Certificate in Working with Older Adults with Chronic Illnesses and their Families(OACIF)

Counselling and Care Centre

2, 9, 16, 30
October 2026
Fridays, 9AM-5PM

Connect@City Square Mall
180 Kitchener Road
#04-05-#04-10
S208539

Course Synopsis

With the ageing population in Singapore, 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, especially since we see Family as the first line of defence in our social welfare in Singapore. OACIF teaches individuals using a rigourous systemic approach in caring for older adults with chronic illnesses.

For whom is this course?

Clinicians, Healthcare Professionals, Caregivers

Course Outline

Day 1 2 October 2026	Day 2 9 October 2026	Day 3 16 October 2026	Day 4 30 October 2026
Trainer: Priscilla Tor (AM) • Introduction to a Systemic Perspective in Working with Older Adults with Chronic Illnesses and their Families. Trainers: Chee Wai Yee (PM) • End of life issues • Grief and Loss • Appreciating end of life conversations with the family	Trainer: Dr. Gilbert Yeo • The Silver Narrative • The Clinical Frailty Scale and Coping • Complex Systems Theory and the Medical Interface	Trainers: Julia Lee (AM) • Advance Care Planning - Make care wishes clear before crisis • Lasting Power of Attorney: Choosing decision-makers early • Will - Protect Family and Legacy Trainer: Priscilla Tor (PM) • Rolland's Typology of Illnesses • Understanding Treatment Burden • Dual Processing	Trainer: Priscilla Tor (PM) • Applications: Rolland's Grid and Dual Processing Tools • Circular and Reflexive Questioning

Our Trainers

Dr. Gilbert Yeo, Consultant at the Post-Acute and Community Care, Woodlands Health

Dr Gilbert Yeo 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.

Priscilla Tor, Counselling and Care Centre

She has a 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 enterprises.

Chee Wai Yee, The Compassionate Network

Chee Wai Yee has an MSc in Palliative Care and is a Master Social Worker (Palliative Care) and Executive Director of The Compassionate Network. She also teaches end-of-life care and grief counselling in the Master of Gerontology and Master of Counselling programmes with the Singapore University of Social Sciences. Wai Yee is also a member of the International Work Group on Death, Dying and Bereavement.

Julia Lee, Senior Director, TOUCH Professional Deputies & Donees (PDD)

Julia Lee 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 is a team of proxy decision-makers who step in to make important decisions on behalf of individuals who lack the mental capacity to do so. 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.

Why join this course?

OACIF is built on the foundations of Systemic Theory, which encourages practitioners to go beyond "talking to a client" and towards "influencing a family system". **CCC is at the forefront of this practice in Singapore.**

While the course does indeed touch on care, it goes beyond seeing individuals as a singular unit of care and adopts a holistic approach, teaching participants to understand the dynamics between family members and the relationship between those dynamics and caregiving.

The training provides a deeper level of professional development by emphasising self-reflexivity; participants would gain an insight into how their own family history and biases would affect their practice.

$2,500 (before GST)

Pending PCG Grant

Register Now!