The bamboo represents resilience, strength and versatility - qualities of caregivers who persevere in the toughest of times to improve the quality of life for their loved ones.

Like the bamboo, caregivers need to be nourished too. With support and encouragement from the community, they can thrive and enhance the well-being of their care recipients.

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Are you a Caregiver?

“My six-year-old daughter has Autism Spectrum Disorder. We are at a loss with her repetitive behaviour and her inability to express herself. We really wish we can talk to someone about our parenting struggles.”

“My mother often forgets who I am. I am fearful for her safety as she is all alone at home when I am at work. Where can I go for help?”

“I have not taken a break since my father was diagnosed with cancer. I am very tired. But how can I take a break?”

These questions and struggles are common to caregivers. Are you one of the increasing numbers of people who serves as a caregiver for an ageing or chronically ill family member or caring for a child with special needs? In 2000, there were about 210,800 caregivers in Singapore who provided care and support for a relative or friend who was sick, frail, disabled or had special needs. Whether you are a caregiver or expect to become one, you are not alone.

Caregivers are usually family members who provide support to children or adults who have a disability, mental illness, chronic condition or who are frail aged. Caregivers can be parents, spouses, brothers, sisters, children, relatives or friends. They are found in all communities and across all age groups - people just like you.

Caregivers face a wide array of issues and challenges as they provide care. These vary considerably based on individual circumstances. Some caregivers need to assist with the tasks of daily living and spend their day feeding, bathing, dressing, toileting, transferring or administering medication. Others care for people who are fairly independent but may need supervision or help with finances and transport. Caregivers are usually the source of emotional support as well.

This booklet is not an exhaustive guide but it aims to provide some useful information and general tips to caregivers and those who may one day be a caregiver.

"It is not how much you do, but how much love you put into the doing that matters."

- Mother Teresa
Many caregivers have to cope with the challenges of caregiving as they strive to give the best to their loved one. Caring for others may have many direct consequences on the caregivers. It may have an impact on their finances, their health, their employment prospects and their ability to participate in social and community life. Caregiving can be made more challenging when the person they are caring for has depression, fatigue, frustration and anger.

Hence, it is important for the family to learn to cope with the sudden onset of illness or disability, and to understand the changes needed in order to handle this crisis. The following tips have been developed to help families and individuals cope with the challenges of caregiving.

**1. Be a knowledgeable caregiver**

Caring for a person who is ill or disabled requires specific knowledge and caregiving skills. Having the knowledge will enable you to be familiar with treatment options, disease progression and care needs.

Being knowledgeable of your loved one’s medical condition will:

- **empower you** to give better care to your loved one,
- help you to **know how to manage today and what to expect** in the future.

*Health* care providers (eg. doctors/ nurses/ therapists/ medical social workers) are able to provide important information regarding the illness or disability. While your loved one is in hospital, the family should keep in close contact with the staff to understand the illness and how it affects him or her. Establishing good communication channels with the health care providers will enable you and your family to better participate in the needs and rehabilitation of your loved one.

To avoid miscommunication, select one family member to be the main contact or liaison between the family and health care providers:

- Ask when you do not understand medical terms or technical languages,
- Write down medications, treatments or procedures which are unfamiliar to you,
- Ask to consult with a medical social worker if you need assistance with information on social services, admission criteria, referrals and financial assistance schemes, etc.,
- Ask to consult with an occupational therapist if you need advice on modifying the home environment or in purchasing devices such as
wheelchairs, hospital beds, commode chairs, grab bars, ramps, etc.,
• To make the most of appointments, write down questions prior to meeting with the health care providers.

3. Utilise available community resources

Being a caregiver can be physically and emotionally demanding. So it would be good to include family, friends, and professionals in your team as you care for your loved one.

You can also seek support from community agencies that provide services such as day care, home help (eg. meals-on-wheels, laundry services, transport services), home nursing, befriending, respite services and special schools, just to name a few.

4. Engage family members in the caregiving process

Holding a family meeting is one way of engaging family members in the caregiving process even though one person may be primarily responsible for care. This is to ensure that everyone is adequately informed about a loved one’s medical condition and participate in planning, decision-making and support.

The meeting can be used to develop a plan for how each person can share responsibilities and arrange practical and logistical needs. A trained counsellor or social worker can assist in guiding the proceedings and ensure that the time is positively and productively spent.

