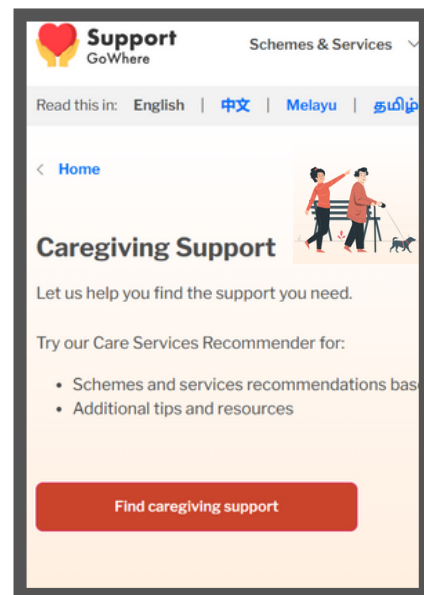


TOP 5 CAREGIVING RESOURCES

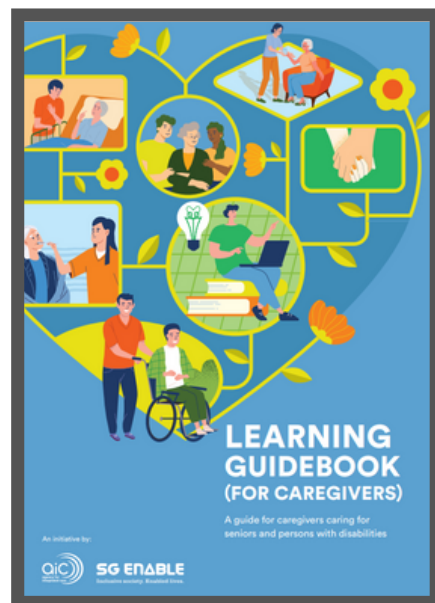
Supporting your caregiving journey with information and tips to care for yourself and your loved one



Not sure where to look for services and resources? Visit Care Service Recommender in SupportGoWhere to match your needs with the suitable support.

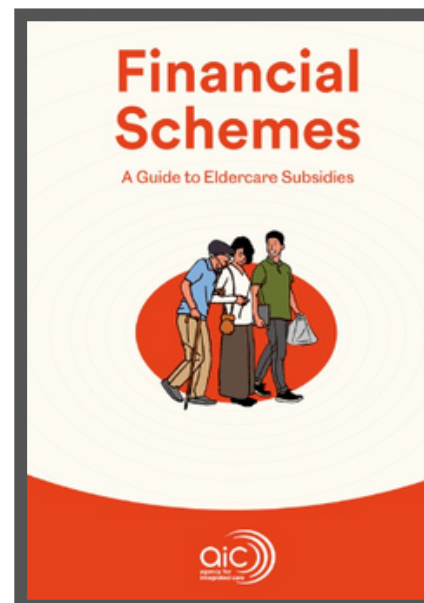


Know more, Care better. You can pick up various areas of learning such as caregiver knowledge domains and training resources to support your caregiving journey

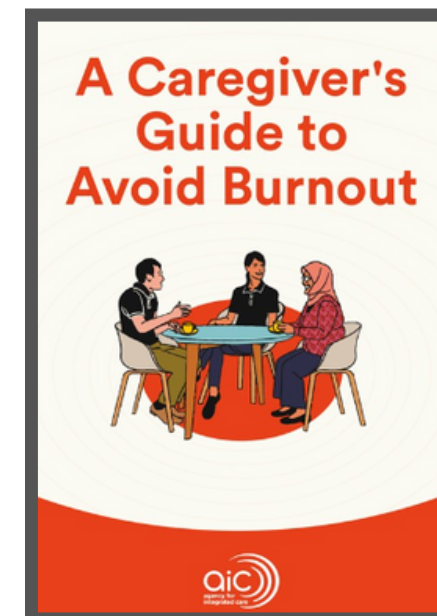


<https://for.sg/learning-guidebook>

You may need financial support. Find out the available schemes to lighten your financial load.



Caregiving can be a long journey. Learn how to manage your emotions and care for yourself.



Seek support from Night Respite programme which allows you to take time-off when caring for your loved one who require night care services.



<https://for.sg/aic-nightrespite>

TOP 5 CAREGIVING TIPS FOR YOU

Caregivers may feel lost when embarking on their caregiving journey. Below is a guide on the areas you can look into to support your needs:



Tip #1

Do you feel lost when your loved one is about to be discharged?

Work with your doctors and/or medical social workers (MSWs) on the discharge plan to care for your loved one

Tip #3

Do you know where to look for services and support for your loved one and yourself?

You can approach the MSWs or the AIC Links in the hospitals, or visit www.aic.sg/aic-link

Tip #2

Do you have sufficient knowledge of your loved one's health condition?

Undergo caregiver training to gain knowledge and skills. Visit www.aic.sg/caregiving/caregiver-courses-schemes

Tip #4

Do you need financial schemes and legal advice to support your caregiving journey?

Find out available financial schemes from MSWs or AIC Links in the hospitals, or visit www.aic.sg/financial-assistance

Tip #5

Do you feel stressed caring for your loved one and trying to meet other responsibilities?

Remember to care for yourself. Learn self-care tips from www.aic.sg/caregiving/caregiver-self-care