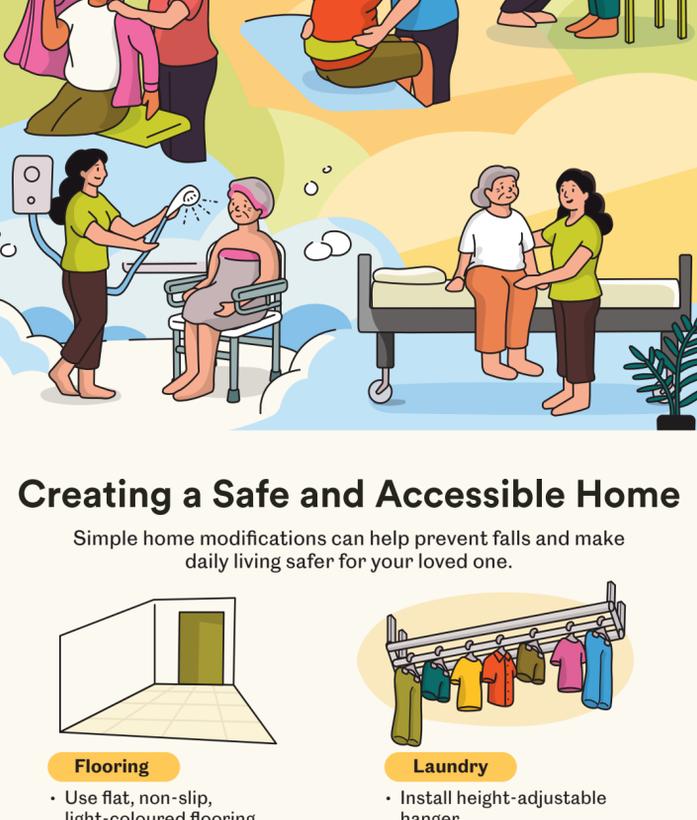


Tips for Caring for Your Loved One at Home



Creating a Safe and Accessible Home

Simple home modifications can help prevent falls and make daily living safer for your loved one.



Flooring

- Use flat, non-slip, light-coloured flooring
- Avoid shiny and dark floors



Laundry

- Install height-adjustable hanger



Lighting & Layout

- Bright lighting in all rooms
- Clear walkways



Furniture

- Sturdy chairs with armrests
- Install grab bars where needed



Explore the 360° Virtual Reality Dementia-Friendly HDB Home Design Guide
www.for.sg/dffhome

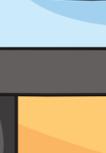
Tip: Ask your doctor or healthcare professional to recommend suitable modifications.

You may visit www.for.sg/aic-homemodifications for more information.

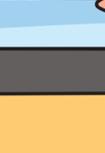
Preventing Pressure Injuries

Pressure injuries, also known as pressure ulcers or bedsores, can cause discomfort to your loved ones. Reposition your loved one frequently to prevent pressure injuries. If your loved one is able to move, encourage them to do so. Every bit of movement helps.

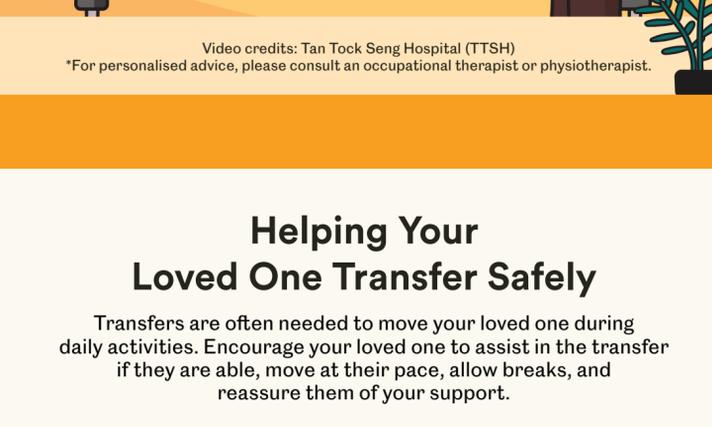
Positioning in Bed After Stroke



Left-side Weakness
www.for.sg/leftsideweak



Right-side Weakness
www.for.sg/rightsideweak



Video credits: Tan Tock Seng Hospital (TTSH)
*For personalised advice, please consult an occupational therapist or physiotherapist.

Helping Your Loved One Transfer Safely

Transfers are often needed to move your loved one during daily activities. Encourage your loved one to assist in the transfer if they are able, move at their pace, allow breaks, and reassure them of your support.

