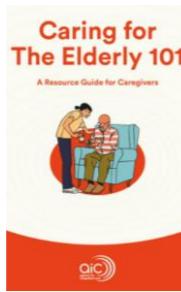
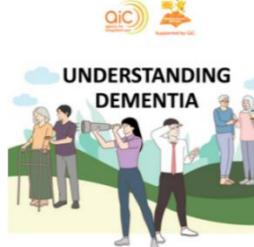


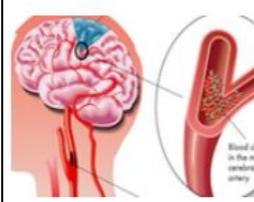
Caregiving Resources to Support Your Journey



Caregivers often do not know where to find resources. Here is a consolidated list of resources to support your clients and caregivers in their journey, which you can use to share with them in your engagement, outreach or training. Feel free to edit this list to suit your needs. If you have any enquiries on the services or resources, do feel free to email us at enquiries@aic.sg.

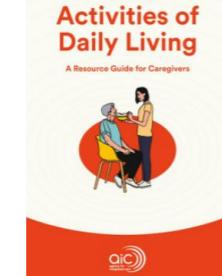
I KNOW – About Caregiving

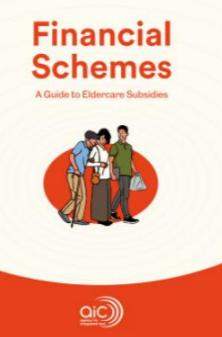
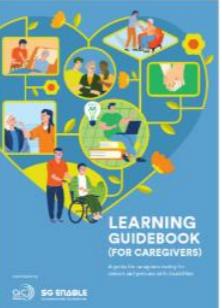
Title	Cover	Format	Language	Description	Hyperlink	QR Code
Recognising that I am a Caregiver						
Caring for the Elderly 101		Booklet	English Mandarin Malay	Access the caregiver stress checklist and learn tips to manage stress, depression and burnout	www.for.sg/aic-elderly101-en	 for.sg/aic-elderly101-en
Understanding Your Loved One's Health Condition						
Understanding Dementia e-learning		e-learning	English	Learn what is dementia, ABCDs signs and symptoms of dementia and how to communicate with persons living with dementia	www.for.sg/understand-dementia-2023	 for.sg/understand-dementia-2023
Mental Health Awareness 1: Understanding the Signs & Symptoms of Mental Health Issues		e-learning	English	For volunteers or individuals supporting clients and caregivers who wants to learn how to identify common signs and symptoms	www.for.sg/mha-1-2023	 for.sg/mha-1-2023

Strokehub – A Resource Guide for Stroke Survivors and their Caregivers		Web	English	This information guide aims to provide a general understanding of stroke, what you may expect during your stay in the hospital and subsequent care after your discharge.	www.ttsh.com.sg/Patients-and-Visitors/Pages/Find-Conditions-and-Treatments-Details.aspx?condition=Stroke-Strokehub-A-Resource-Guide-for-Stroke-Survivors-and-their-Caregivers	
Cancer Recovery		Web	English	Understanding cancer and ways on how to prevent and cope with cancer	www.singaporecancersociety.org.sg/recoveryhttp://www.365cps.org.sg/know-all-about-cancer/http://www.365cps.org.sg/know-all-about-cancer/	
Enabling Guide – A Guide for Persons with Disabilities		Web	English	A first-stop resource portal on disability in Singapore	www.enablingguide.sg/	

I CAN – Provide Better Care and Support

Title	Cover	Format	Language	Description	Hyperlink	QR Code
Services & Tips to Support your Journey						
AIC website: We See You Care		Website	English	AIC's caregiving campaign #WeSeeYouCare shines a spotlight on caregivers by supporting them in their caregiving journey through training programmes, AIC's financial support schemes and resources.	www.for.sg/we-see-you-care	
Care Services Recommender		Website	English	A simple online self-assessment tool that suggests suitable schemes and services to match your loved one's care needs. It provides caregivers the guidance needed at every step of their caregiving journey	www.go.gov.sg/careservicesrecommender	

Top 5 Caregiving Resources		Brochure	English	Supporting your caregiving journey with information and tips to care for yourself and your loved one	www.for.sg/aic-cgtop5	
Activities of Daily Living		Booklet	English	Provides information and tips on how to assist seniors who activities of daily living such as personal hygiene, dressing, eating and controlling of infection	www.for.sg/aic-adl	
Body Mechanics		Booklet	English Mandarin	Learn how to move a person correctly to prevent injuries for self and the person you are caring for	www.for.sg/bodymechanicseng	
Caring for Active Seniors		Brochure	English	Encouraging your loved one to be as independent as possible is a good way to support their health.	www.for.sg/active-seniors	
Caring of Seniors Using a Mobility Aid		Brochure	English	Support your loved one to regain their mobility and independence with Community Care services.	www.for.sg/aic-mobilityaids	
Caring for Bedbound seniors		Brochure	English	Your loved one can stay at home close to family, with home care services at their doorstep, such as nursing support and extra help around the house, etc.	www.for.sg/aic-bedboundseniors	

