



# Exercises to combat frailty

Frailty is not a normal part of ageing and it could present in different ways; physically, cognitively and socially. Frailty exists on a spectrum, with varying levels of severity and can be difficult to identify in its early stages. However, early and targeted intervention is more effective at preventing the progression of frailty. When performing exercises, there are considerations to ensure that the seniors are safe when doing exercises. This course will equip the participants on the safety considerations when performing exercises, exercises demonstrations and practice.

## COURSE DETAILS



**14 April 2025**  
**9 am to 5 pm**



### Learning Objectives

- Understand the different considerations during exercise
- Learn the different handling strategies during exercises
- Practice the different exercises that are common on frailty



### Course Fees

**\$500 (incl. GST)**

*CCTG funding is eligible for 90% funding for Singaporean/Singapore Permanent Resident (PR) and 45% funding for foreigner.*



### Who Should Attend

Health care staff involved in the care of older adults in setting such as centre based services, home therapy, nursing homes and AAC



### Method

Face to Face @ Ren Ci Learning Academy (71 Irrawaddy Road, Singapore 329562)