

Caregivers' Roadshow

A Psychoeducation Programme by IMH Medical Social Work



**INSTITUTE
of MENTAL
HEALTH**

National Healthcare Group



Programme Description

Caring for someone with mental illness is often challenging for families, relatives and friends. Caregivers are concerned about their loved ones but are often angry, frustrated, and fearful in their caregiving journey due to a lack of knowledge and skills to manage their loved ones' mental illness.

Research has shown that when caregivers find appropriate support and are equipped with the knowledge and skills to manage their loved ones' mental illness, they are better able to help their loved ones cope and improve with treatment.

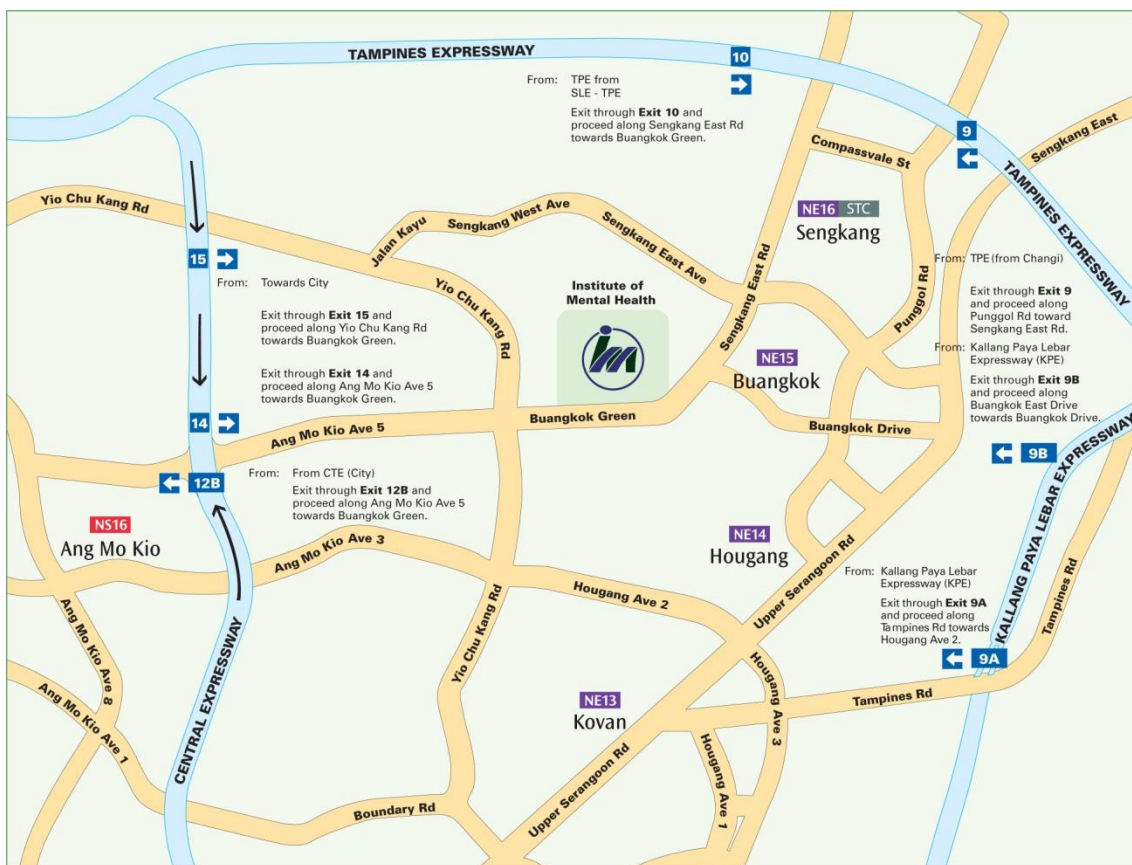
Programme Outline

Time	Programme
0900 to 0930hrs	Registration
0930 to 1030hrs	Understanding Mental Illness Possible factors, common mental illnesses and available treatments By Psychiatrist, IMH
1030 to 1115hrs	Medications & their Side Effects Common medications and management of side effects By Pharmacist, IMH
1115 to 1130hrs	Break
1130 to 1215hrs	Occupational Therapy Role of Occupational Therapist, rehabilitation and ways to engage persons with mental illness By Occupational Therapist, IMH
1215 to 1300hrs	Community Resources & Self-care Resources available and the importance of self-care for carers By Medical Social Worker, IMH
1300 to 1315hrs	Questions and Answers Feedback

Caregivers' Roadshow Calendar 2020

看护者讲解会 2020

Date / Time 日期 / 时间	Topic 题目	Language 语言
18/01/2020, 0930 to 1300hrs	Mental Illness (General)	English
22/02/2020, 0930 to 1300hrs	精神疾病	华语
21/03/2020, 0930 to 1300hrs	Elderly Mental Illness	English
18/04/2020, 0930 to 1300hrs	Developmental Disabilities	English
23/05/2020, 0930 to 1300hrs	精神疾病	华语
20/06/2020, 0930 to 1300hrs	Mental Illness (General)	English



Enquiries

For enquiries, please call, fax or e-mail us at:

INSTITUTE OF MENTAL HEALTH

Medical Social Work

Buangkok Green Medical Park

10 Buangkok View

Singapore 539747

Tel: 6389 2057 / 6389 2059

Fax: 6385 1053

Email: MSW_Caregiver@imh.com.sg

www.imh.com.sg

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