- 2 BSc Nursing & Health awarded by University of Dundee, UK
- 3 WSQ Certificate in Healthcare
- 4 Phlebotomy Short Courses (3 days)
- 5 Certificate, Diploma & Adv Diploma in Tourism and Hospitality
- 6 Diploma & Adv Diploma in Business Management
- 7 Certificate in Service English



## COURSE INTRODUCTION

# Certificate of Completion : Caregiving to the Elderly

This course aims to teach you the basic skills in caring for an Elderly. Specifically in caring for their basic needs in their daily living activities.

A pathway to an evergreen and noble job in healthcare industry





# CSM Academy Main Premises

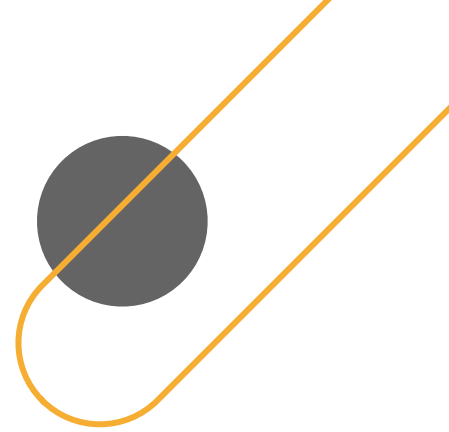
250 Sims Avenue

- Opposite the Aljunied MRT Station
- Lots of great food options when you rushed from work to school



# CSM Academy Main Premises

250 Sims Avenue



ABOUT

# CSM Academy Simulation Centre – Charis Manor Nursing Home

(Authentic Learning Environment)  
@39 Sims Avenue





**CSM ACADEMY**  
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# Simulation Ward

Authentic learning environment  
opportunity to interact with elderly and practice

CSM Academy Simulation Centre –  
Charis Manor Nursing Home  
(Authentic Learning Environment)  
@39 Sims Avenue



# Course Module and Synopsis

01

## **Personal Protective Equipment (PPE), Hand Hygiene, Infection Control**

This is a basic infection control need. When you are caring for an Elderly who has caught say Covid or has scabies, etc. You need to also protect yourself, thus, you need to don PPEs.

02

## **Diaper Changing, Safety Bathing, Oral hygiene, Perform Grooming, etc**

These are daily physiological needs of a human being and elderly who are not too mobile will not be able to do it themselves without help. Hence, as a caregiver, you need to be able to do this for the Elderly you are caring for.

03

## **Transferring, Bed mobility, perform passive exercise, Maintaining Body mechanics, etc**

For Elderly who are paralysed or who has difficulties to be independent on their own, you need to be able to help transfer them from the bed to the wheelchair and vice versa, how to turn them to the other side regularly so that they do not get bed sores, help do some passive exercises for them , etc.



# Course Module and Synopsis



**04**

## **Medical Escorting**

Your Elderly would need to go for her/his regular check-ups and medical appointment follow-ups, what are the standard Operating procedures from transporting them in the vehicle to registering at the clinic, receipt of medication, etc

**05**

## **Perform Environmental Cleaning, Laundry Management, light housekeeping**

Whether you are working in a family home or a Nursing Home, you need to keep the living environment clean for the Elderly, manage the laundry and various housekeeping chores to give the Elderly a comfortable and hygienic environment. Sanitisation, infection control application should be kept in mind.

**06**

## **Food Safety & Hygiene, Fluid Consistency Mixing, Oral Feeding,**

Elderly with certain conditions could choke on their food , you will learn how to do fluid mixing so that the Elderly could swallow without choking, how to prepare food hygienically and ensure it is safe for the elderly to consume, etc.