Getting out of bed from a side-lying position



www.for.sg/sidelying

Transfer from bed to wheelchair



www.for.sg/bedtowheelchair

Sit to stand with a walking aid



www.for.sg/walkingaid

Video credits: Tan Tock Seng Hospital (TTSH) and Singhealth Community Hospitals
*For personalised advice, please consult an occupational therapist or physiotherapist.



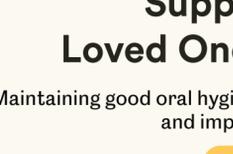
Supporting Safe Transfer

Building strong mobility skills helps you support transfers safely. With the right approach, you can carry out transfers safely and smoothly.

Wheelchair or Commode



Before assisting, position the wheelchair or commode at a 45° angle and lock the wheels.



Transfer Belt

A transfer belt, which is worn around the waist and thigh, can assist with transfers and moving.

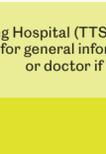


Transfer Board

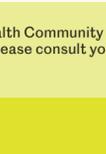
Transfer board is a flat board which bridges the gaps between two surfaces such as a bed and wheelchair.



Pivot Transfer From Wheelchair to Bed
www.for.sg/pivottransfer



Moving Commode Over Kerb
www.for.sg/movecommode



Moving From Wheelchair to the Car
www.for.sg/movewheelchair

Video credits: Tan Tock Seng Hospital (TTSH) and Singhealth Community Hospitals
*Disclaimer: These videos are for general information only. Please consult your therapist or doctor if in doubt.

Supporting Your Loved One's Oral Hygiene

Maintaining good oral hygiene protects against dental problems and improves quality of life.

Daily Care



Tilt head gently and brush all teeth surfaces, gum line, and tongue.



Use an oral swab with sodium bicarbonate if rinsing/spitting is difficult.



For Dentures

- Brush with a denture brush
- Soak overnight
- Clean gums with a soft toothbrush or moist gauze

Regular Checks

- Look out for bleeding gums, sores, infections, or tooth decay.
- Schedule dental visits every 6 months.

Making Shower Time Easier

Showering helps support your loved one's overall well-being. You can help make it safe and easy.



Assisted Full Shower
www.for.sg/assistedfullshower



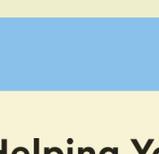
How to Give a Bed Bath
www.for.sg/bedbath



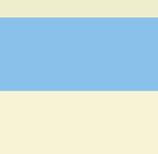
Helpful Tools



Shower Chair
Provides firm and steady support



Commode
Allows showering and toileting without transfer



Long-Handled Sponge
Helps clean difficult-to-reach areas

Video credits: Singapore General Hospital (SGH) and HMI Institute
*For personalised advice, please consult an occupational therapist or physiotherapist. You may approach your healthcare provider on equipment cost and where to purchase.

Helping Your Loved One Get Dressed

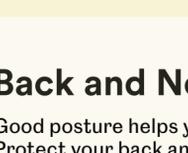
Getting dressed can be challenging for your loved one, but your support makes a big difference. Encourage them to take the lead whenever they can.

General Tips



- Start with the weaker side when putting on clothes.
- Remove from the stronger side when taking clothes off.

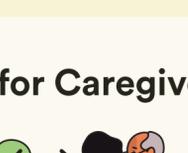
- Choose loose-fitting clothes with:
- Wide leg openings
- Elastic waistbands
- Velcro fasteners instead of buttons



1
Roll up long pants to make it easier to wear.



2
Cross the weaker leg over the stronger leg while seated.



3
Slip pants over the weaker leg first, then the stronger leg.

Back and Neck Care Tips for Caregiver

Good posture helps you care better. Protect your back and neck while lifting your loved one.

1 Bend your knees and squat gently.

2 Keep your back straight.



If you feel discomfort, remember to take short breaks and do gentle stretches to ease tension and maintain flexibility. You can try the exercises below.

Soothe Neck Pain

- Sitting straight-backed.
- Pull your chin in, keeping your neck and back straight.
- Hold at the end position and feel the stretch in your neck.
- Hold for five seconds. Repeat 10 times.



Ease Back and Neck Tension

- Gently tuck your chin in, place your hands behind your head.
- Draw both shoulder blades towards the centre and down.
- Hold for five seconds and relax. Repeat 10 times.



Reduce Lower Back Pain

- Lie flat on your stomach.
- Supporting on your hands, arch your back up as much as you can. Repeat 10 times.



Scan the QR code to build confidence in caregiving with subsidised training through the Caregivers Training Grant.
www.for.sg/aic-cltg