

Caregiving Journey

What I can learn to care better

I'm a future caregiver, caring for an active loved one.

I'm worried that my loved one may need more help soon.

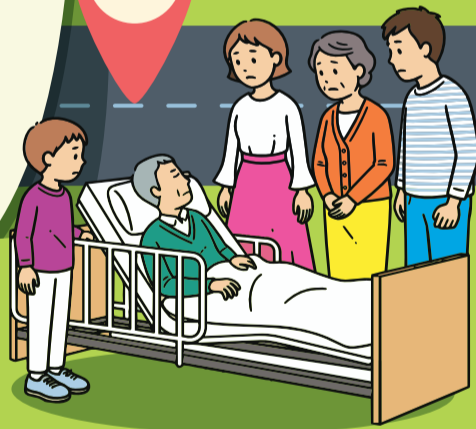
- Discuss future care preferences with loved one.
- Encourage loved one to stay active.
- Know where to find support when needed.



I'm a caregiver for my loved one in his/her last stage of life.

I need to learn how to keep my loved one comfortable in this final stage, and manage the emotions that arise.

- Be familiar with your care options.
- Understand and respect your loved one's preferences through the Preferred Plan of Care.
- Discuss and agree on care plans with your family.



I am a new or active caregiver for my loved one who is getting frail or whose condition is worsening.

I need to learn how to manage the conditions, adjust my priorities and cope with the demands.

- Learn about the conditions and how to provide care.
- Understand your care options and who can support you.
- Learn to take breaks and care for yourself.



Understand your learning needs
www.for.sg/aic-learningneeds



Know your care options
www.for.sg/aic-care-options



Care for yourself
www.for.sg/aic-selfcare



Apply for financial assistance
www.for.sg/aic-financialassistance



Align care with your loved one's wishes
www.for.sg/acp-providers



Manage your emotional well-being
www.for.sg/aic-mhsupport

My loved one has passed on, and I am adjusting to life after caregiving.

- Take care of your emotional needs.
- Stay connected with family and friends.
- Explore new goals and activities that bring purpose.
- When comfortable, share your caregiving story to support and encourage your peers.



