

# Powering Up People, Charging Up Communities!

## CHArge Up!

### Learning Programme

#### In Collaboration With:

Ang Mo Kio Family Service Centre | AWWA | Bless Community Services | Care Community Services Society | Care Corner Singapore | Centre for Health Activation | Cornerstone Senior Centre | Home Nursing Foundation | Hope Collective | Jia Ying Community Services Society | Lions Befrienders Singapore | Lions Home for the Elders | Methodist Welfare Services | NTUC Health | People's Association | REACH Community Services | RSVP Singapore | Silver Generation Office | St Luke's Eldercare | Sathya Sai Social Service |  
Thye Hua Kwan Cluster Support | Women's Integration Network



#### Building a Community of Carers

CHArge Up! Learning Programme was developed out of a vision to equip carers in the community with health knowledge, skills and confidence to better self-care and in turn, they would be able to better care for their loved ones and others in the community. When a community is healthy, resilient and its members well supported, it translates to lesser re-admissions to TTSH and better population health outcomes.

An award-winning programme accorded by National Healthcare Group for collaborative efforts to improve population health, CHArge Up! is a multi-stakeholder collaboration between the Centre for Health Activation, Community Partners in Central Singapore and TTSH Community Health Teams. A CHArge Up! coordination platform was created between all stakeholders to expand the outreach and impact of the Programme into the community. Since 2021, the team engaged various government bodies and social care agencies such as grassroots, AIC, HPB and Volunteer Centres to garner greater awareness and support for building a community of carers through CHArge Up!.

## Value of CHArge Up!

Tailored to the Needs and Strengths of the Community

Community partners are able to tailor the 5 modules under CHArge Up! to suit the strengths of the carers and the needs of the residents

Build Community Capabilities

By utilising a 70-20-10 learning model: 70% experiential through practical sessions, 20% social learning through peer groups and 10% formal learning

Support the Community and Sustain Relationships

By applying their newly learnt skills and knowledge at home and respective places of practice

## Building Capability Innovatively

01

Adapting to Covid-19, CHArge Up! maximises learning opportunities by conducting sessions both online and in-person.

02

The Programme offers 5 stackable modules where carers can learn and apply useful skills such as medication packing and wheelchair transfer techniques.

03

Shared community resources are available to support co-sharing and co-learning on the go.

## Carers in Action



*MWS carers learning to transfer a senior from wheelchair to vehicle*



*CCSS carers experience how it feels like to use a walking aid*



*HNF carers creating customised medication lists*



*First on-site training after the lifting of Covid-19 restrictions*

## Outcomes and Sustainability

**619**

**Unique Trained Carers**

**36**

**Unique Collaborating Centres**

**5**

**Learning Modules**

CHArge Up! continues to work closely with Central Zone partners to reach out to more residents, caregivers and volunteers in Central Singapore.

An evaluation study (with ethics approval) is also in progress to understand the effectiveness and impact of the Programme, and to make continuous improvements.