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## Caregiver Training & Support

Strong caregiver support is crucial in helping PD patients live well in the comfort of their own homes.

Through a structured training programme, we aim to equip caregivers of PD patients with the relevant skills and build a network of support among caregivers.

Available in English and Mandarin, the programme is conducted through online learning, class-based learning and hands-on training by the care team.

### Topics covered:

- Understanding Parkinson's disease
- Monitoring and management of symptoms
- Basic home first aid
- Fall management
- Transferring techniques
- Communication techniques
- Prevention and care of pressure sores
- Management of urine catheters, stoma bags and administration of nasogastric feeding

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## How much will this service cost?

This service is funded by Temasek Foundation for two years and will be provided at no cost if you or your loved one is found suitable. You are not required to undergo means testing.

However, you will have to bear any additional expenses, such as expenses arising from visits to a doctor, services by third party health and social care providers referred by our Community Nurses, medical and assistive devices, medications and consumable items, and any additional nursing services that are not covered under this programme.

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## How do I sign up for this service?

Please email [pdccp@sgh.com.sg](mailto:pdccp@sgh.com.sg) or call 6326 5931 to sign up for this service during office hours from 8am to 5pm.

You will be contacted to assess your eligibility for the programme.



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## TEMASEK FOUNDATION PARKINSON'S DISEASE COMMUNITY CARE PROGRAMME

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# Community-based care for patients with Parkinson's disease

The pilot Temasek Foundation Parkinson's disease Community Care Programme (TFPDCCP) provides holistic care in the community for patients with moderate to advanced Parkinson's disease (PD) and their caregivers, to improve their wellbeing and reduce the need for hospitalisation. Care is provided by trained Community Nurses from Singapore General Hospital (SGH), supported by a multidisciplinary care team specialised in PD. The services include:

- Identify, monitor, and address these patients' medical needs in a timely manner
- Motivate patients to adhere to medical and therapy recommendations
- Train caregivers to care for PD patients at home
- Guide caregivers to manage patients with long-term urinary catheters and nasogastric tubes
- Refer patients to social service providers, where necessary

This service is provided at Community Nurse Posts, conveniently located at Senior Activity Centres, or in patients' homes, if they are not able to visit the Posts. This community-based support aims to complement the scheduled hospital visits and provide support within the community for sudden changes in the patients' condition.



## Who's in the care team?

The care team comprises the following SGH healthcare professionals who specialise in PD:

- Neurologist (s)
- Advanced Practice Nurse (s)
- Programme Coordinator
- Community Nursing Team
- Physiotherapist
- Speech Therapist
- Occupational Therapist
- Dietitian
- Medical Social Worker

## Who is suitable for this service?

SGH patients with moderate to advanced stages of PD and their caregivers may apply for this service through their doctors.

This service is currently available only for SGH patients living in Bukit Merah, Telok Blangah, Katong, Chinatown and Tiong Bahru.

Please note that this service does not replace patients' scheduled visits to Specialist Outpatient Clinics and patients should continue to see their doctors.