

# 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.

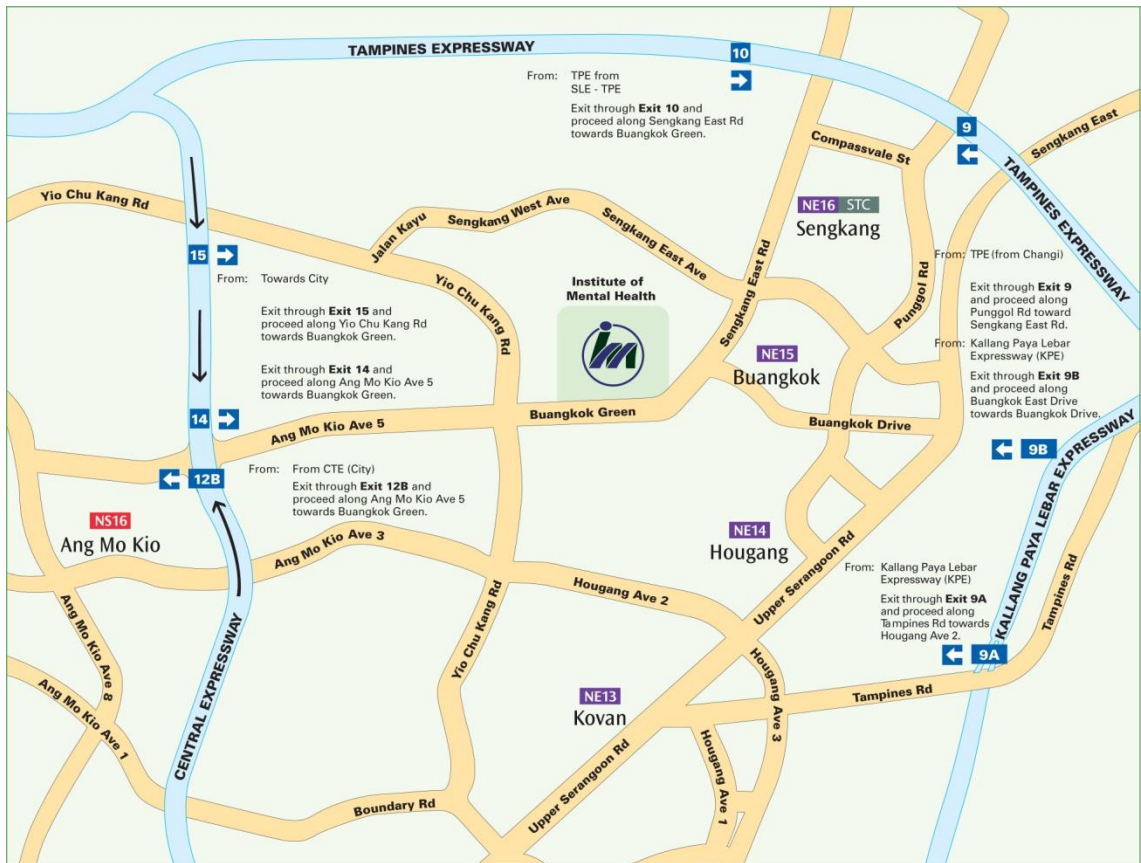
### *Programme Outline*

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

# Caregivers' Roadshow Calendar 2018

## 看护者讲解会 2018

Date / Time 日期 / 时间	Topic 题目	Language 语言
20/01/2018, 0930 to 1300hrs	Mental Illness (General)	English
24/02/2018, 0930 to 1300hrs	Mental Illness (General)	English
24/03/2018, 0930 to 1300hrs	精神疾病	华语
21/04/2018, 0930 to 1300hrs	Developmental Disabilities	English
19/05/2018, 0930 to 1300hrs	精神疾病	华语
23/06/2018, 0930 to 1300hrs	Mental Illness (Elderly)	English
21/07/2018, 0930 to 1300hrs	Mental Illness (General)	English
18/08/2018, 0930 to 1300hrs	Mental Illness (General)	Tamil
22/09/2018, 0930 to 1300hrs	精神疾病	华语
20/10/2018, 0930 to 1300hrs	Mental Illness (General)	Malay
24/11/2018, 0930 to 1300hrs	Mental Illness (General)	English



## Enquiries

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