



The case for formalized training for caregivers of seniors – delivering excellent elderly caregiving in Modern Singapore

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Abstract

Caregiving, especially for senior members of the family, is often thrust on people when they are least prepared for it. It is a role that can be very stressful and draining for the caregiver - physically, mentally and financially. It extends into the caregiver's personal space as the senior gradually becomes emotionally and tangibly dependant on the caregiver. As the senior ages, often the roles of parent and child are 'swapped' with the child having to take a more 'parent' role of loving and admonishing the parent like a 'child'.

In the metropolitan lifestyle of Singapore, the caregiver needs support from an ably trained hired caregiver since he/she juggles multiple roles - work, caring for his own family, caring for the senior, etc. While living in the community is best for the senior's well-being, the family caregiver can suffer burn out and strained relations with the care recipient.

CARE understands challenges and works to support the family caregiver fully. With its 360° CARE Model, CARE ensures that the hired caregiver is aware of ageing and challenges of caring for a senior, along with necessary knowledge, skills and training. A meticulous recruitment and rigorous pre-placement training guarantees that the hired caregiver is also aware of care conditions unique to the individual, family and Singaporean culture. They are competent in managing activities of daily living, hygiene, nutrition, ambulation and cognitive stimulation and possess the knowhow to care for persons with Dementia, Cancer, Stroke, Parkinson's Disease and other ailments that are common in the senior population.

The training is constantly updated to keep the hired caregivers updated with latest changes in care mechanisms and technology used in care of seniors. The emphasis is on person-centred care and the confident specialised caregivers develop professional levels of interpersonal, critical-thinking and personal care skills.

Biography

Satyaprakash Tiwari works as Healthcare Professional with 30 years of experience in healthcare planning, advisory, project management and development. Experienced Non-profit leader, Management, Eldercare programmes and services. Proven record of being a community builder with a passion for serving elderly, people with disabilities with the use of innovation, technology and collaboration. He has spearheaded and operationalised three Voluntary Welfare Organisations (VWOs), piloted the first Home Help Service and Dementia Day Care Centre and developed numerous community-based programmes and initiatives in Singapore. He has been a Senior-Level Executive in VWOs for over 25 years. Has earned a formidable reputation concerning expertise in initiating and institutionalising significant programmes with highly capable management skills and ability to develop longstanding commercial, inter-agency and client relationships. Has proven track record in the eldercare market (and the wider VWO sector) coupled with stellar management skills have enabled me to catalyse significant organisational growth, implement costeffective strategies and remain at the forefront of the industry. relationships. Has proven track record in the eldercare market (and the wider VWO sector) coupled with stellar management skills have enabled me to catalyse significant organisational growth, implement costeffective strategies and remain at the forefront of the industry.

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