



## Counselling and Care Centre

# Certificate in Working with Older Adults with Chronic Illnesses and their Families

Training Dates: 14, 21 & 28 Feb and 14 Mar 2025, 9.00 am to 5.00 pm

**Trainers:** Dr. Chua Wei Bin, Dr Yen Peng Wong, Dr Gilbert Yeo, Jeffrey Ng, Chee Wai Yee, Julia Lee, Renee Dong and Priscilla Tor

### Synopsis:

This course is the first of its kind where we engage a multi-disciplinary team to develop the course and to ensure that participants will be able to understand it from a more holistic perspective.

With the ageing population, many of us will have to learn how to live with chronic illnesses. The future of medical care would probably have to move closer to homes and communities where individuals live as we seek to reduce dependency on the health care systems. This will inevitably mean that families will need to learn how to support and care for their family members who have chronic illnesses. This would especially be true for Singapore where we see Family as the first line of defence in our social welfare.

### Learning Outcome:

The participants will be able to understand in the holistic perspective to engage with families and at the same time have a wide understanding of different aspects that might have an impact on the patient and their families.

**For Whom:** Clinicians, Health Care Professionals

**Workshop Fee:** \$2,725.00 w/GST

Eligible NCSS / MSF-funded Social Service Organisations only

- o Pre-approved PCG subsidy of \$800.00
- o \$1925.00 w/GST per participant (Singaporean/ PR)
- o Pending PCG per participant (Employment Pass Holder)
- o Limited vacancies for PCG subsidy

**Registration closes on:** 29 Dec 2024



Registration form:

or link: [tiny.cc/OadultsCCC2](https://tiny.cc/OadultsCCC2)

DAY	DATE (9am to 5pm)	COURSE CONTENT	TRAINERS
Day 1	Friday, 14 Feb 2025	<ul style="list-style-type: none"> <li>• Introduction to a Systemic Perspective in Working with Older Adults with Chronic Illnesses and their Families.</li> <li>• Common Chronic illness experienced by older adults and their social impact</li> <li>• John Rollands Categorisation of illness, and understanding illness trajectory</li> <li>• Understanding Illness Narratives</li> <li>• Narrative Therapy with Chronic illness</li> </ul>	Dr Gilbert Yeo Dr Yen Wong
Day 2	Friday, 21 Feb 2025	<ul style="list-style-type: none"> <li>• Common Psychological issues amongst Older Adults</li> <li>• Psychological issues related to help seeking amongst Older Adults</li> <li>• Behavioural-cognitive model of motivating older adults towards pro-health behaviours</li> <li>• Day 3 Illness burden and treatment burden</li> <li>• End of life issues</li> <li>• Grief and Loss</li> </ul>	Dr Chua Wei Bin Priscilla Tor
Day 3	Friday, 28 Feb 2025	<ul style="list-style-type: none"> <li>• Appreciating end of life conversations with the family</li> <li>• Deputyship</li> <li>• Lasting power of attorney</li> <li>• Structural Family Therapy in helping families and patients deal with transitions of chronic illness</li> <li>• Dual processing as an alternative concept to “coping” with chronic illness</li> <li>• Appreciating family support and engaging the family from a nursing perspective</li> </ul>	Julia Lee Chee Wai Yee
Day 4	Friday, 14 Mar 2025	<ul style="list-style-type: none"> <li>• Understanding the health care system and the importance of preventive health</li> </ul>	Dr Chua Wei Bin Priscilla Tor Jeffrey Ng Renee Dong



Dr Chua Wei Bin, Executive Director of Counselling and Care Centre, who has a PhD in Social Work, Masters of Science in Family and Systemic Psychotherapy. With a wealth of experience, vision and unwavering passion has made significant contributions to the field of counselling, consultation and community care. With his experience as Director of Community Care of National Kidney Foundation, he played a pivotal role in ensuring holistic support to renal patients and their families. In addition, he led a team of Allied Health Professionals, such as social workers, counsellors, exercise specialists, and nutritionists, to deliver quality and integrated care to our clients. He also improved the processes and governance within the department and initiated innovative projects to enhance the patient experience and outcomes.



Dr. Yen Peng Wong, Senior Clinical Psychologist, National Kidney Foundation, who graduated with a Doctor of Clinical Psychology postgraduate degree from the University College London. She has practised in various local and international hospital and community-based settings, serving clients across the development lifespan. In particular, Yen has spent the past few years working with older adults with chronic illnesses within the community setting. She works within a multidisciplinary setting in collaboration with other healthcare professionals to meet patients' complex needs.



Dr. Gilbert Yeo, Associate Consultant at the Department of Transitional Care, Woodlands Health, where he oversees the coordination and continuity of care for patients with complex needs transitioning from hospitals to home or long-term care facilities. He completed his Advanced Speciality Training program in Family Medicine, earning fellowships from the College of Family Physicians and the Academy of Medicine, Singapore. Dr. Yeo's interest lies in multimorbidity, palliative care, and the integration of medical and social care. He actively contributes to medical training and faculty development for family medicine at the Lee Kong Chian School of Medicine and the College of Family Physicians.



