

CAREGIVER SYMPOSIUM 2018

Your wellbeing matters

FEBRUARY

3
2018

SATURDAY

MORNING SESSION
For Caregivers

9:00AM - 12:15PM

AFTERNOON SESSION
For Care Professionals
(Social Workers, Case Managers,
Counsellors etc.)

1:45PM - 4:00PM

LIFELONG LEARNING INSTITUTE (LLI)

11 Eunos Road 8, Singapore 408601
Nearest MRT: Paya Lebar MRT (3 mins walking distance)



Register by 26 Dec 2017.

Limited seats available

Scan this QR code to register or
call us at 6709 4897.

ADMISSION
IS FREE!

Co-Organised by:



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PROGRAMME HIGHLIGHTS

TIME	ACTIVITY
FOR CAREGIVERS	
8:15am – 9:00am	Registration (Guests to be seated by 8:50am)
9:00am – 9:15am	Opening Performance
9:15am – 9:30am	Welcome Speech by Guest-of-Honour, Dr Amy Khor, Senior Minister of State, Ministry of Health
9:30am – 10:00am	Realising Happiness through Mindful Caregiving by Dr Saamdu Chettri, Executive Director, Gross National Happiness Centre, Bhutan
10:00am – 10:15am	Tea Break
10:15am – 10:40am	A Caregiver's Roller Coaster Journey by Dr Joseph Khoo, General Practitioner
10:40am – 11:25am	Art Therapy for Self Care: 'Note to Self' Therapeutic Art Experiential by Ms Karen Koh, Art Therapist
11:25am – 11:50am	Advance Care Planning: What is Best for my Loved Ones? by Ms Janelle Chan, Senior Medical Social Worker, Singapore General Hospital
11:50am – 12:15pm	Leave A Legacy and Protect Your Loved Ones by Mr Patrick Tan, Founder & CEO of Fortis Law Corporation
12.15pm – 1:15pm	Lunch & Fringe Wellness Activities
FOR CARE PROFESSIONALS (Social Workers, Case Managers, Counsellors etc.)	
1:00pm – 1:45pm	Registration
1:45pm – 2:10pm	The Caregiving Journey: Role of Care Professionals in Supporting Caregivers by Mr Yong Cheng Huat, Caregiver
2:10pm – 2:35pm	Psychological and Health Impacts of Caregiving by Dr Rahul Malhotra, Assistant Professor, Health Services and Systems Research Head of Research, Centre for Ageing Research and Education
2:35pm – 3:00pm	To What Extent Does Instrumental Support Address Caregivers' Distress by Ms Anita Ho, Training & Service Development Consultant (Eldercare & Carer Support)
3:00pm – 3:15pm	Tea Break
3:15pm – 3:40pm	The Effects Of A Multi-Family Group Programme Targeting Individuals With Early Psychosis And Their Families In Singapore by Mr Wilfred Liang, Case Manager, Institute of Mental Health
3:40pm – 4:05pm	The Need for Culturally Appropriate Advance Care Planning Advocacy and Conversations by Mr Andy Sim, Principal Medical Social Worker, Singapore General Hospital
4.05pm	Thank You