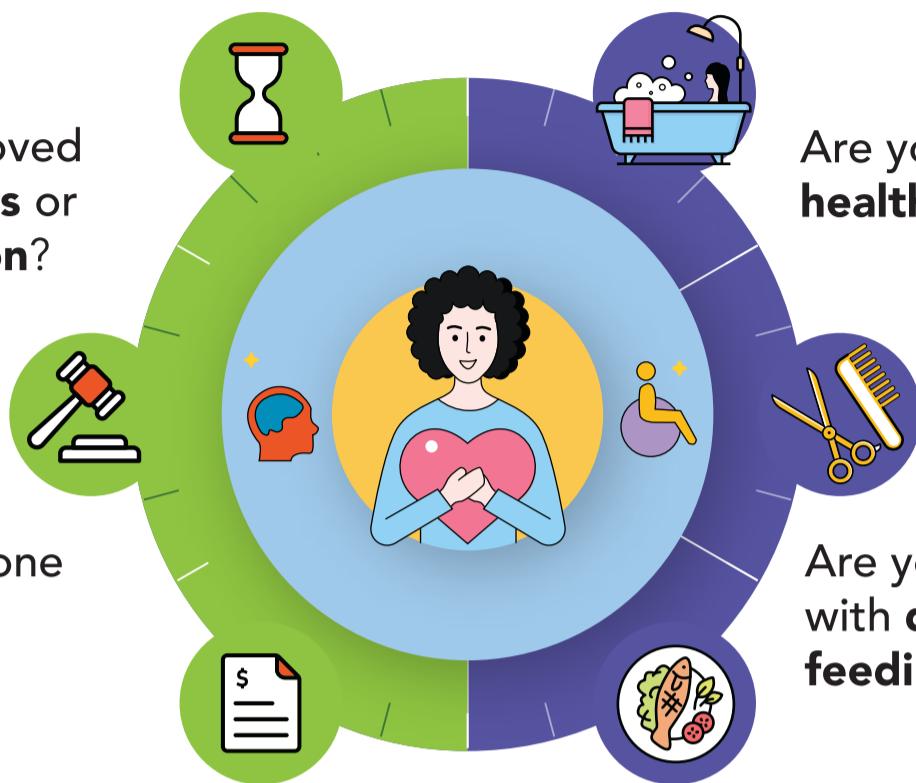


AM I A CAREGIVER?

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



Scan for more information and resources



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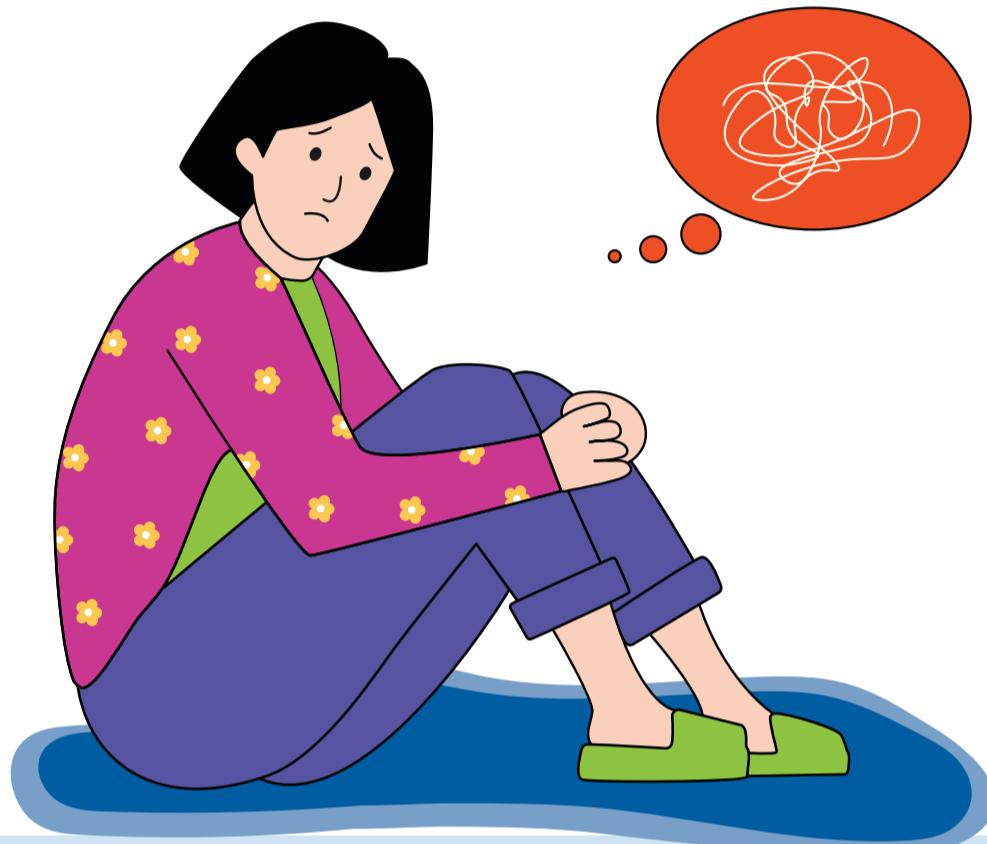


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COPING WITH CAREGIVER BURNOUT

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



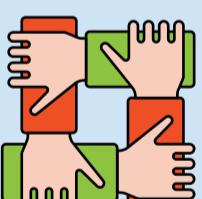
Feeling emotionally and physically exhausted and falling ill more often



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.

