



## Sports for Elderly 1.0

As seniors age, changes in strength, mobility and health may affect their ability to stay physically active. With appropriate adaptations, sports can remain safe, enjoyable and beneficial for seniors across different abilities, including those living with frailty or functional limitations. Jointly developed by Methodist Welfare Services (MWS) and Ren Ci Hospital (RCH), this course will be led by Mr Brendon Yam, Senior Manager (MWS Allied Health team), and Ms Christine Goh, Senior Occupational Therapist (RCH).

This course equips participants with essential knowledge and practical skills to profile seniors across the frailty spectrum, design and implement tailored adaptive sports programs and facilitate safe, inclusive participation for older adults with diverse abilities—supporting active, healthy, and meaningful ageing.

### COURSE DETAILS



**Date:** 29 and 30 October 2026

**Time:** 9 am to 5 pm

*(1 hour lunch break included)*

**Venue:** Ren Ci Hospital (71 Irrawaddy Road, Singapore 329562)

**Room:** Multi Purpose Hall, Level 4



#### Who Should Attend

Community care staff such as programme coordinators, community care associates, nurses, therapy assistants working in nursing homes, active ageing centres and senior care centres who are interested in carrying out Adaptive Sports for seniors.



#### Course Fees

\$780 (excl. GST)

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



#### Method

Face to Face



#### Registration

For registration and enquiries, please send to [rcla@renci.org.sg](mailto:rcla@renci.org.sg) or scan the QR code.

