

# SGUNITED SKILLS PROGRAMME

Essential Domestic Sector



# Up-Skill in Optimal Ageing Practice

Course code: GGF

## Course Overview

This course aims to equip you with practical knowledge in gerontology, and the skills required to promote optimal ageing amongst older adults in the social service, community and health/healthcare sectors.

## Career Opportunities

Upon completion of the course, graduates can look forward to career opportunities in roles such as:

- Assistant Manager
- Executive in community care centres
- Senior Coordinator
- Team Leader

## Minimum Entry Requirement

- Singapore Citizens and Singapore Permanent Residents, aged 21 & above
- At least a Polytechnic Diploma or ITE Technical Diploma/ Technical Engineer Diploma/ Work-Learn Technical Diploma

*Applicants who do not meet the entry requirements may be considered for admission to the course based on evidence of at least 5 years of relevant working experience or supporting evidence of competency readiness. Suitable applicants who are shortlisted may have to go through an interview and/or entrance test. The Polytechnic reserves the right to shortlist and admit applicants.*

## Important information for you

With the new support scheme, you can now earn up to \$1,200 per month by attending courses and equipping yourself with industry-relevant skills and knowledge.



### View courses

Find all courses at:  
[www.tp.edu.sg/sgus](http://www.tp.edu.sg/sgus)



### Application Period

09 November 2020 - 04 January 2021  
[APPLY HERE](#)



### Training Allowance

**\$1200 per month**

- Min. 75% attendance requirement



### Nett Course fee

6-month course - \$500  
12-month course - \$1000  
Use your SkillsFuture Credits!

Click [here](#) for FAQ.

**Reach out to us!**

✉ [sgus@tp.edu.sg](mailto:sgus@tp.edu.sg) ☎ 6788 1212

## UP-SKILL IN OPTIMAL AGEING PRACTICE | 08 MARCH 2021 INTAKE

Course fee: **\$500.00**

Course Duration: **6 months | Full day training**

Course commencement date: **08 March 2021**

Application period: **09 November 2020 – 04 January 2021**

**APPLY NOW**

**COURSE CODE: GGE**

*Full Course fee before subsidy: \$17,146.00*

*Please take note of the following requirements in order to be eligible for the subsidy:*

- 1. Trainees must fulfil minimum attendance requirements and pass assessments to qualify for course fee subsidies. Trainees who are unable to meet these requirements may be asked to return the course fee subsidies that they have received.*
- 2. The programme allows trainees to exit without penalty if they are successfully placed into a job or have secured a job on their own accord while undergoing training. However, trainees who exit the programme without a valid reason may be asked to return the course fee subsidy that they have received.*

Specialist Diploma in Gerontology (Optimal Ageing Practice)

[Course Outline](#)

Geriatric Nutrition and therapeutic diets

[Course Outline](#)

Industry Project / Industry Attachment

[Course Outline](#)

### COURSE OUTLINE

#### **Specialist Diploma in Gerontology (Optimal Ageing Practice)**

This course is jointly offered by St Luke's ElderCare and Temasek Polytechnic. The aim of the course to equip existing professionals and fresh entrants in the social service, community and health/healthcare sectors with practical knowledge in gerontology, and the skills required to promote optimal ageing amongst older adults.

#### What you will learn

##### **Certificate in Person-Centred Approaches in Ageing**

- Perspectives on Ageing
- Programme Planning for Health Promotion with Older Adults
- Advance Care Planning & End-of-Life Issues
- Practicum 1

##### **Certificate in Management of Ageing Services**

- Coaching & Case Management with Older Adults
- Physical Activities for Older Adults
- Administrative Functions in Ageing Services
- Practicum 2

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### **Geriatric Nutrition and therapeutic diets**

The aging process alters body composition so that nutritional status changes as we get older and thus increases the risk for chronic diseases. Diseases can be nutritionally prevented, by incorporating personalised nutrition therapy into standards of best practice for elderly care. This gives every elderly a greater chance of leading optimal lives. The geriatric nutrition programme provides a comprehensive, extended preparation and skills-based professional development for those in the eldercare industry as well as those who wish to upskill themselves or switch careers and enter the rapidly expanding field of gerontology. This is the first and only Geriatric nutrition course with an experiential learning approach, led by expert practitioners.

The course features the following topics:

- Basic concepts of Geriatric nutrition
- Physiological changes in aging and its impact on nutrition
- Nutritional requirements of the elderly
- Nutrition, Frailty, and Longevity (with special reference to Sarcopenia)
- Nutrition Screening and Assessment
- Drug-nutrient interactions
- Therapeutic diets and their role in different diseases
- Dysphagia and Texture-modified diets
- Personalised meal planning
- Leveraging digital technology to improve nutrition

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### **Industry Project/Industry Attachment**

This programme involves project-based learning, where you are required to be either attached to companies or work on real-life projects for companies or centres, related to your course of study. You are expected to undertake various activities discussed with and assigned by the supervisors or participating host organisations. The programme enables you to apply knowledge and skills acquired in the course of your study to address practical problems in the real workplace.

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*The information in this brochure is accurate at the time of updating (28 Sep 2020).*



## Temasek Skillsfuture Academy

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