EXAMPLES

# Transport Seniors

- 1 Prepare vehicle for transport
- 2 Prepare client for transport
- 3 Transporting clients



EXAMPLES

# Prepare and Maintain Therapy Equipment / Appliances



1

Clean and store  
equipment

2

Maintain equipment  
usability according  
to SOPs

EXAMPLE

# Activities of Daily Living (ADL)

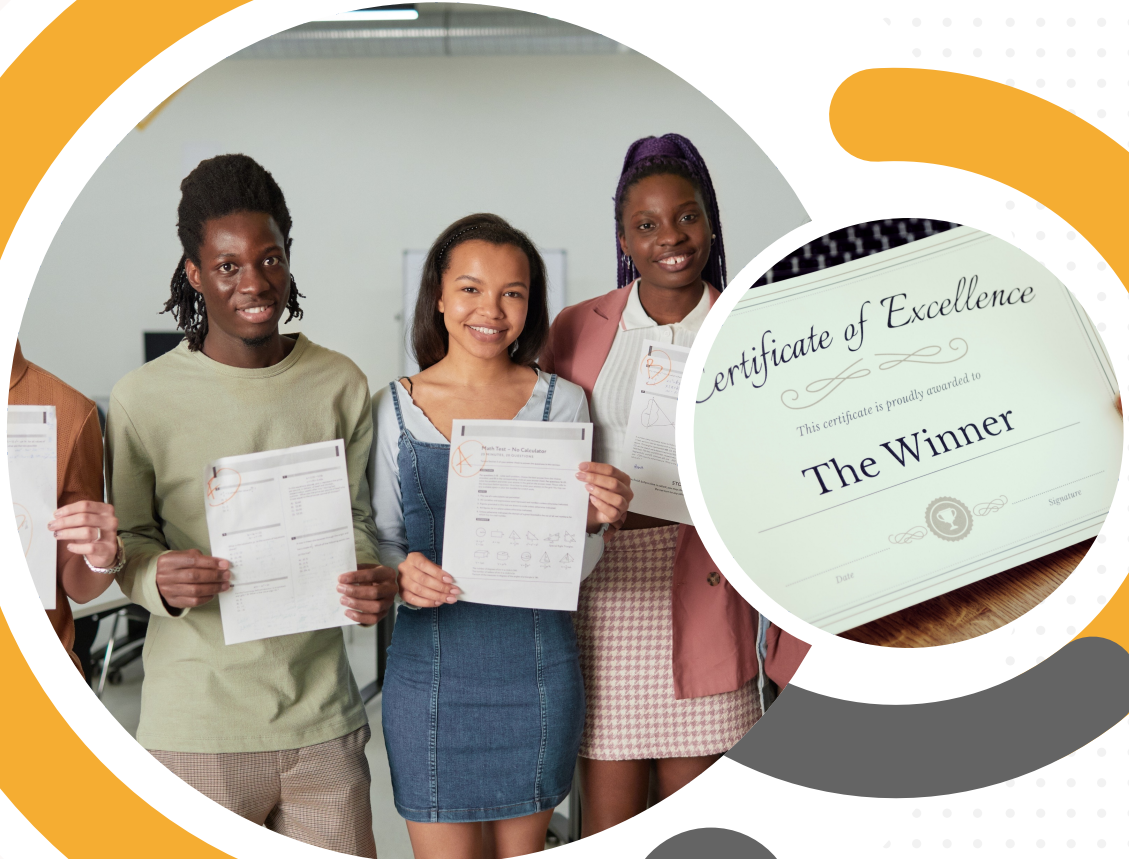
- 1 Support clients in their ADL
- 2 Recognise and report any change in client conditions
- 3 Maximising client independence, safety and security



ABOUT

# Entry Requirement

- A minimum Secondary Two qualifications or equivalent.
- English Literacy



ABOUT

# Course Duration



Part-time of 10 sessions



10 Sundays



Choice of Morning or Afternoon Class  
9am to 1pm Class or 2pm to 6pm Class



## Career Opportunities

You can work as

# Healthcare Assistant (HCA)

in various healthcare settings, for example:



