



Dementia

Tips for Caregivers

20th May 2017

Saturday

10 am - 12 pm

\$38/person

(Max 10 Participants)

360 Orchard Rd, International Building, #10-10

About the Workshop

Dementia is a progressive brain condition with no medical cure. In addition to cognitive deficits, persons with dementia often present with behavioural and psychological symptoms of dementia (BPSD). BPSD refers to symptoms of disturbed perception, thought content, mood or behaviour. These include anxiety, depressive mood, aggression, hallucinations and delusions, amongst others. Whilst medications may relieve some of these symptoms, non-pharmacological management using behavioural and environmental interventions should be first considered.

Caregivers of dementia patients need to acquire certain skills and knowledge to provide better care for the patients and at the same time learn to take care of themselves.

The purpose of this intimate sharing session is to clarify dementia and BPSD, as well as discuss the differences between dementia, delirium, and depression. Management principles and strategies for BPSD employed by the hospitals and community settings will also be shared.

About the Speaker



Dr. Annabelle Chow is a clinical psychologist. She holds a Doctor of Psychology (Clinical) and is registered as a Psychologist (Clinical) with the Australian Health Practitioner Regulation Agency (APHRA), Australian Psychological Society (APS), and the Singapore Psychological Society (SPS).

Having worked in Australia and in Singapore, Annabelle has clinical experience in general hospitals with a special focus on geriatric issues including Alzheimer's, vascular and other forms of dementia, adjustment disorders, and grief and loss. Annabelle also works together with caregivers to the elderly and provides caregiver support. She believes that the needs of each individual are unique and different and this philosophy is reflected in her choice of therapy.

To Sign up or find out more about this workshop, contact us @ workshop@scottpsychologicalservices.com or visit www.scottpsychologicalservices.com/events/dementia-caregiver-tips/