In maintaining open lines of communication among family members,
• it allows for smooth monitoring of ongoing progress of their loved one;
• it provides support for the primary caregiver (person mainly responsible for care);
• it reduces isolation and stress for the primary caregiver;
• and it strengthens family ties.

5. Plan financial and legal matters ahead

Mr Tan used to hold a high position in a company but since he was diagnosed with dementia, he cannot remember many things, even his own name. His sense of time is gone and he does not know if it is a Monday or Friday, January or December. His wife is at a loss because he had not discussed financial matters with her.

Not all patients are like Mr Tan. However, it is advisable that a person who is mentally competent should take steps to plan ahead. He or she should plan future disposal of his estate and assets to named individuals or to empower other family members to administer financial affairs.

The caregiver may be required to oversee financial or legal affairs, hence, it is better to plan ahead and discuss matters involving wills, trusts, joint properties and bank accounts.
6. Organise a “Care Book” for easy access of information

Caregivers often need to keep track of their various contacts. However, remembering important information or what is being said can be overwhelming. It would be helpful to organise a notebook where diverse but important information are kept:

- Medical information (eg. list of medication and dosage to be taken)
- Legal information
- Financial information
- Insurance policies
- Health and social service agencies (eg. list of contact numbers - case managers, agencies, health care providers)

7. Establish strong support system for yourself

As a caregiver, it can become rather stressful. It is easy to become isolated as you may be too busy to keep up with friends and family. It is important to have an avenue where you are able to share your feelings and experiences with others in the same situation.

- Talk to someone - friends, neighbours, co-workers, family members or your faith community.

“Talking to my friends and just sharing how tiring or frustrating my days can be at times has been a tremendous help.”

- Keep in touch with close friends as they provide much needed support.

8. Understand your own limitations

- Speak your mind and ask for help when you need it. “I found a couple of friends who were glad to help out once they knew what they could do. I asked them to look after my mother for an hour so that I can go shopping, or let my husband and I go out for supper.”
- Be specific about what you need (eg. buying groceries, cooking meals, etc.).
- Accept help when it is offered.

Caregivers juggle many roles and it is not easy to maintain that balance.

Caregivers must know their own limits and stop before they reach burnout. You must remember that you cannot take good care of your loved one unless you take care of yourself first.

- Give yourself credit for all you are doing.
- Recognise that you will not always be perfect in providing care for your loved one.
- Say “no” when it is necessary.
- Set realistic expectations about how much you can do in a day.
- Ask for help when you need it.

9. Acknowledge and express your feelings

Witnessing the illness, decline or death of a loved one can be overwhelming. As a result, the demands of caring and the changes in family life may stir many
feeling and emotions.

Some common feelings are:

- **Feeling overwhelmed** by sudden diagnosis of illness or disability.
- **Feeling guilty** for losing temper and using harsh words on the spur of the moment; or not doing enough.
- **Feeling resentful** towards others in the family who do not seem to be interested; and that the sole responsibility lies with you.
- **Feeling fearful** about what will happen if you are no longer able to care for your loved one.
- **Feeling sad** over the loss of a relationship you once had with the person.

Recognising your emotions is as important as managing them. There is value in acknowledging the truth of your experience and expressing your emotions.

How can I deal with these feelings?

- Allow a trusted friend or a professional therapist/counsellor to work through those difficult feelings with you. Counselling is one of the ways to assist with the many changes in your life as well as dealing with the strong feelings associated with caregiving.
- Take time to grieve, understand and allow room for your emotions - this will help in your overall well-being and reduce the chance of stress-related overload in the future.

- Join a support group which allows you to meet and share with others in a similar situation.

“Caring for my son who was diagnosed with a mental illness can be very disheartening, very tough. In this society, there are many misconceptions of people with mental illness. But I have found moral support from fellow caregivers... this has helped tremendously.”

Caregivers need to take time off for themselves. You should not let caring for your loved one consume your life. You have a right to schedule time away from caregiving responsibilities without having that sense of guilt. It may help give perspective to the task at hand.

**Plan a break**

Go for a walk, a movie, a haircut, spend time with friends, or go on a holiday.

Utilise respite care. These services provide temporary relief for caregivers to have a break from looking after their loved one:

- Day care programmes,
- Residential respite care in a nursing home or community hospitals,
- Hostels for people with special needs and mental illnesses,
- Home help services can assist you with practical tasks at home. It allows the caregivers a few hours to attend to things they need to do.
“I enrolled my father in a Day Care Centre for the Dementia (Elderly) where the staff would care for him while I work in the day.”

