



What are Multi-component Activities and How to Plan Them?

Multicomponent activities are gaining popularity due to the increasing of evidence of effectiveness of such activities. In multicomponent activities are structured activities that incorporate multiple aspects simultaneously to support overall well-being. These aspects can include physical, cognitive or social components. By implementing well-planned multicomponent activities, we can enhance quality of life of seniors, keeping them active and connected.

COURSE DETAILS



5 and 6 May 2025
9 am to 5 pm



Learning Objectives

- Understand multicomponent activities and its benefits
- Understand the different components e.g physical, cognitive
- Apply the considerations and steps when planning a multicomponent activity



Course Fees

\$1,000 (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)