

## **First Aid for the Elderly – 8 hours**

**This First Aid for the Elderly course is designed specially to enable caregivers of the elderly to respond promptly and effectively if someone they are caring for is injured or taken ill.**

Our first aid trainers all have experienced in accident and emergency situations in addition to their skills as first aid instructors. By including real life situations as part of our training we can enhance the learning experience and make our courses much more relevant and interesting.

If you are not sure which first aid course you need or would like help assessing your needs, please call **(6258 2801)** or email us ([training@sgcaregiver.org](mailto:training@sgcaregiver.org)) with your enquiry

## **COURSE CONTENTS**

### **Part I**

- Responding appropriately to a first aid emergency
- Understanding how ageing impacts on the elderly
- Recognizing the symptoms of some common disease for the elderly

### **Part II**

- Common incidents for the elderly
- Common causes of unconscious
- Management of unconscious casualty
- Basic Life Saving Techniques
  - Foreign Body Airway Obstruction (FBAO) Management – Heimlich Maneuver
  - Cardio Arrest Management – Cardiopulmonary Resuscitation (CPR)

### **Part III**

- Basic Understanding of Medication Management
- First Aid Kit contents

### **Duration: 8 Hours**

- 7 Hours (Theory/Practical ) + 1 Hour (Assessment)

### **Attendance requirement for assessment**

- 100% course attendance is required to sit for the assessment

### **Completion Certificate**

- ***Certificate of Achievement of First Aid for the Elderly*** will be awarded to those who are completion of the training and achieve the assessment requirement

### **Course Venue Enquiry**

- **Singapore Caregiver Training Centre**  
(1999 Lorong 8 Toa Payoh #02 – 02, Toa Payoh South Community Club, Singapore 319258)

### **Course Fee:**

- S\$80.00 per participant

## **APPLICATION & PAYMENT**

### **Application:**

Step 1: Complete the Emergency Care (First Aid) Course Registration Form

Step 2: Submit the Completed Course Registration Form with participant's or trainee's NRIC (Front & Back), or Passport or Work Permit copy (Front & Back) together at least 12 working days before the course commences

Step 3: Submission Method

- By Email: [training@sgcaregiver.org](mailto:training@sgcaregiver.org)
- By Fax: (65) 6259 3958
- By Post:

**Singapore Caregiver Training Centre**  
**1999 Lorong 8 Toa Payoh #02 – 01**  
**Toa Payoh South Community Club,**  
**Singapore 319258**

*(Note: If submit by email/fax, the original copy of Course Registration must be submitted on the first training day)*

### **Payment:**

**Method 1:** By Cash

**Method 2:** By Cheque

- Write down the Name of Course / Course Date / Name of Trainee on behind of the cheque
- Make the cheque payable to: **Singapore Caregiver Training & Consultancy Pte. Ltd.**
- Mail to:

**Singapore Caregiver Training Centre**  
**1999 Lorong 8 Toa Payoh #02 – 01**  
**Toa Payoh South Community Club**  
**Singapore 319258**

*(Note: At least 12 working days before the course commences to settle the payment)*

### **Enquiry**

- Hotline: **6258 2801** or [training@sgcaregiver.org](mailto:training@sgcaregiver.org)

