

# Caring & Carer Programme

## Caregiver Training for Aging Skin

<b>Duration</b>	<ul style="list-style-type: none"><li>• 4 hours</li></ul>
<b>Course Modules</b>	<ul style="list-style-type: none"><li>• Explore the biology and physiology of skin aging, including factors like genetics, environmental influences, and lifestyle choices.</li><li>• Identify the common signs and symptoms of aging skin, such as wrinkles, pigmentation changes, and loss of elasticity.</li><li>• Management of aging skin.</li></ul>
<b>Language</b>	<ul style="list-style-type: none"><li>• English</li></ul>
<b>Certification</b>	<ul style="list-style-type: none"><li>• A Certificate will be issued upon completion of the course.</li></ul>
<b>Methodology</b>	<ul style="list-style-type: none"><li>• Discussion</li><li>• Scenarios</li></ul>
<b>Course Information</b>	<p>The Caregiver Training for Aging Skin course is designed to educate caregivers about the unique needs and challenges associated with aging skin. This course is essential for individuals who provide care to the elderly, whether in a professional or family caregiving capacity. Understanding aging skin is crucial for promoting the comfort, health, and dignity of older adults.</p>