“My daughter attends a special school and makes many new friends. This gives me time to spend with my other kids.”

Refusal to take regular breaks may result in depression, burnout or illness in the long run.

**Live a healthy lifestyle**

- Get sufficient rest and sleep - rest and renewal should be a priority for you.
- Make time for regular exercise – this will make you more energetic and provide a break from your daily activities.
- Eat healthy, regular meals – it is important for your long-term health.

You need to have a sense of humour. Sometimes a laugh helps to relieve the stress.

“It seems impossible during the initial stages of trauma, but somewhere under all the stress is a sense of humour which was sometimes the only thing that kept me sane and enabled me to handle impossible situations.”

– Parent and a full-time primary caregiver for her 23 year old daughter who suffered severe brain injury.

For many, caring for an elderly person can be demanding and emotionally-draining. The daily issues and problems confronting caregivers become more intense when the elderly person develops physical or mental insufficiencies.

Even though caring for an elderly person can be a stressful experience, it can also be a rewarding one for the caregiver. On the positive side, it can strengthen your relationships with your elder and give you a chance to get to know him/her better. Providing assistance for your elder can give you the opportunity to express love and appreciation for the support that he/she had given to you.

**What do I need to know?**

Seek medical attention and keep doctor informed when needed. Consult a regular, family doctor whom your elderly loved one trusts and is comfortable with. Alert the doctor if there are signs of deterioration. Examples
of such signs: a sudden change in behaviour or condition such as disorientation, inability to get out of bed or excessive agitation.

Subtle conditions, such as urinary incontinence, frequent falls, or hearing/visual loss, should not be attributed to ageing but should be assessed by the doctor. Encourage your elderly loved one to be properly checked and do not just put up with the “inconvenience” of the symptoms as an inevitable part of ageing. Your vigilance may help your loved one to live a more satisfying and healthier life.

Be well-informed about the medication taken. Be aware of the different types of medicine that are taken and the reasons for taking them. There are specially compartmentalised containers you can use to organise the medicine and using these containers can assist your loved one to take the right amount of medication. Ask the doctor about the common side effects of the medicine being taken. You may need to supervise the consumption of the medicine.

Equip yourself with relevant skills and proper ways of caring. It is important to know the special needs of your loved one which may have resulted from the illness. It is also needful to equip yourself with the proper ways to care for your loved one, as it can help in preventing complications from the illness. For example, if your loved one is bed-bound and needs to be frequently turned in bed or fed through a nasal tube, the caregiver would need to be trained in these areas.

Ensure a safe environment. Check that the environment is safe for the elderly. For example, use a non-slip type of flooring and avoid small, loose mats to reduce the risk of falls. Other simple but effective measures include installing bathroom grab bars, putting higher-watt light bulbs in light fixtures to brighten rooms, and using anti-slip mat underlay to anchor area rugs.

Encourage independence. In certain cases, the older person may not be able to handle certain tasks and may withdraw from activities. This would mean fewer opportunities to feel useful. You can offer an opportunity for them to develop a sense of mastery and self-esteem by allowing the elderly to contribute in different ways. For example, simple, daily tasks of preparing a meal together can both increase self-esteem and decrease the sense of isolation. Allow him/her to take responsibility and continue his/her daily activities accordingly.

Involve others. Involve family members in caregiving - delegate specific tasks to family members, for example, buying of monthly supplies of milk feeds, adult diapers or sharing the bill for employment of a maid. If possible, do involve the elderly person in decision-making and financial matters as well.

Be informed about the different services for the elderly. You can select and utilise the community service which best suits your needs and helps in your caregiving.

a. Home care services provide help to the elderly with either health care (medical consultation, therapy, giving medications, changing dressings, catheter care, etc.) or personal care (bathing, dressing, grooming, etc.) or practical needs (laundry, housekeeping, running simple errands, etc.).

b. Meals and transportation are available to older people to help them retain some independence. Home-delivered meal programmes help ensure an adequate diet. A number of organisations offer door-to-door transportation services to help older people get to and from medical facilities,
community facilities, and other essential services.

c. Adult day care are daytime programmes that offer supportive help to the frail elderly while their family members are at work or need a break. Activities include exercise programmes, social and recreational activities. Cost varies and transport can be arranged, if necessary. Special day care programmes that cater to the elderly with dementia are also available at some Day Care Centres.

d. Respite care is offered through community hospitals and some nursing homes to provide full-time care to the elderly so that their caregiver can take a break for a few days.

e. Counselling services by professional, certified counsellors are available for individuals or family units facing relationship problems, emotional stresses or difficult decisions. Counsellors could help caregivers to work through unresolved issues with their care recipient, thereby reducing the level of stress in caregiving.

f. Nursing Homes are residential institutions where the disabled, dependent elderly person’s daily needs are met. Trained staff can help to feed, bathe, administer medication and look into the resident’s recreation and therapy needs accordingly.

