

TOP 5 CAREGIVING RESOURCES

Supporting your caregiving journey with information and tips to care for yourself and your loved one

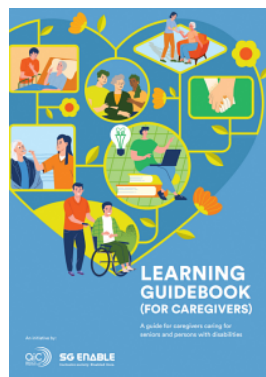


Not sure where to look for services and resources? Visit Care Services Recommender in SupportGoWhere to match your needs with the suitable support.



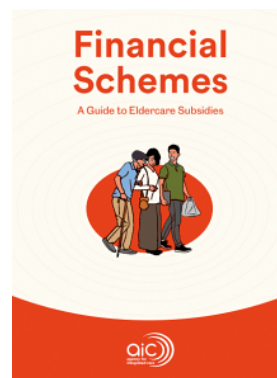
www.go.gov.sg/careservicesrecommender

Know more, care better. Learn about the various areas of caregiver knowledge and find training resources to support your caregiving journey.



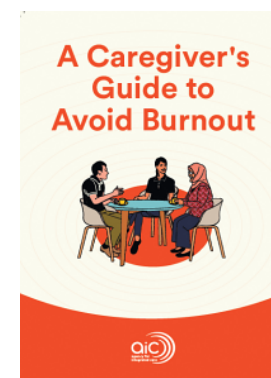
www.for.sg/cg-learning-guidebook

You may need financial support. Find out the available schemes to lighten the costs of caregiving.



www.for.sg/aic-financialschemes-en

Caregiving can be a long journey. Learn how to manage your emotions and care for yourself.



www.for.sg/aic-caregiverburnout-en

Need a break from caregiving? Tap on respite care services to get assistance in looking after your loved one while you have some me-time.



www.for.sg/aic-cg-selfcaretips

TOP 5 CAREGIVING TIPS FOR YOU

Caregivers may feel lost when embarking on their caregiving journey. Below is a guide on the areas you can look into to support your needs:



Tip #1

Do you feel lost when your loved one is about to be discharged?

Work with your doctors and/or medical social workers (MSWs) on the discharge plan to care for your loved one.

Tip #3

Do you know where to look for services and support for your loved one and yourself?

You can approach the MSWs or the AIC Links in the hospitals, or visit www.aic.sg/aic-link.

Tip #2

Do you have sufficient knowledge of your loved one's health condition?

Undergo caregiver training to gain knowledge and skills. Visit www.for.sg/aic-cgtrainingschemes.

Tip #4

Do you need financial schemes and legal advice to support your caregiving journey?

Find out available financial schemes from MSWs or AIC Links in the hospitals, or visit www.aic.sg/financial-assistance.

Tip #5

Do you feel stressed caring for your loved one and trying to meet other responsibilities? Remember to care for yourself. Learn self-care tips from www.for.sg/aic-selfcare.