| <b>EMERGENCY CARE (FIRST AID) TRAINING PROGRAM</b>                                                                                                                                                         | <b>Course Fee (Duration)</b> | <b>June</b>                                                                                | <b>July</b>                                                       | <b>Aug</b>                                                                                |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| <b>FIRST AID TRAINING FOR INFANT / CHILD PERSONNEL</b> <ul style="list-style-type: none"> <li>Certification is valid for 3 years</li> </ul>                                                                | S\$150.00<br>(24 Hours)      | TBC                                                                                        | TBC                                                               | TBC                                                                                       |
| <b>STANDARD FIRST AID</b> <ul style="list-style-type: none"> <li>SFA Certification is valid for 3 years</li> </ul>                                                                                         | S\$120.00<br>(21 Hours)      | -                                                                                          | <b>9am – 6pm</b><br>5 & 6 July<br><b>9am – 1pm</b><br>7 Jul (Sun) | <b>9am – 6pm</b><br>2 & 3 Aug<br><b>9am – 1pm</b><br>4 Aug (Sun)                          |
| <b>STANDARD FIRST AID &amp; CPR + AED PROGRAM</b> <ul style="list-style-type: none"> <li>SFA Certification is valid for 3 years</li> <li>CPR + AED Certification is valid for 2 years</li> </ul>           | S\$180.00*<br>(25 Hours)     | <b>9am – 6pm</b><br>21, 22 &<br>23 Jun (Sun)                                               | <b>9am – 6pm</b><br>5, 6 &<br>7 Jul (Sun)                         | <b>9am – 6pm</b><br>2, 3 &<br>4 Aug (Sun)                                                 |
| <b>REFRESHER STANDARD FIRST AID</b> <ul style="list-style-type: none"> <li>SFA Certification is valid for 3 years</li> </ul>                                                                               | S\$100.00<br>(12 Hours)      | <b>9am – 6pm</b><br>29 Jun &<br><b>9am – 1pm</b><br>30 Jun (Sun)                           | <b>9am – 6pm</b><br>20 Jul &<br><b>9am – 1pm</b><br>21 Jul (Sun)  | <b>9am – 6pm</b><br>10 Aug &<br><b>9am – 1pm</b><br>11 Aug (Sun)                          |
| <b>REFRESHER STANDARD FIRST AID &amp; CPR + AED PROGRAM</b> <ul style="list-style-type: none"> <li>SFA Certification is valid for 3 years</li> <li>CPR + AED Certification is valid for 2 years</li> </ul> | S\$160.00*<br>(16 Hours)     | <b>9am – 6pm</b><br>29 Jun &<br>30 Jun (Sun)                                               | <b>9am – 6pm</b><br>20 Jul &<br>21 Jul (Sun)                      | <b>9am – 6pm</b><br>10 Aug &<br>11 Aug (Sun)                                              |
| <b>FIRST AID FOR THE ELDERLY</b> <ul style="list-style-type: none"> <li>Certification of Achievement is rewarded to the participant after completed the assessment</li> </ul>                              | S\$80.00<br>(8 Hours)        | -                                                                                          | <b>9am – 6pm</b><br>20 Jul<br>(Sat)                               | <b>9am – 6pm</b><br>17 Aug<br>(Sat)                                                       |
| <b>FIRST AID FOR THE ELDERLY &amp; CPR + AED</b> <ul style="list-style-type: none"> <li>CPR + AED Training Program is accredited by NRC and Certification is valid for 2 years</li> </ul>                  | S\$140.00*<br>(12 Hours)     | -                                                                                          | <b>9am – 6pm</b><br>20 Jul &<br><b>9am – 1pm</b><br>21 Jul (Sun)  | <b>9am – 6pm</b><br>17 Aug &<br><b>9am – 1pm</b><br>18 Aug (Sun)                          |
| <b>CPR + AUTOMATED EXTERNAL DEFIBRILLATION (AED) PROGRAM</b> <ul style="list-style-type: none"> <li>Certification is valid for 2 years</li> </ul>                                                          | S\$120.00<br>(4 Hours)       | <b>2pm – 6pm</b><br>14 Jun (Fri)<br>or<br><b>23 Jun (Sun)</b><br>or<br><b>30 Jun (Sun)</b> | <b>2pm – 6pm</b><br>7 Jul (Sun)<br>or<br><b>21 Jul (Sun)</b>      | <b>9am – 1pm</b><br>18 Aug (Sun)<br>or<br><b>2pm – 6pm</b><br>4 Aug (Sun)<br>11 Aug (Sun) |
| <b>BASIC CARDIAC LIFE SUPPORT (BCLS)</b> <ul style="list-style-type: none"> <li>Certification is valid for 2 years</li> </ul>                                                                              | S\$120.00<br>(8 Hours)       | -                                                                                          | <b>9am – 6pm</b><br>17 Jul (Wed)<br>or<br><b>28 Jul (Sun)</b>     | <b>9am – 6pm</b><br>14 Aug (Wed)<br>or<br><b>25 Aug (Sun)</b>                             |
| <b>REFRESHER BASIC CARDIAC LIFE SUPPORT (RBCLS)</b> <ul style="list-style-type: none"> <li>Certification is valid for 2 years</li> </ul>                                                                   | S\$110.00<br>(4 Hours)       | -                                                                                          | <b>9am – 1pm</b><br>17 Jul (Wed)<br>or<br><b>28 Jul (Sun)</b>     | <b>9am – 1pm</b><br>14 Aug (Wed)<br>or<br><b>25 Aug (Sun)</b>                             |