Nurse Counselling		Brochure	English	Find out how a nurse counsellor can help newly diagnosed or patients having chronic conditions personalize a care plan to keep conditions under control	www.for.sg/aic-nursecounsellor	
Financial Support						
Financial Schemes A Guide to Eldercare Subsidies		Booklet	English Mandarin Malay Tamil	A listing of available schemes and subsidies for eldercare services <i>Advisory: Enhancements to Home Caregiving Grant from April 2026. For more details, please click here.</i>	www.for.sg/aic-financialschemes-en	
Financial Schemes A Guide to Persons with Disabilities		Website	English	A listing of available financial assistance schemes, grants and funds that persons with disabilities	www.enablingguide.sg/im-looking-for-disability-support/money-matters	
Caregiver Training						
Caregiving Learning Guidebook (For Caregivers) - Eng		Booklet	English	Learn essential skills you will require and guides you to relevant caregiver training courses to pick up these skills to care for your loved ones confidently at home.	www.for.sg/cg-learning-guidebook	
Caregiver Training Catalogue		Website	English	List of caregiving training courses available	www.for.sg/ctg-training-courses	
Preparing Meals for your Loved One						

Care Cook & Inspire Cookbook		Booklet	English	A collection of recipes and caregiver stories	www.for.sg/cookbook	
Choosing food at a hawker centre for someone with dysphagia		Video	English	Video on choosing food at a hawker centre for someone with dysphagia	www.youtube.com/watch?v=P2aqYJLWcfU&feature=shared	
Eat Well Age Well		Booklet	English	Commemorative recipe book featuring Chef Eric Teo	www.for.sg/aic-recipebook	
Food for Thought Eat Well, Live Well, Think Well		Booklet	English	Healthy recipes for seniors Recipes Set 1 and Recipes Set	www.for.sg/aic-recipes-set1 www.for.sg/aic-recipes-set2	
How to make Puree Dishes		Video	English	Video playlist on making puree dishes	www.youtube.com/playlist?list=PLxSoz-ZV3bKK-Db2tCHQo-hlRHNhja_xY&feature=shared	

I WANT – Balance in My Caregiving Journey

Support & Self-Care for Caregivers

A Caregiver's Guide to Avoid Burnout		Booklet	English Mandarin	Information on how to prevent burnout from managing negative emotions to self-care for caregivers	www.for.sg/aic-caregiverburnout-en	 https://for.sg/aic-caregiverburnout-en
AICxSGE Mini Videos 'Caring Together' series Ep 1-6		Video	English	A series of videos to show how two families caring for loved ones with different health conditions lend support to each other as they go through similar experiences and challenges. This series of 6 videos is co-developed by Agency for Integrated Care and SG Enable.	www.for.sg/aicsge-videos	 https://for.sg/aicsge-videos
AIC x SGE Bite-sized infographics and Tips on Psychosocial and Self-Care		Booklet	English	Curated bite-sized infographics on caregiver identity and self-care tips	www.for.sg/aicsge-infographics	 https://for.sg/aicsge-infographics
Caregiver- Hui Min		Video	English	A video from AIC's 'We See You Care' caregiving campaign #WeSeeYouCare. It tells the story of Hui Min who is a caregiver to her daughter with depression.	www.youtu.be/RS0CpfmTK3g?si=DrFptvrmlhalPmNu	 https://youtu.be/RS0CpfmTK3g?si=DrFptvrmlhalPmNu
Caregiver – Rohit		Video	English	A video from AIC's 'We See You Care' caregiving campaign #WeSeeYouCare. It tells the story of Rohit who is a young caregiver to his bedbound father.	www.youtu.be/SjqM6ueH-Gq?si=c6xVIII73yn3Wnx	 https://youtu.be/SjqM6ueH-Gq?si=c6xVIII73yn3Wnx

Caregiver – Ah Huat		Video	English	A video from AIC's 'We See You Care' caregiving campaign #WeSeeYouCare. It tells the story of Ah Huat who is a caregiver to his wife with dementia.	www./youtu.be/bhG4hQ16VIU?si=FuH2Cn3-9oliRoK7	
Caregiver Support Groups		Website	English	List of available support group for caregivers	www.for.sg/aic-csn	
Grief Before Loss Guide		Booklet	English	With the contributions and insights of caregivers, partners, and other stakeholders, Allkin has co-created a special guidebook featuring their expertise, lived experiences, and collective wisdom.	www.for.sg/griefbeforeloss	
Caregiving for Seniors- A Practical Guide		Booklet	English	Caregiving knowledge in the different aspects of caregiving such as the importance of self-care, provides useful and practical knowhow to enable caregivers to address possible caregiving burnout.	www.cwa.org.sg/qws/slot/u50170/Handbook_2nd%20Edition/Caregiving%20for%20Seniors%20A%20Practical%20Guide%20nd%20Edition_CWA%20Sep.pdf	
We Care Toolkit, and Who Cares Toolkit		Booklet	English	Learn the insights of caregiving and the importance of caregivers requiring care, and building resilience.	www.go.gov.sg/ncss-caregiving	
Advance Care Planning						

Advanced Care Planning: Booklet		Booklet	English Mandarin Malay Tamil	Designed to help you understand your loved one's preferences and make advance plans with them	www.for.sg/aic-acpbooklet	 https://for.sg/aic-acpbooklet
Advanced Care Planning: infosheet		Infosheet	English Mandarin Malay Tamil	A 2 page infosheet to explain what is advanced care planning	www.for.sg/aic-acpinfosheet	 https://for.sg/aic-acpinfosheet
Advanced Care Planning: Planning for my Care		Brochure	English Mandarin Malay Tamil	A guide to discuss plan for your future health and personal care should an unexpected medical emergency happen	www.for.sg/aic-acpbrochure	 https://for.sg/aic-acpbrochure

FIND OUT MORE

Caregiving Resources
[www.for.sg/caregiving](https://for.sg/caregiving)