Scan for more information and resources



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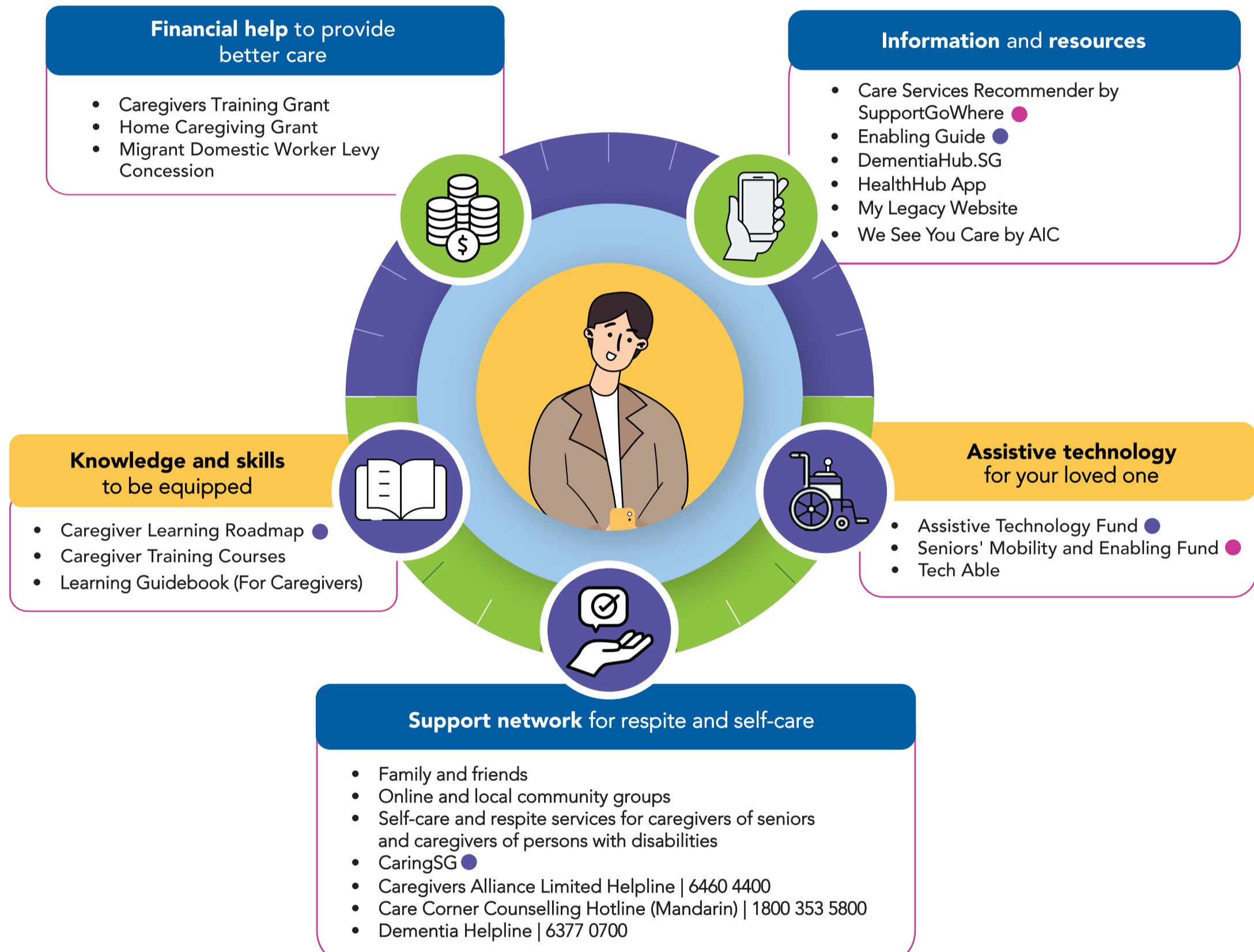


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NAVIGATING CAREGIVING

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



● For caregivers of persons with disabilities

● For caregivers of seniors

Scan for more information and resources



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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	7	Kak Alia will drop by for lunch.  <i>SUPPORT GROUP SESSION</i>	8		9	
12	13	Virtual yoga.	14	Hasan's therapy session.	15	
18	19	Hasan's medical check-up.	20		21	Hasan's appointment with the specialist.
24	25	Spend time with Hasan.  <i>MY CAREGIVER TRAINING SESSION</i>	26		27	Hasan's virtual therapy session.
28			29			Walk in the park with Hasan.
29			30			Naam will drop by with his kids.

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