



Caregiver Training

# Stroke Support









## Training Contents

- Module 1: Responsibilities of a Caregiver
- Module 2: Signs & Symptoms of Stroke
- Module 3: Risk Controls
- Module 4: Methods for Reducing Stroke
- Module 5: Challenges & Strategies to Support



**Sustainable Learning** for Resilience  
Converging Aspiration & Knowledge

Conducted by:  
**Center for Humanitarian Education**

Course Duration		4 hours	Course Fees		\$150
Certificate		Certificate of Participation will be awarded by Centre for Humanitarian Education			
Mode of Training		In person, class based			
Methodology		Lecture, discussion and case-study			
Funding		Not Eligible for SSG funding and Skills Future Credit			
Requirements:					
Have good english proficiency					
 Course Overview					
This course aims to educate caregivers on the essentials for caring for individuals with stroke.					
 Learning Outcome:					
At the end of the course, learners should be able to:					
<div>1. Demonstrate an understanding of the roles and responsibilities of a caregiver</div> <div>2. Understand the signs and symptoms of stroke</div> <div>3. Identify the risk controls that cause stroke</div> <div>4. Identify the ways to reduce risk of stroke</div> <div>5. Understand the challenges faced by caregivers and family members of stroke patients and explore strategies for their support</div>					



## CONTENT

### Module 1:

## Responsibilities of a Caregiver

Caregivers play a crucial role in assisting with daily activities and creating a safe and supportive environment. This module aims to equip caregivers with the knowledge and skills necessary to fulfill these responsibilities effectively and enhance the overall well-being of stroke survivors under their care.

### Module 2:

## Signs & Symptoms of Stroke

Delve into the critical signs and symptoms of stroke that caregivers need to recognise promptly. This module aims to educate caregivers on identifying these warning signs and taking immediate action to ensure the best possible care for stroke patients.

### Module 3:

## Risk Controls

Explore the essential risk controls that can help prevent strokes and minimize the risk of recurrence for stroke survivors. This module aims to empower caregivers and stroke survivors with the knowledge and tools to implement these risk control strategies effectively for improved long-term outcomes.



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### Module 4:

## Methods for Reducing Stroke

Focusing on lifestyle changes and preventive measures, this module aims to explore various methods for reducing the risk of stroke. By understanding and implementing these methods, individuals can significantly lower their risk of experiencing a stroke and improve their overall health and well-being.

### Module 5:

## Challenges & Strategies to Support

This module aims to address and explore the challenges faced by stroke survivors and their caregivers, along with methods to provide effective support. By understanding these challenges and implementing effective strategies, caregivers can better support stroke survivors in their recovery journey, enhancing their quality of life and promoting independence.