



Ren Ci 仁慈



What is Frailty and How to Manage it?

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. It is important to identify frailty early and this can be done using Clinical Frailty Scale (CFS). Physical interventions are 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



20 and 21 May 2026
9 am to 5 pm



Course Fees
\$1000 (excl. GST)



Learning Objectives

- Understand the consequences of frailty and the importance of addressing frailty early
- Understand the different types of frailty – social, cognitive and physical frailty
- Understand and apply Clinical Frailty Scale
- Understand the different considerations during exercise
- Learn the different handling strategies during exercises
- Practice the different exercises that are common on frailty



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)



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