



Promoting Healthy Ageing to Seniors

RHA Academy

RHA Academy is a wholly owned subsidiary of RHA International Holdings Pte Ltd and focuses on the delivery of Aged Care Education and Training programmes.

At RHA Academy, we believe in applied learning and have designed our facilities to support collaborative learning. RHA Academy seeks to nurture both healthcare and non-healthcare professionals who will, in turn, contribute towards Singapore's development.



Program Objective

The aim of this course is to provide learners with knowledge on how to aid the elderly to age healthily.

This course covers the prevention of chronic diseases and promoting independence and wellbeing for seniors.

Learners will also consider the quality of the environment the seniors are living in and also education opportunities for seniors.

Program Outline

- Understand the ageing process and how ageing can be achieved in a healthy manner
- Prevention of chronic diseases, such as Diabetes and Heart Disease
- Promote Independence and Wellbeing in Seniors
- Assess the quality of the environment seniors live in
- Educational and Civic Participation for Seniors

Who Should Attend?

This course is suited to anyone working with seniors who would like to learn more about helping seniors to age healthily.

Why Should You Attend?

Increasing the proportion of Healthy & Active seniors will ensure they are able to retain their independence and enhance their wellbeing. As healthcare professionals and carers, it is essential to understand how to support seniors as they strive to age healthily.

Mode of Delivery

This course will be delivered in an interactive and participative manner through lectures, role plays, group discussions and case studies.

Programme Duration: 3 hours (9am to 12pm)

Programme Fees: \$203.30 (inclusive of 7% GST)

RHA Academy will be offering Corporate Rates for this training programme. The date, time and location of the training can be planned in accordance to your company's needs.

For more details on corporate rates and customised training times for trainees, please send your enquiries to Mdm Eileen Chua at rha@rha.com.sg

Certification

Participants will be issued with a certificate of participation by RHA Academy.

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RHA Academy
Reg. No. 201718658R
Validity 25/06/2018 - 24/06/2019



健康地变老

睿意学院

睿意学院是睿意国际控股有限公司的全资子公司，专注于提供老年护理教育和培训项目。

在睿意学院，我们信奉对实用技术的学习，并为此设计和配备了专门的教学设施，营造互动学习、共同学习的氛围。睿意学院致力于培养专业医护及非专业医护人员，受训人员将为新加坡的发展做出贡献。



课程目标

本课程的目标是为学员提供有关如何帮助老年人在衰老的过程中保持健康的知识。

本课程的内容涵盖预防慢性病和增强老年人的独立性、提升其幸福感的内容。

课程还将考虑老年人所处的环境质量以及老年人的教育机会。

课程概述

- 了解衰老过程以及如何健康地衰老
- 预防慢性病，如糖尿病和心脏病
- 增强老年人的独立性和幸福感
- 评估老年人生活环境的质量
- 老年人的教育和社会参与

谁该参加？

本课程适合任何希望了解更多有关帮助老年人健康衰老的人士及老年人自己。

为什么要参加？

增加健康和活跃的生活元素，可以帮助老年人增强其独立性并提升他们的幸福感。作为医疗保健专业人员和护理人员，了解在老年人衰老的过程中，如何为老年人提供支持以便让他们保持健康至关重要。

授课方式

本课程将通过讲座、角色扮演、小组讨论和案例研究，以互动和参与的方式进行。

课程时间: 3 小时 (上午9点至中午12点)

课程费用: \$203.30 (包含7%消费税)

睿意学院将为团体组织报名参加的培训提供优惠，培训的日期、时间和地点可根据贵公司的需求进行规划。

有关团体培训的优惠政策和定制规划的更多详情，请联络蔡锦燕女士。
(邮件地址: rha@rha.com.sg)

认证

参加者将获睿意学院颁发的证书。