Where do I find help?

- Alzheimer’s Disease Association 6353 8734 www.alzheimers.org.sg
- Alexandra Hospital Dementia Support Team 6379 3420 www.alexhosp.com.sg
- Hua Mei Care Management Service 6471 6059 (Caters to Western Region) www.tsaofoundation.org
- Moral Case Management Service 6489 8707 (Caters to Eastern Region) www.thkms.org.sg
- SWAMI Case Management Service 6257 6117 (Caters to Central Region) www.swami.org.sg
- SAGE Counselling Centre 1800-353 8633 www.sage.org.sg
- Singapore National Stroke Association 6358 4138 www.snsa.org.sg/ACTIVITIES.html
- TOUCH Caregivers Centre 1800-352 1622 www.caregivers.org.sg

List of useful books / references / directories


Ministry of Community Development and Sports. Caring for the Elderly Website: http://www.familytown.gov.sg/ea_carefortheelderly_cfte_carearrangement.htm

One of the most challenging aspects of parenting can be the realisation that your child needs assistance throughout his/her lifetime because of developmental disabilities, a mental or physical condition, or an illness or disability that occurs later in life.

When parents learn that their child has a disability or a chronic illness, they begin a journey that takes them into a life that is often filled with strong emotions, difficult choices, interactions with many different professionals and specialists, and an ongoing need for information and services. Having a child with special needs in the family brings along with it adjustments to family lifestyles and interpersonal relationships. Initially, parents may feel isolated and alone, not knowing where to begin their search for information, assistance, understanding, and support.

What do I need to know?

Seek Information. Some parents seek a lot of information; others are not so persistent. The important thing is that you request accurate information. Do not be afraid to ask questions, because asking questions will be your first step in beginning to understand more about your child.

Understand the diagnosis. Parents should speak to their doctors to find out more about the facts of the diagnosis and condition. Learning how to formulate questions is an art that will make life a lot easier for you in the future. A good method is to write down your questions before entering appointments or meetings, and to write down further questions that you may have during the meeting. Obtain written copies of all documentation regarding your child from physicians, teachers, and therapists. Ask for copies of evaluations, diagnostic reports, and progress reports for your child.

Find Programmes For Your Child. Research has established that the rate of learning and development is most rapid in the first five years of life. Hence, start intervention programmes early because it will result in improved attitudes and learning.

Recognise That You Are Not Alone. The feeling of isolation at the time of diagnosis is almost universal among parents. It helps to know that these feelings have been experienced by many other parents, and that understanding and constructive help are available to you and your child. You are not alone – there are support groups available. For example, the Autism Resource Centre has support groups for parents with children with autism; and the Down Syndrome Association of Singapore conducts support groups for parents of children with Down Syndrome.
Caring for Caregivers

Utilise respite care. Respite care is a valuable part of caring for a child with a disability. It serves as an opportunity to provide children with new activities and experiences as well as enable parents and siblings to have a break.

Acquire training. Parent training programmes have proven to be effective in empowering parents to work with their children. Through theoretical knowledge, parents acquire technical skills and learn the reason for doing things in a certain way to attain a certain result. There are one-to-one sessions and group trainings. For example, Rainbow Centre conducts Parent Training and Education Programmes.

Where do I find help?

- Autism Resource Centre 6323 3258
  www.autism.org.sg
- Autism Association (Singapore) 6774 6649
  www.autismlinks.org.sg
- Canossian School for the Hearing Impaired 6749 8971
  www.cshi.com
- Club Rainbow 6377 1789
  www.clubrainbow.org
- Disabled People’s Association 6899 1220
  www.dpa.org.sg
- Down Syndrome Association 6278 3907
  www.downsyndrome-singapore.org
- Family Service Centres 1800-838 0100
  www.ncss.org.sg
- Information on disability and services
  www.disability.org.sg
- MINDS Caregivers’ Support Group
  www.minds.org.sg / carolmin@singnet.com.sg

List of useful books / references / directories


Caring for Persons with Mental Illness

Caregivers for the mentally ill face special challenges. The question often asked by the caregiver is “What will happen to my loved one when I can no longer care for him/her?” Caregivers of the mentally ill go through feelings of shame, fear, guilt and powerlessness in the face of a socially stigmatised illness. Friends and relatives may not understand why your loved one does something embarrassing in public or why large family gatherings are difficult for you as well.

