

[Embargoed till 12 November 2022, 1.00 pm]

Media Release

10 November 2022

News Editor

MORE SUPPORT FOR CAREGIVERS IN THE SOUTH WEST DISTRICT

- **More caregiving resources made readily accessible for caregivers through innovative means**
- **Caregiver Respite Day for caregivers to recharge while care recipients are cared for and training to equip caregivers with caregiving knowledge and skills**
- **Increase in quantum of Caregiver Support Fund from \$500 to \$800 and widened scope to cover mental health conditions and dementia**

Singapore's population is ageing rapidly, with around one in four citizens, or 23.8 per cent of Singapore's population, aged 65 and above by 2030.¹ To meet increasing caregiving needs in the community, South West Community Development Council (CDC) will be enhancing its Caregiving @ South West programme to raise awareness of caregiving and provide greater support for caregivers. This will be announced at the annual South West District Meeting on 12 November 2022. The enhancements include more readily accessible resources, a series of Respite Days and increased funding support for caregivers in the South West District.

2 Minister Gan Kim Yong says, "As our population ages, the demands for caregiving will grow and the needs of caregivers have also become more diverse. By

¹ Soo Fang, C. (2022, September 27). S'pore's population ageing rapidly: Nearly 1 in 5 citizens is 65 years and older. The Straits Times. <https://www.straitstimes.com/singapore/singapores-population-ageing-rapidly-184-of-citizens-are-65-years-and-older>

working with corporate and community partners, we hope to bring more resources and support to caregivers and their families, as well as raise the awareness of caregiving so that the community come together and do our part to look out for one another.”

3 Mayor Low Yen Ling says, “As our society ages, caregiving needs are increasing too. We are enhancing our Caregiving @ South West programme to tackle areas that are vital to the health and wellbeing of caregivers, such as their mental wellness and knowledge of caregiving skills. It’s important to care for caregivers. They form the first line of defence and support for our elderly and the vulnerable among us. We hope to lighten their caregiving load by increasing the amount of financial support and equipping them with ample training and resources. When caregivers are strengthened, the ones whom they care for are uplifted too.” Acknowledging the help of South West CDC partners, Mayor Low added, “The caregiving programme is enhanced based on the feedback gathered from our community partners. They play a key role in weaving a supportive network and community of care for caregivers and their loved ones. The CDC will continue to aggregate the knowledge, resources and abilities of our partners to meet the growing needs of caregivers.”

(A) More Accessible Resources in the Community

4 Resources will be made more readily accessible through Carebuddy.co. The caregiving learning platform by HMI Institute, supported by the South West CDC aims to aggregate caregiving knowledge, tips, and programmes from various non-profit, charity and healthcare organisations and encourage and enable caregivers to live healthily and age-in-place gracefully with dignity. It also provides caregivers with information and tips on care skills for elderly, basic caregiving knowledge and first response knowledge as well as updates on caregiving programmes provided by partners. The portal will also bring the community together through one online platform, so as to build a stronger safety net with more healthcare-trained neighbours and volunteers nearby.

5 Residents can also learn more about caregiving and the available resources in the community through the caregiving vending machine. The innovative vending machine includes a resource library that provides a wide range of resources on palliative care, nutrition, medications, as well as self-care guides for caregivers. Videos and interactive games on palliative care where residents can learn about ways to live meaningfully and gain proper closure after loss of a loved one, are included for a more immersive experience.

(B) Caregiver Respite Day & Training for Caregivers

6 The CDC will collaborate with various partners to provide Caregiver Respite Day and trainings for caregivers. Professional caregiving services will be provided for the care recipients, while caregivers enjoy some time off for self-care and therapeutic activities and workshops curated by partners such as SAGE Counselling Centre.

7 Healthcare training will also be provided for caregivers to help them in their caregiving duties. The trainings conducted by HMI Institute will help caregivers better cope with their caregiving responsibilities. Some topics include first aid for the elderly, diet, feeding and swallowing assistance for care user and diaper changing.

(C) Enhancements to Caregiver Support Fund

8 The risk of dementia increases with age. In Singapore, about one in 10 (amongst the elderly aged 60 years and above) suffers from dementia, and it is projected to increase to 152,000 by 2030.² This is aligned with the feedback received from community partners, where there is an increasing number of residents requiring services due to onset of dementia. To better support caregivers, the Caregiver Support Fund will be enhanced to include care recipients certified to have physical or

² Healthhub. (2022, February 16). Your guide to understanding dementia. HealthHub. https://www.healthhub.sg/live-healthy/679/yourguidetounderstandingdementia_pdf

intellectual disabilities, mental health conditions and dementia. The funding quantum will also be increased to \$800, to help caregivers defray caregiving related expenses.

9 Details of the event are as follows:

Event : **South West District Meeting 2022**
Date : Saturday, 12 November 2022
Time : **12.00 pm to 1.45 pm (Media is invited at 11.30 am)**
Venue : ITE College West, Kaizen Hall (Block 2, Level 6)
1 Chua Chu Kang Grove, Singapore 688236
Guest of : Mr Gan Kim Yong
Honour Minister for Trade and Industry
Adviser to Chua Chu Kang GRC (Chua Chu Kang)
Host : Ms Low Yen Ling
Mayor of South West District

10 At the South West District Meeting 2022, nine partners will receive the South West Caring Partners Award to recognise their contributions in 2021 to uplift the community. The list of recipients can be found in Annex A. Themed #BeTheOne, the District Meeting will showcase efforts of corporate and community partners who have worked closely with the CDC to drive initiatives in the community. It also aims to inspire collective action to address community needs to create a resilient and future-ready nation.

11 We would like to invite your reporter and photographer/TV crew to cover the **South West District Meeting 2022**. Please contact our media liaison officer for queries. We look forward to receiving you and your crew/photographer.



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About the South West Community Development Council (CDC)

The South West Community Development Council (CDC) was formed on 24 November 2001, with the mission to Assist the Needy, Bond the People and Connect the Community.

Through local help programmes, the South West CDC provides assistance to help the less fortunate in our community. The South West CDC also organises projects and programmes to promote community bonding and social cohesion. The South West CDC adopts the "Many Helping Hands" approach to encourage community ownership among residents, community partners and corporations to realise its vision of "Owning Your Community".

Ms Low Yen Ling was appointed the Mayor of South West District on 27 May 2014. Ms Low is also the Minister of State, Ministry of Culture, Community and Youth (MCCY) & Ministry of Trade and Industry (MTI) & Adviser to Chua Chu Kang GRC.

For more information, please visit: www.southwest.cdc.gov.sg

Programme

Time	Administrative Programme
11.45 am	Arrival of Mayor
12.00 pm	Commencement of South West District Meeting 2022
12.05 pm	Presentation of South West CDC Report
12.10 pm	Speech by Mayor
12.20 pm	Launch Mechanism of Enhancement to Caregiving @ South West
12.30 pm	Presentation of South West Caring Partners Awards 2021
12.45 pm	South West Conversation
1.30 pm	Closing Remarks by Mayor

List of Partners Receiving the South West Caring Partners Awards 2021

1	Procter & Gamble Singapore
2	Koh Kock Leong Enterprise Pte Ltd
3	The American Chamber of Commerce in Singapore
4	ExxonMobil Asia Pacific Pte. Ltd.
5	Singapore Polytechnic – Common Core Cluster
6	Guardian Health and Beauty
7	CrimsonLogic Pte Ltd
8	Siltronic Singapore
9	Landscape Industry Association of Singapore