

ABOUT THE CONFERENCE

The conference aims to :

- ❖ To share knowledge on mental well being and building relationships with families and loved ones with dementia
- ❖ To provide a forum for family caregivers to network and exchange information and ideas in caregiving

SPEAKERS / TOPICS:

Concurrent Sessions: 10.45 am - 12.15 pm

Coping with Progressive Memory Loss

Dr Kaysar Mamun
Head & Consultant
Department of Geriatric Medicine
Singapore General Hospital

Managing Difficult Behaviours in Dementia

Dr Seng Kok Han
Associate Consultant
Institute of Mental Health

Communicating with People with Dementia

Ms Lim Hwee Er
Occupational Therapist
Goshen Rehabilitation & Consultancy Services

Journeying through Denial, Guilt, Grief and Acceptance

Ms Teo Puay Leng
Executive Director
O'Joy Care Services

Concurrent Workshops: 1.45 pm – 3.00 pm

Mental Stimulation and Activities

Mr Stephen Chan
Centre Manager/Occupational Therapist
New Horizon Centre Tampines

Dealing with Nutrition Issues

Ms Chan Sue Mei
Senior Dietitian
Nutrition & Dietetics Department
Alexandra Hospital

Lifting and Transfer Techniques & Safety

Mr Lim Kong Beng
Senior Physiotherapist
Tan Tock Seng Hospital

Massage & Aromatherapy

Ms Kay Nalla
Image & Wellness Specialist
Bonafides

PROGRAMME

- 8.15 am - Registration
8.45 am - Participants to be seated
9.00 am - Arrival of Guest-Of-Honour
Ms Denise Phua
Member of Parliament,
Jalan Besar GRC
9.10 am - Welcome Address
Opening Address by
Guest-Of-Honour
9.20 am - Launch of Book
"Voices From The Heart"
9.30 am - Keynote Address 1
"Living with Dementia"
Mr Paul Bryden, Care Partner
& President of Alzheimer's
Australia (Sunshine Coast)
10.15 am - Morning Tea Break
10.45 am - Concurrent Sessions
12.15 pm - Lunch and Caregivers Corner
1.45 pm - Concurrent Workshops
3.00 pm - Afternoon Tea Break
3.30 pm - Keynote Address 2
"Not Home Alone": Studies
of Caregivers & Providers of
Caregiver Support Services
Dr Ng Guat Tin
Assistant Professor
Department of Applied
Social Sciences
The Hong Kong Polytechnic
University
4.15 pm - Dialogue with Caregivers
Closing Address
4.45 pm - Evaluation / Lucky Draw
5.00 pm - End of Conference

CONFERENCE

Due to limited seating, please (✓) your 1st & 2nd choices for the morning & afternoon topics. :

Concurrent Sessions: 10.45 am - 12.15 pm

- | 1 st | 2 nd | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | CS1 – Coping with Progressive Memory Loss |
| <input type="checkbox"/> | <input type="checkbox"/> | CS2 – Managing Difficult Behaviours in Dementia |
| <input type="checkbox"/> | <input type="checkbox"/> | CS3 – Communicating with People with Dementia |
| <input type="checkbox"/> | <input type="checkbox"/> | CS4 – Journeying through Denial, Guilt, Grief and Acceptance |

Concurrent Workshops: 1.45 pm – 3.00 pm

- | 1 st | 2 nd | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | CW1 – Mental Stimulation and Activities |
| <input type="checkbox"/> | <input type="checkbox"/> | CW2 – Dealing with Nutrition Issues |
| <input type="checkbox"/> | <input type="checkbox"/> | CW3 – Lifting and Transfer Techniques & Safety |
| <input type="checkbox"/> | <input type="checkbox"/> | CW4 – Massage & Aromatherapy |

Food Diet: (please circle your choice)

Vegetarian / Halal / No preference