



Falls Prevention in Older Adults: Exercises and Education

What role can I play as a care staff to reduce my client's risk of fall? Other than exercise, what else can be done to reduce the risk of falls? If these are some of the questions you have regarding falls prevention, then join this mixed learning workshop to equip yourself with the basic general knowledge on falls prevention. Learn to identify what constitute a fall risk and how to prevent or reduce the risk of falls. This workshop will also provide you the opportunity to share and apply your knowledge on fall prevention in your workplace.

COURSE DETAILS



6-7 March 2024
9 am to 5 pm



Learning Objectives

- Understand the different causes of falls from an intrinsic and extrinsic perspective
- Identify the various potential environmental fall hazard
- Understand the role of exercise and practice the exercises which could help with fall prevention
- Learn tips on how to help when older adult have a fall



Course Fees

\$1000 (incl. GST)

CCTG funding is eligible for 90% funding for Singaporean/Singapore Permanent Resident (PR) and 45% funding for foreigner.



Who Should Attend

Health care staff involved in the care of older adults in setting such as centre based services, home therapy, nursing homes and AAC



Method

Face to Face @ Ren Ci Learning Academy (71 Irrawaddy Road, Singapore 329562)