Mental illness can take its toll on family members and caregivers. It is important to know what you can and cannot do. You should decide what level of support and care you are realistically able to provide. Knowing what to expect – of your loved one, yourself, and others – can go a long way toward helping you to be there when your loved one needs you most.

What do I need to know?

Educate yourself about the illness, including its treatment, i.e. the medications and coping strategies to manage crisis.

Understand that the patient is suffering from an illness like any other illnesses and that his/her odd behaviour is the result of it. Learn to look at mental illness like any other medical illnesses.

Encourage compliance in taking medication. Remember that compliance with treatment (medication) is essential in the stabilisation of the illness. Patient should adhere to the specific dosage and instructions regarding the medication. Without nagging or criticising, you can help him/her remember to take the medication by pointing out how much he/she has accomplished.

Avoid relapse by knowing the early signs. Be alert to signs and symptoms of relapse and seek treatment immediately. For example, if he/she is becoming increasingly depressed, having difficulty concentrating, withdrawing socially, having sleep problems, or if there are other feelings or actions unique to your loved one. Early professional intervention will prevent a relapse.

Do not rush the recovery process. Caregivers and often individuals who are mentally ill are impatient and expect faster recovery and remission of their mental illness. There is a need to understand that the rate of recovery is not predictable. Different individuals recover at different rates and these may differ during the course of their illness. Unrealistic expectations may cause disappointment in caregivers and add unnecessary stress to people with mental illness, especially if the frustrations of the caregivers are made known to the recipients.
Be encouraging and supportive. A critical or over-protective attitude may be threatening to people who are mentally ill and may undermine their confidence. Although there is a need for extra vigilance in caring for a mentally ill individual, there is also a need to empower him/her by encouraging independence. Allow the patient to take some responsibility and to do things on his/her own.

Allow your loved one to develop his/her own social network. It is also important for a mentally ill individual to receive additional social support from sources apart from the caregiver. This will provide a more well-balanced social network which will facilitate the individual’s recovery by creating a sense of belonging, allowing for more emotional support and improving coping skills through interaction.

Utilise community resource. Know that there are resources available in the community and be willing and ready to use them when necessary. These organisations can help improve the rate and quality of the recipient’s recovery process, as well as provide support and information for caregivers.

Where do I find help?
- Singapore Anglican Welfare Council 6241 0936
  www.sawc.org.sg
- Institute of Mental Health/Woodbridge Hospital 6389 2000
  www.imh.com.sg
  Emergency Department offers a 24-hour service for emergency psychiatric treatment
- Singapore Association for Mental Health 1800-283 7019
  www.samhealth.org.sg

List of useful books / references / directories
National Council of Social Service (1999) Community Mental Health Directory. Compiled by Community and Health-Related Services Department. Tel: 6210 2500
Caring For Persons With Life-threatening Illnesses

As a patient, family or friend, an illness which is life-threatening is difficult to accept and usually brings many reactions. Caring for someone whose illness is life-threatening and incurable is a difficult task. An important part of caring for someone who is at the end stage of life is to help improve the quality of life of the person. The basic goal of caring for a patient with a life-threatening illness is to keep him comfortable, clean and contented. It is also important to realise that his needs are not just physical but also emotional, mental and spiritual.

In addition to the typical needs, persons who are dying are often concerned about being abandoned, losing control over their bodies and lives, and being in overpowering pain or distress. What they need most of all is to be cared about, not just cared for.

It is important to be familiar with the various ways in which we can help those who are dying. Even when we cannot do something specific, all of us can listen to and be with the dying person and his or her family.

What do I need to know?

Know the diagnosis and communicate it clearly to your loved one. Have the doctor or nurse write down the exact and complete diagnosis. It is also important to inform your loved one of the diagnosis and allow him/her to participate in decision-making such as treatment options.

Have clear knowledge of the medication. If there are many types of medicine to give, it is important to learn as much as you can about each of the medicine that he/she needs to take. For example, what each of the medicine is for, how much to take, how frequently it should be taken, for how long and whether it should be taken before or after meals. Find out about its major side effects and whether it will react with other drugs, supplements or vitamins.

