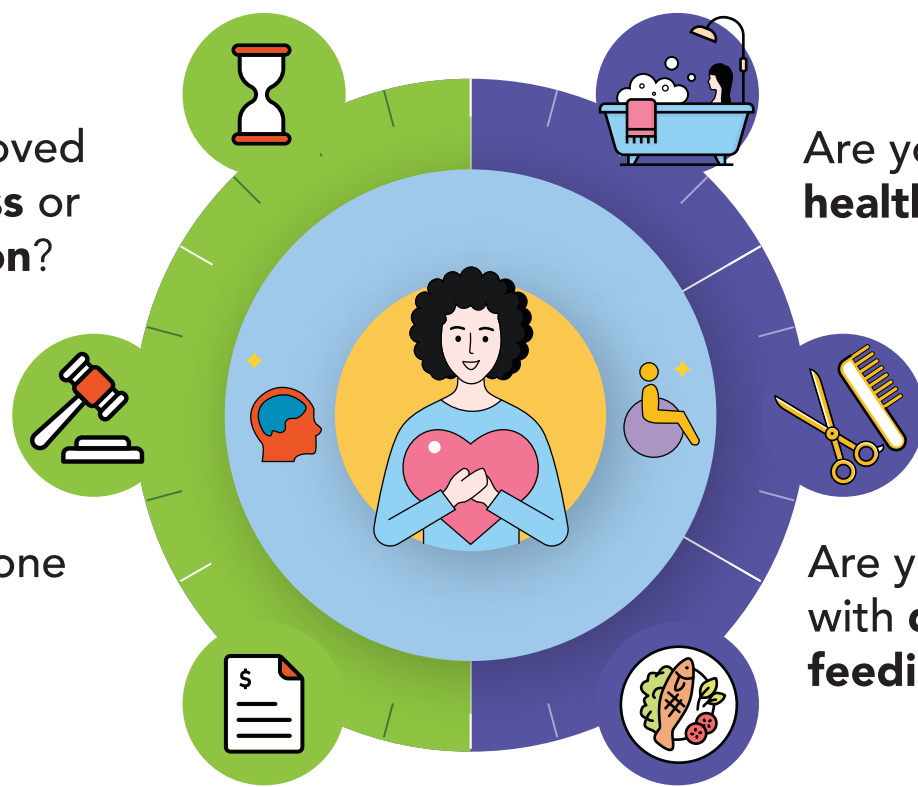


AM I A CAREGIVER?

Are you looking after a loved one with **disability, illness** or a **mental health condition**?

Are you helping a loved one with their **financial, legal** and **future needs**?



Are you looking after a loved one's **health, well-being** and **safety**?

Are you assisting a loved one with **daily activities** like **bathing, feeding, grooming** and **walking**?

If you said **YES** to any of the questions above,

YOU ARE A CAREGIVER.

Caregiver: a person who takes on the **responsibility of looking after someone** who is not able to fully care for themselves.

WHAT'S NEXT?



Pace yourself and **take breaks** while managing your **caregiving duties** and **personal needs**.



Tap on **schemes and grants** if you face **financial challenges**.



Seek support from **friends and family** when you **feel alone**.

Scan for more information and resources



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BETTER CAREGIVING BEGINS WITH SELF-CARE

As a caregiver, it is important to remain **physically and mentally healthy** to provide the best care for your loved one. Develop a **care plan** that considers **your well-being**.



P

Plan and set realistic, bite-sized goals

L

Learn new skills to help in your caregiving role



A

Ask for and accept support from family, peers, and care professionals



N

Normalise taking breaks for your self-care



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COPING WITH CAREGIVER BURNOUT

The caregiving journey may be **lonely and stressful**, which can lead to **burnout**.



Symptoms of caregiver burnout



Loss of interest in activities and **withdrawal** from loved ones



Feeling **sad, hopeless** and **irritable**



Changes in appetite, weight, or sleep patterns



Feeling **emotionally and physically exhausted** and falling ill more often



Wanting to **hurt oneself** or the person being cared for

WHAT TO DO?

Accept your feelings and **understand your limits**.
You can take the following steps to **overcome burnout**.



Be part of a community and join **caregiver support groups**.



Talk about your feelings with someone you trust. See a professional if needed.



Take care of yourself and **set realistic goals**. Use caregiver support services.

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NAVIGATING CAREGIVING

You are not alone on this journey.
Find the help and resources you need here:

Financial help to provide better care

- Caregivers Training Grant
- Home Caregiving Grant
- Migrant Domestic Worker Levy Concession

Information and resources

- Care Services Recommender by SupportGoWhere ●
- Enabling Guide ●
- DementiaHub.SG
- HealthHub App
- My Legacy Website
- We See You Care by AIC

Knowledge and skills to be equipped

- Caregiver Learning Roadmap ●
- Caregiver Training Courses
- Learning Guidebook (For Caregivers)

Assistive technology for your loved one

- Assistive Technology Fund ●
- Seniors' Mobility and Enabling Fund ●
- Tech Able

Support network for respite and self-care

- Family and friends
- Online and local community groups
- Self-care and respite services for caregivers of seniors and caregivers of persons with disabilities
- CaringSG ●
- Caregivers Alliance Limited Helpline | 6460 4400
- Care Corner Counselling Hotline (Mandarin) | 1800 353 5800
- Dementia Helpline | 6377 0700

- For caregivers of persons with disabilities
- For caregivers of seniors

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MANAGE YOUR DAILY CAREGIVING WITH THIS L.I.S.T.



31	1 Hasan's medical appointment.	2 Kak Alia will drop off groceries.	3
6 Kak Alia will drop by for lunch.	7  SUPPORT GROUP SESSION	8	9
12	13 Virtual yoga.	14 Hasan's therapy session.	15
18 Kak Alia will drop by with his kids.	19 Hasan's medical check-up.	20 	21 Hasan's appointment with the specialist.
22	23 Walk in the park with Hasan.	24	25 Spend time with Hasan.
28 MY CAREGIVER TRAINING SESSION	26	27 Hasan's virtual therapy session.	28
29 Medicine sorting. Me-time.	30	31	

- L** List all caregiving tasks and appointments. Remember to schedule **self-care breaks** to do things you enjoy!
- I** Include family and friends. Share caregiving responsibilities with them.
- S** Schedule and assign caregiving tasks. Stay organised with **daily schedules**.
- T** Track the progress of tasks. Adjust your **schedule** where necessary.

Scan for more information and resources



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