



sama-sama

ONLINE WORKSHOP: EMPOWERING ALLIED HEALTH PROFESSIONALS IN SUPPORTING CAREGIVERS OF PATIENTS WITH DIABETES

Date: 30th October 2021

Time: 2.00pm – 5.30pm

Platform: Zoom

Participants: Allied health professionals

Total pax: 40 pax (first come first serve basis)

Caring for people with diabetes for long-term care can be a challenge. It can create physical and psychological strain over extended period of time on the caregiver, and can influence the health, welfare and successful rehabilitation of the patient in care.

In this workshop, you can learn more about adaptive coping and self-care activities for caregivers that can be used in their daily lives to help them develop better appreciation of their caregiving roles.

The workshop will be conducted in both lecture and interactive sharing sessions. Topics covered in both workshops include:

- Psychology of diabetes
- Understanding Emotional Health of Caregivers
- Self-Care for Caregivers

CPD points and e-certificate of attendance will be provided



Speaker:

Dr Hariyati Shahrina Abd Majid
Consultant Psychologist (Health)

Register here:

<https://tinyurl.com/sama-samaworkshop2021>



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