

Are you stressed?

Caregivers tend to focus on caring for their loved ones at the expense of their own well-being. This is especially so for new caregivers, and it may unknowingly lead to caregiver burnout.

Do a simple check on your stress level by ticking the response that best applies to you and add up the score.

IN THE LAST 2 WEEKS

	Never (0)	Rarely (1)	Sometimes (2)	Quite Frequently (3)	Nearly Always (4)
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Do you feel that that you do not have enough time for yourself?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Do you feel stressed trying to juggle between caring for your loved ones and trying to meet other responsibilities (work, home)?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Do you feel strained when you are around your loved ones?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Do you feel uncertain about what to do for your loved ones?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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If you have a score of more than 8 points, you are likely to be feeling more stressed than usual. It is recommended that you seek advice from health professionals involved in your loved one's care or seek assistance from the Resource Centres @ South West.

Useful Resources and Contacts @South West

Resource Centres for Caregivers

Organisation	Address	Operating Hours
AlCare Link @ National University Hospital	Main Building Lobby B, Level 1 5 Lower Kent Ridge Road Singapore 119074	Mondays to Fridays 9.30am to 5.30pm Saturdays 9.00am to 12.30pm
AlCare Link @ Ng Teng Fong General Hospital	Tower B, Level 2 (near Visitor Self-Registration Kiosk) 1 Jurong East Street 21 Singapore 609606	Closed on Sundays and Public Holidays

Caregiver Training

Organisation	Address	Contact
Caregiving Welfare Association	Caregivers' Sanctuary 1 Lower Kent Ridge Road #04-18 One@KentRidge Singapore 119082	6466 7957 / 6467996 or Email contact@cwa.org.sg
Caregivers Alliance Limited	Ng Teng Fong General Hospital Community partners Room, Tower A, Level 2 (Cubicle 3) 1 Jurong East Street 21 Singapore 609606	6460 4400 / 97207590 or Email general@cal.org.sg/ emailwest@cal.org.sg

For the full list of training providers, please refer to www.silverpages.sg/caregiving/training



If you need someone to talk to

Alzheimer's Disease Association DEMENTIA HELPLINE **6377 0700**

SAGE Counselling Seniors Helpline **1800 555 5555**

Singapore Association for Mental Health (SAMH): **1800-283 7019**

For caregivers of loved ones with special needs



Visit <https://www.neurodivercitysg.com>
NeuroDiverCity (Singapore) for more information



Visit www.babybonus.msf.gov.sg/parentingresources/web/Special-Needs
Ministry of Social and Family Development for more information



Visit: www.silverpages.sg
Singapore Silver Pages Website for more information

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SOUTH WEST CAREGIVER CARE GUIDE



An initiative by:



What?

The South West Caregiver Care Guide serves as a quick reference for new and existing caregivers to help their loved ones and to care for themselves.

How?

Read through the steps and be directed to useful resources for further information. There is also a checklist for caregivers to understand their stress levels.

Who?

The South West Caregiver Care Guide is for Caregivers and their family members. Help a caregiver by giving this guide to a caregiver you know today.

At The Hospital (A.S.K.)

- **ASSESS** your home environment
Check with your therapist to plan out any home modifications or assistive devices that would be needed before your loved one is discharged.
- **SEEK** help
Approach a medical social worker or visit the AICare Link in the hospitals.
- **KEEP**
A copy of the Discharge Summary



At Home (C.A.R.E.)

- **CARE** for yourself
Whilst it is important to look after your loved one, it is just as important to care for yourself (Refer to A)
- **ARRANGEMENTS** for care
Better understand your loved one's wishes when it comes to care (Refer to B)
- **ROUTINE**
Set up a regular care schedule
- **ENGAGE**
Continue to engage your loved one in conversation and activities