**Nursing Homes**






**Hospitals**



## ABOUT

# Course Fees

	Application Fees (Non-refundable) Inclusive T-Shirt as Uniform to wear during the Course	<b>\$ 80.00</b>
	Course Fees (pay at least 1 week before Course start-date)	<b>\$550.00</b>
	7% GST payable	<b>\$ 44.10</b>
<b>Total payable</b>		<b>\$674.10</b>



## HOW TO APPLY

# Step 1 – Fill up the following forms:

Application Form – CSM Academy International Pte Ltd

## HOW TO APPLY

# Step 2 – Attached the following documents:

- A copy of passport (must have at least 1 year validity for foreigners with valid pass) / NRIC (For Singaporean / PRs)
- Proof of English Proficiency; either IELTS/TOEFL score sheet or equivalent qualification (if applicable)
- Application fee (non-transferable and non-refundable):





ABOUT

## How to Pay?



01

UEN: 200505735M -  
Paynow



02


Bank transfer:  
UOB bank: 318-300-  
304-4,  
CSM Academy  
International Pte Ltd



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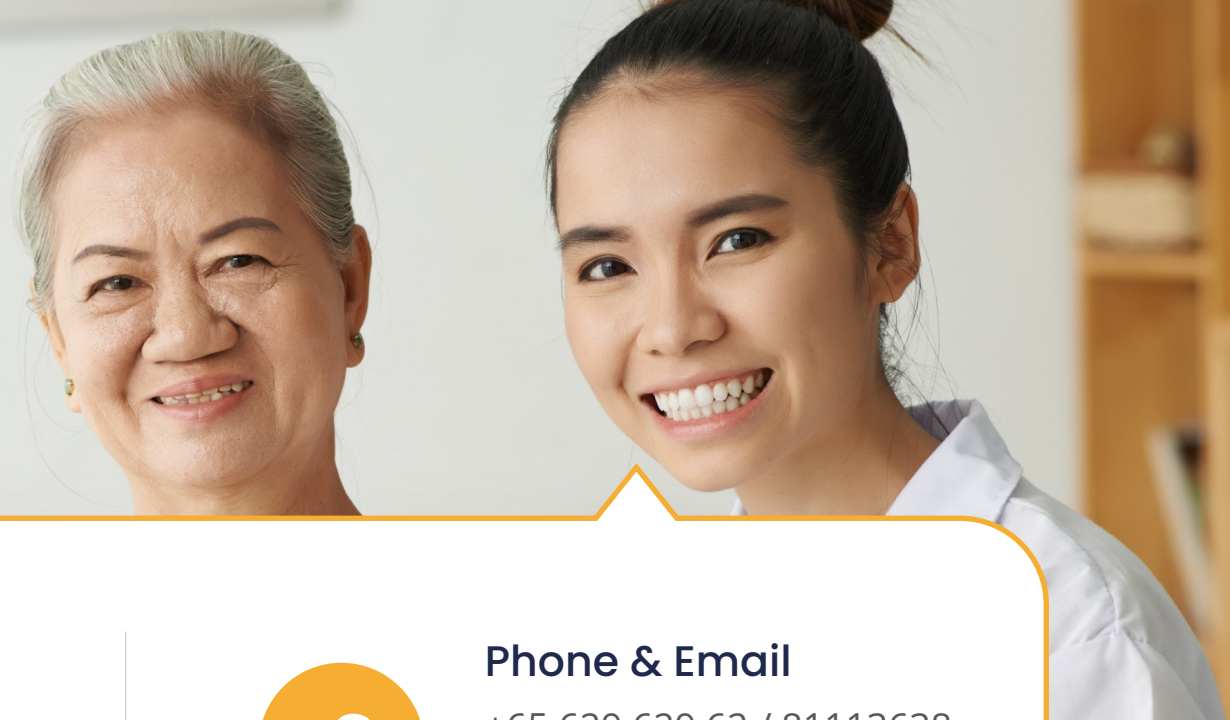
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## **CONTACT INFO**

# For more information

If you have any questions feel free to  
connect with us.

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Business Indonesia Singapore Association



**Thank You**

Any Questions?