

Course Fee  
\$120 (before GST)

# Geriatric Primer in Community Care

## Objective

To provide healthcare or eldercare workers with the fundamental knowledge on older adults in the community

## Topics

- Overview of Ageing
- Geriatric Red Flags in Primary Care
- Nutrition and Hydration for the Older Adults
- Fall Precaution in the Community
- Mental Health Conditions among Older Adults – Depression, Anxiety and Insomnia
- Caregiver Stress, Support & Resources in the Community
- Communication with Older Adults & Caregivers



## Learning Outcomes

- At the end of the course, learners are expected to
- State the normal ageing process and common pathological (abnormal) conditions.
- Recognize the bio-psycho-social challenges faced by the older persons.
- Recognize and provide basic intervention for common geriatric red flags.
- Provide basic advice on nutrition and hydration for the older adults.
- Recognize fall risks and provide essential advice on fall precaution.
- Outline the common signs and symptoms of depression, anxiety and insomnia.
- Explain important factors for communication with older adults and caregivers.
- State the main aspects for caregiver stress, support and resources in the community.

## Course Structure

- A 3-month asynchronous e-learning course designed for maximum flexibility, allowing learners to engage with content entirely on their own schedule.

## Target Learners

- Enrolled/ Registered Nurses

## Dates

- June to August 2026, or
- December 2025 - February 2026

MAX 4 CPE POINTS  
(PENDING APPROVAL)

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