



The Savvy Caregiver Workshop



WORKSHOPS IN YOUR COMMUNITY

• Minimum 10 pax

DATE & TIME

Your choice!

LOCATION

Your choice!

Caring for a loved one is a serious commitment. Anyone who chooses to become a caregiver should be given support they need to prepare for their role and avoid poor health themselves.

This workshop is designed to train caregivers to handle the responsibilities of caregiving, learn skills to improve quality of life and find support from solution-based resources.

The workshop will serve both first-time caregivers and those with experience in providing care.

Training will be conducted in English and Mandarin by an experienced nurse.



Benefits

Attending this workshop could help you:

- reduce incidents of hospital admission and infection rate
- provide care more efficiently
- boost confidence and clarity in taking preventive measures
- preserve your loved one's overall wellbeing and dignity
- find effective support for caregiving needs
- receive practical tools and materials to aid you with caregiving

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WHO SHOULD JOIN?

Affordable with assessable post-event support, this workshop is for first-time caregivers and those looking to enhance their skillset in caregiving.

WHAT YOU WILL LEARN

This workshop will cover techniques, strategies and essential information in these areas:

Theory

- Personal hygiene
- Feeding
- Signs to monitor for swallowing difficulties
- Pressure sore
- Fall prevention
- Self-care tips for caregivers

Practical skills

- Positioning
- Simple exercises on the bed
- Putting on and removing clothes / diapers



Call **+603-2142 1666** or email **info@acgconcept.com.my** to enquire



ORGANISER

ACG Concept is Malaysia's first Lifestyle Advocate in aged care. We are an organization whose purpose is to promote 'Healthy Ageing' as the modern lifestyle choice and empowering individuals to take charge of how they age. We organise programmes designed to activate functional ability and prosper individuals across the ageing spectrum.