

Caregiving Resources to Support Your Journey



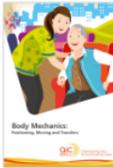
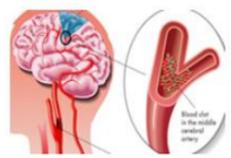
Caregivers often do not know where to find resources. Here is a consolidated list of resources to support your clients and caregivers in their journey, which you can use to share with them in your engagement, outreach or training. Feel free to edit this list to suit your needs. If you have any enquiries on the services or resources, do feel free to email us at cmh@aic.sg.

I KNOW – Learn about caregiving

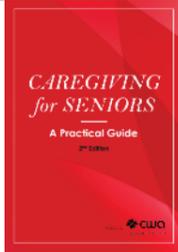
Title	Cover	Format	Language	Description	Hyperlink	QR Code
Recognising that I am a Caregiver						
Caring for the Elderly 101		Booklet	English Mandarin Malay	Access the caregiver stress checklist and learn tips to manage stress, depression and burnout	www.aic.buzz/guide-caregiver101	

I CAN – Provide better care and support

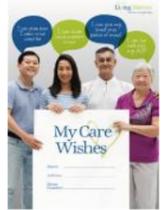
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Services & Tips to Support your Journey						
Agency for Integrated Care (AIC) Website		Website	English	Information and resources on caregiving	www.aic.sg/caregiving	
Caring for Active Seniors		Booklet	English	Encouraging your loved one to be as independent as possible is a good way to support their health.	www.aic.buzz/active-seniors-brochure	
Caring of Seniors Using a Mobility Aid		Booklet	English	Support your loved one to regain their mobility and independence with Community Care services.	www.aic.buzz/mobility-aid-seniors-brochure	

Caring for Bedbound seniors		Booklet	English	Your loved one can stay at home close to family, with home care services at their doorstep, such as nursing support and extra help around the house, etc.	www.aic.buzz/bedbound-seniors-brochure	
Activities of Daily Living		Booklet	English	Provides information and tips on how to assist seniors who activities of daily living such as personal hygiene, dressing, eating and controlling of infection	www.aic.buzz/guide-adl	
Body Mechanics		Booklet	English Mandarin	Learn how to move a person correctly to prevent injuries for self and the person you are caring for	www.aic.buzz/guide-body-mechanics	
Nurse Counselling		Booklet	English	Find out how a nurse counsellor can help newly diagnosed or patients having chronic conditions personalize a care plan to keep conditions under control	https://www.aic.sg/resources/Documents/Brochures/Care%20Services/Nurse%20Counsellor%20Brochure.pdf	
Stroke Information & Resources for Stroke Survivors and Caregivers		Web	English	Learn how to recognise signs of stroke and what to expect when a loved one had a stroke. Find out tips and information for stroke survivors and caregivers	http://sna.org.sg/resources/for-for-stroke-survivors-and-caregivers/	
Understanding Cancer		Web	English	Understanding cancer and ways on how to prevent and cope with cancer	www.365cps.org.sg/know-all-about-cancer/	
Enabling Guide – A Guide for Persons with Disabilities		Web	English	A first-stop resource portal on disability in Singapore	www.enablingguide.sg/	
Financial Support						
Financial schemes A Guide to Eldercare Subsidies		Booklet	English Mandarin Malay Tamil	A listing of available schemes and subsidies for eldercare services	www.aic.buzz/financial-schemes-brochure	

Financial Schemes A Guide to Persons with Disabilities		Website	English	A listing of available financial assistance schemes, grants and funds that persons with disabilities	www.enablingguide.sg/im-looking-for-disability-support/money-matters	
Caregiver Training						
Caregiver Training e-Calendar		Website	English	List of caregiving training courses available	www.aic.buzz/CTC-eCalendar	
ABCs of Caregiving Course		Booklet	English Mandarin	Covers essential skills needed to care for your loved one's daily needs based on their mobility condition	www.aic.buzz/abcs-caregiving-brochure	
Support & Self-Care for Caregivers						
A Caregiver's Guide to Avoid Burnout		Booklet	English Mandarin	Information on how to prevent burnout from managing negative emotions to self-care for caregivers	www.aic.buzz/guide-burnout	
Caregiver Self Care & Support Groups		Website	English	List of available support group for caregivers	www.aic.buzz/cq-selfcaretips	
Informal Caregiver Support Groups for Persons with Disabilities		Website	English	List of available informal support group for caregivers caring for persons with disabilities	www.enablingguide.sg/caring-for-caregivers/informal-support-groups	
Queenstown Caregivers Connect		Video	English	Informational video on Caregiver Support Network	https://youtu.be/4SFjF-IMIY	
ClubHEAL Crest-CSN		Brochure	English	Information on Crest-Caregiver Support Network	http://tinyurl.com/CSNBrochure	

Caregiving for Seniors- A Practical Guide		Booklet	English	Caregiving knowledge in the different aspects of caregiving such as the importance of self-care, provides useful and practical knowhow to enable caregivers to address possible caregiving burnout.	https://www.cwa.org.sg/qws/slot/u50170/Handbook_2nd%20Edition/Caregiving%20for%20Seniors%20A%20Practical%20Guide%202nd%20Edition_CWA%20Sep.pdf	
We Care Toolkit, and Who Cares Toolkit		Booklet	English	Learn the insights of caregiving and the importance of caregivers requiring care, and building resilience.	https://go.gov.sg/ncss-caregiving	
Preparing Meals for your Loved One						
Food for Thought Eat Well, Live Well, Think Well		Booklet	English	Healthy recipes for seniors Recipes Set 1 and Recipes Set	Recipes Set 1: http://aic.buzz/food-for-thought-1 Recipes Set 2: http://aic.buzz/food-for-thought-2	 
Care Cook & Inspire Cookbook		Booklet	English	A collection of recipes and caregiver stories	www.aic.buzz/cookbook-care-cook-inspire	
Eat Well Age Well		Booklet	English	Commemorative recipe book featuring Chef Eric Teo	www.aic.sg/resources/Documents/Brochures/Caregiving%20Support/AIC_Recipe_Book.pdf	
Tips to Eat Well During Cancer Treatment		Booklet	English Mandarin	Caregivers and loved ones with cancer can learn tips on how to improve diet and eat well even when there are loss of appetite, taste changes or feeling nausea during cancer treatment.	https://365cps.org.sg/wp-content/uploads/2021/01/Tips-to-eat-well-during-cancer-treatment-Email-Version.pdf	

Advance Care Planning

<p>Advanced Care Planning: My Care Wishes Workbook</p>		<p>Booklet</p>	<p>English Mandarin Malay Tamil</p>	<p>Designed to help you understand your loved one's preferences and make advance plans with them</p>	<p>www.aic.buzz/acp-workbook</p>	
<p>Advanced Care Planning: Planning for my Care</p>		<p>Booklet</p>	<p>English Mandarin Malay Tamil</p>	<p>A guide to discuss plan for your future health and personal care should an unexpected medical emergency happen</p>	<p>www.aic.buzz/acp-brochure</p>	

FIND OUT MORE

Caregiving Resources
www.aic.sg/caregiving