Provide a healthy diet. It is important to provide a healthy diet in order to maintain your loved one’s health and energy. Make meal time enjoyable and something to look forward to.

Seek help when needed. Approach medical staff or medical social worker at the hospital who will provide relevant information and knowledge of available resources. Join a support group and this can be done through referral by hospital staff.
**Caring for Caregivers**

**Where to find help?**

**Hospice Care** provides psychological, social and spiritual care to enable people with a life-threatening illness to come to terms with their illness and to help them live actively for as long as possible. It is provided by a multi-disciplinary team that includes doctors, nurses, social workers, religious counsellors and trained volunteers.

- **Assisi Home and Hospice**  6347 6446
  www.mtalvernia-hospital.org/assisi_home
- **Bright Vision Hospital**  6248 5755
  www.bvh.org.sg
- **Dover Park Hospice**  6355 8200
  www.doverpark.org.sg
- **Hospice Care Association**  6251 2561
  www.hca.org.sg
- **Methodist Hospice Fellowship**  6761 0133
  www.mws.org.sg
- **Metta Hospice Care**  6787 2212
  www.metta.org.sg
- **Singapore Cancer Society**  6221 9578
  www.singaporecancersociety.org.sg
- **St Joseph’s Home and Hospice**  6268 0482
  www.stjh.org.sg

**List of useful books / references / directories**

Appleton, Michael & Henschell, Todd (1994) **At Home With Terminal Illness**: A Family Guidebook to Hospice in the Home.

Quill, Timothy (2001) **Caring for Patients at the End of Life: Facing an Uncertain Future Together**.

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**Formulate a Care Plan.** The best time to start formulating a care plan for your loved one is when he/she is still in the hospital. This is a good opportunity to determine the needs of your loved one, consult other members of the family, identify potential caregivers, assign caregiving responsibilities and consult other members of the health care team, such as the doctors, nurses, therapists, social workers and family members.

**Understand your loved one's emotions.** Patients are often more fearful of the dying process, rather than death itself. They go through common fears such as physical pain, having to die alone, loss of independence, and change of appearance. Understand that feelings of sadness and grief are normal and there needs to be room for both the patient and caregiver to express it.

**Respect your loved one’s decision.** What a patient really wants may not be the same as what the family thinks is best for them – for example, making a decision whether or not to undergo an operation to prolong life.

**Be prepared** for the nearing of the end. Expect delirium, short attention spans that grow increasingly shorter, non-responsiveness, non-eating, refusal of water despite a growing amount of dried bile in the mouth, and laboured breathing that you wish you could ease.

You will have questions for a considerable time at the end of this care journey. Did I do all that I could and should have done? Did I do things right? Did I do something wrong that made things worse? Do not dwell on these questions, because there are no answers except this one: If you did all that you could in the best way that you knew how, then you did very well indeed.
You Are Not Alone

You face challenges
You face obstacles along the way
Yet you continue
To give, to love
To care, to pray
To listen, to serve
To laugh, to play
All to give your loved one
A more fulfilling day

But you are not alone...
The choice is yours
Help and encouragement from different sources
Emotional support and training courses
Your sorrows become halved
And your joys are doubled
As you share with others’ caregiving experiences

Cherish the moments
Honour your needs
Then you will have something rich
Within you to give

Fear or anger
Boredom or stress
Health or sickness
Joy or sadness
Through this journey you’re walking
Each day may not be the same
There are valleys
There are mountains
There are rivers to cross

But as you journey on
You will learn
You have grown
You have been strengthened
You have gained compassion
To have felt the feelings
Shared the suffering
Partaken of the pain
And soothed by the knowledge
That someone else has walked this lane

And the truth is clear
You are not alone.

Afterword

Caregiving is an experience and a journey filled with both burdens and joys.

There are unspoken rewards that come from knowing that you have made someone’s day a little brighter. It is an opportunity to strengthen and establish the bond between you and your care recipient. It is also a journey of personal growth that results from realising that you really can do many things you never thought you would be able to.

Nonetheless, as you assume the responsibility of caring for your loved one, it is important to remember that help and support is available, and in this journey of caring and giving, you are not alone.

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Organisations
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  - National Council of Social Service
- Rainbow Centre
- Singapore Association for Mental Health
- TOUCH Home Care, TOUCH Community Services

Contributors
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- Ms Sunita Ashok, AWWA TEACH ME Services
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