Chee Wai Yee has MSc in Palliative Care, is as Master Social Worker (Palliative Care) and Executive Director, The Compassionate Network. It supports family caregivers to fulfil their roles and achieve peace of mind, when their loved ones are nearing the end of life. She also teaches end-of-life and grief counselling in the Master of Gerontology and Master of Counselling programmes with the Singapore University of Social Sciences. She is a member with the NUHS Patient and Family Advocacy Council and is active as a Social Service Fellow with the National Council of Social Service. Beyond Singapore, Wai Yee teaches and supervises on the China Psychosocial Program initiated by the Asia Pacific Hospice Palliative Care Network (APHN).



Julia Lee, Group Head, TOUCH Professional Deputies & Donees (PDD) and Social Work, holds a Masters in Health Science (Gerontology) and Bachelors in Social Work. She is a registered social worker in the field of eldercare. She spearheaded PDD which a team of proxy decision-makers who step in to make important decisions on behalf of individuals who lack mental capacity. She has contributed to the appointment of TOUCH Senior Activity Centre as the Centre of Specialisation by NCSS, in view of its good work in meeting the needs of the elderly. Hence, she has been conducting courses to share TOUCH's experience with other social service agencies.



Priscilla Tor, Counselling and Care Centre, has Graduate Diploma in Social Work and Graduate Diploma in Counselling Practice. Presently, she is supporting clients who experience burn-out, caregiving stress, grief and loss, depression, trauma, anxiety and relationship issues with individuals and groups and families. She has worked in different settings in community work, rehabilitative setting, family service centres and social enterprise. In the past, she has worked deeply with families with autism and dementia. It has been a rewarding experience in instilling hope and understanding for families to emerge from being helpless to becoming resourceful.



Jeffery Ng, Assistant Director of Nursing for Training and Education, of St Luke Hospital, who has Post Basic Certification in Intensive Care, Bachelors in Nursing Science, Adv Diploma in Renal Nursing, Master of Science majoring in Clinical Leadership. Jeffery's journey exemplifies continuous learning, adaptability and a passion for nursing excellence, extending beyond patient care, impacting the next generation of nurses. He has worked in the Intensive Care Unit at Mt Elizabeth Hospital for eight years and cared for dialysis patients for over two decades.



Renee Dong, a Nurse Educator and Nursing Science Lecturer at Curtin University Singapore and Nanyang Polytechnic (NYP), holding a Master's degree in Nursing Science and Education, alongside an advanced diploma in Medical and Surgical Nursing specialty. With over a decade of clinical experience, Renee brings a wealth of practical knowledge to her teaching role. Dedicated to excellence and lifelong learning, Renee continues to pursue Post Graduate Diploma in Higher Education and Courseware Design as a Certified WSQ Adult Educator. Renee's teaching philosophy revolves around a learner-centric approach and the acquisition of problem-solving skills, aiming to equip learners to be future-ready for real-world impact on client and community well-being.

## **Certificates in Working with Older Adults with Chronic Illness and their Families**

### **(under Non-Pre-Approval PCG Route)**

#### **Available Funding Grant**

**A. Community Care Training Grant (CCTG)** offered by the Agency for Integrated Care (AIC) for this course. Before proceeding, please confirm with your organisation if they are recognized as an eligible community care organisation (CCO), they should have received the Letter of Award (LOA) and funding details. CCOs are required to make full payment to Counselling and Care Centre for the course and can then claim reimbursement through AIC-Community Care Training Grant.

	<b>CCTG Funds</b>	<b>Organisation Co-funds</b>
Singapore Citizens / Permanent Residents (PRs)	90% (capped at \$4,000)	10%
Work Pass Holders	45% (capped at \$4,000)	55%

You can find more information at this link: [Community Care Training Grant \(aic.sg\)](http://aic.sg)

#### **B. Professional Capability Grant (PCG) funding**

*(For SSAs)*

##### **Funding Quantum**

Training Category	Singapore Citizen / Permanent Residents		Employment Pass / Work Permit / Special Pass	
	Funding Level	Capped At	Funding Level	Capped At
Pre-approved Courses	Up to 80%	\$1,400 per course	Up to 60%	\$1,100 per course
Non-Pre-approval Courses	Up to 20%	\$600 per course	Up to 10%	\$400 per course

For Non-Pre-approval Courses, SSA are required to make full payment to Counselling and Care Centre for the course and can then claim reimbursement through NCSS.

For Pre-approved Courses, SSA pays nett course fees less PCF subsidy. Counselling and Care Centre claims the PCG subsidy from NCSS.