



## Dignity of the Elderly

### Dignity of the Elderly Project

A series of workshops and seminars jointly organised by the Singapore Pastoral Institute, Family Life Society and Caritas Singapore will kick-start the project.

- **The Spirituality of Ageing Workshop**  
*by Professor Elizabeth MacKinlay*  
Feb 28, Sunday, 9.00am - 4.00pm  
Venue: CWS Auditorium, 55 Waterloo Street 8th floor.  
For caregivers of the elderly and for those in pastoral ministries, especially Small Christian Communities.
- **Understanding the Ageing Process**  
*by Professor Elizabeth MacKinlay*  
Mar 1, Monday, 10.00am - 12.30pm.

Venue: Church of Christ the King,  
Ang Mo Kio Ave 8.

For those in their senior years.

- **Meaning of Life in the Fourth Age**  
*by Professor Elizabeth MacKinlay*  
Mar 2, Tuesday, 9.00am - 1.00pm.  
Venue: CWS Auditorium, 55 Waterloo Street 8th floor.

For workers in institutions such as homes for the aged, day care centres for elderly; religious and priests.

- **Caregiver Workshop 1**  
Mar 20, Saturday, 2.00pm - 6.00pm.  
Venue: CAEC, 2 Highland Road.  
Focus: A vision for pastoral ministry and care of the elderly; physical aspects of ageing, and the spirituality of caregiving.  
For caregivers and SCC pastoral care ministers.

- **Caregiver Workshop 2**  
Apr 24, Saturday, 9.00am - 1.00pm  
Venue: Hall A, Church of the Immaculate Heart of Mary, 24 Highland Road.  
Focus: The psychological and mental aspects of ageing, and Christian perspectives on suffering and pain.  
For caregivers and SCC pastoral care ministers.

- **Caregiver Workshop 3**  
May 29, Saturday, 2.00pm - 6.00pm.  
Venue: CAEC, 2 Highland Road.  
Focus: The chronically and terminally ill. Understanding loss and bereavement, and end-of-life issues.  
For caregivers and SCC pastoral care ministers.
- **Seminar 1 for the Elderly**  
Jul 2, Friday, 9.30am - 12.30pm.  
@ the Church of Christ the King.  
Focus: Successful ageing, grandparenting skills, advance care planning.  
For those in their senior years.
- **Seminar 2 for the Elderly**  
Aug 13, Friday, 9.30am - 12.30pm.  
@ the Church of Christ the King.  
Focus: Prayer, spiritual reminiscence, assessing mental changes and medical conditions.  
For those in their senior years.

**Registrations for any of the workshops and seminars can be made at:**

Family Life Society

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