



Frailty: What is it and how can we address it?

Frailty is not a normal part of ageing and it could present in different ways; physically, cognitively and socially. Frailty exists on a spectrum, with varying levels of severity and can be difficult to identify in its early stages. However, early and targeted intervention is more effective at preventing the progression of frailty. How then can we pick up on the signs effectively? This course will introduce the concept of frailty, strategies to combat the various aspects of frailty and exercises demonstrations and practice.

COURSE DETAILS



9 December 2024
9 am to 1 pm



Learning Objectives

- Understand the consequences of frailty and the importance of addressing frailty early
- Understand the different types of frailty – social, cognitive and physical frailty
- Learn how to identify frailty
- Learn strategies to address social and cognitive frailty
- Learn different types of exercises suitable for the frail/pre-frail older adults



Course Fees

\$300 (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)