❖ **Enquiry: 6258 2801**

### **FIRST AID TRAINING PROGRAMS**

**Standard First Aid (SFA)** ☐

**Standard First Aid (SFA) & CPR + AED (SFA + AED)** ☐

**Refresher Standard First Aid (RSFA)** ☐

**Refresher Standard First Aid (SFA) & CPR + AED (RSFA + AED)** ☐

**First Aid for the Elderly (FAE)** ☐

**First Aid For the Elderly & CPR + AED (FAE + AED)** ☐

**First Aid Training for Infant/Child Care Personnel (CHFA)** ☐

### **OTHERS**

**Basic Cardiac Life Support (BCLS)** ☐

**Refresher Basic Cardio Life Support (RBCLS)** ☐

**CPR + Automated External Defibrillation (CPR + AED)** ☐

Preferred Training Date(s) / Schedule (1<sup>st</sup> Choice) : \_\_\_\_\_ (2<sup>nd</sup> Choice) : \_\_\_\_\_

### **Trainee's Particular**

Full Name of Trainee : \_\_\_\_\_ Gender : F / M  
(as it appears in the NRIC / Passport. Please **underline** surname)

NRIC/FIN/Passport No.: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ (dd/mm/yy)

Nationality: \_\_\_\_\_ Country of Birth : \_\_\_\_\_

Mailing Address: \_\_\_\_\_ Post Code: \_\_\_\_\_

Contact No. (Mobile): \_\_\_\_\_ Home / Office: \_\_\_\_\_

Trainee's Occupation: \_\_\_\_\_ Email: \_\_\_\_\_  
(course notification will be sent via emails)

### **Name of Emergency Contact Person:**

Contact Person : \_\_\_\_\_ Contact No. \_\_\_\_\_

## Application & Payment

### Course Application Procedures

**Step 1:** Complete the Course Registration (Emergency Care) Form

**Step 2:** Submit the Completed Course Registration Form with participant's or trainee's NRIC (Front & Back), Passport or Work Permit together at least 12 working days before the course commences

**Step 3:** Submission Method

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1999 Lorong 8 Toa Payoh #02 – 01, Toa Payoh South Community Club, Singapore 319258

*(Note: at least 12 working days before the course commences to settle the payment)*

### **Refund:**

- Submit the withdrawal form at least 7 working days prior to the commencement of the training; otherwise the withdraw/cancellation will not process for any refund but the participant may have a priority to next intake
- **S\$50 Cancellation charge** will be applied for each cancellation and withdrawal
- Net Course Fee (**after the deduction of S\$50 Cancellation charge**) will be refunded to the applicant within 30 working days.

**Note:** Cancellation charge will not apply in the event when Singapore Caregiver Training & Consultancy Pte. Ltd. cancels or postpones the training class due to unforeseen circumstances.

### **Declaration**

I hereby wish to participate in the above training and certify that the information provided is correct. I will not hold Singapore Caregiver Training & Consultancy Pte. Ltd. responsible for any mishaps occur during my participation. I fully accept that there **will be no fee refunded for cancellation made within 7 working days prior to course commencement.** Any request for replacement of trainee or postponement of course is to be made in writing to Singapore Caregiver Training & Consultancy Pte. Ltd. at least 7 working days before the course commencement.

Signature of Trainee

Name of Trainee :

Date :

Signature of Witness: (i.e. Helper's Employer)

Name of Witness:

Date :