



Falls prevention exercises

What role can I play as a care staff in reduce my client's risk of fall? Other than exercise, what else can be done to reduce the risk of falls? If these are some of the questions you have regarding falls prevention, then join this mixed learning workshop to equip yourself with the basic general knowledge on falls prevention. Learn to identify what constitute a fall risk, how to prevent or reduce the risk of falls and what you can do when your resident has a fall. This workshop will also provide you the opportunity to share and apply your knowledge on fall prevention.

COURSE DETAILS



9 Oct 2025

9 am to 5 pm



Learning Objectives

- Understand the different causes of falls from an intrinsic and extrinsic perspective
- Learn how to identify the various potential environmental fall hazard
- Understand the role of exercise and the basic type of exercises which could help with fall prevention
- Learn tips on how to help someone when they have a fall



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)