

## MEDIA RELEASE

8 NOVEMBER 2023 – FOR IMMEDIATE RELEASE

### Caring and Growing with Caregivers at the National CARECarnival and Conference

*New resources for caregivers launched at conference,  
with a series of three events held in the heartlands to support caregivers*

**8 November 2023** – The first ever National CARECarnival and Conference kicked off today, with the CAREConference and the launch of new resources to better support caregivers. This will be followed by three events held across the month in heartland neighbourhoods, to raise awareness of support available for caregivers and their care recipients.

Organised by the Agency for Integrated Care (AIC), CaringSG, National Council of Social Service, and SG Enable, the National CARECarnival and Conference aims to empower caregivers, mobilise the community and strengthen support for caregivers. Themed “Caring and Growing with Caregivers”, this event caters to all caregivers in Singapore, including caregivers of seniors, those living with mental health conditions and persons with disabilities.

#### National CAREConference

The National CAREConference was attended by over 400 care professionals from the health and social service sectors, caregiver advocates and caregivers. The conference aims to raise awareness on the need for an integrated ecosystem of caregiver support, equip participants with resources and information on caregiving initiatives, and share best practices from both local and international contexts.

Mdm Rahayu Mahzam, Senior Parliamentary Secretary, Ministry of Health, delivered the opening address at the virtual conference.

Themed “Coming Together to Build a Strong Caregiving Community”, the conference focuses on how a family-centric approach can be taken toward caregiving, and the important role of family caregivers. Through a keynote presentation, a panel discussion with caregivers, and four breakout sessions hosted by academics and experienced social sector professionals, it offers a platform to learn and discuss how holistic support can be provided for caregivers and their care recipients.

#### New Resources to Strengthen Support for Caregivers

At the conference, three new resources developed by AIC and SG Enable were launched to equip and strengthen support for caregivers.

- **Learning Guidebook (for Caregivers) (by AIC and SG Enable)**
  - This guidebook is developed to complement the caregivers’ learning journey. The guidebook offers tips on necessary knowledge and skills to care for seniors, persons living with mental health conditions, and persons with disabilities.

## Caring and Growing with Caregivers

- It features the journey of family caregivers caring for their loved ones at home, and highlights the essential skills needed to better support the care for themselves and their loved ones.
- To relate to caregivers, the guidebook features examples of common situations faced by caregivers, followed by the relevant resources available for them to tap on to care for their loved ones. For example, applying for the Caregivers Training Grant (CTG) to attend caregivers training.
- This guidebook can be found on [www.for.sg/cg-learning-guidebook](http://www.for.sg/cg-learning-guidebook), a resource page for caregiving resources and initiatives.
- **Bite-sized infographics and video series on caregiving (by AIC and SG Enable)**
  - The resources are published on all organisations' websites. They address common caregiving challenges such as burnout and self-care. They also encourage caregivers to learn continuously, and leverage formal and informal support.
  - The video series aims to help caregivers through the stories of two families navigating their respective caregiving journeys and supporting one another through the process.
  - The resources are available on [www.for.sg/aicsge-infographics](http://www.for.sg/aicsge-infographics) and [www.for.sg/aicsge-videos](http://www.for.sg/aicsge-videos).
- **Caregiver Learning Roadmap (by SG Enable)**
  - It comprises 28 skills and covers five caregiving areas, such as Planning for Care, and Supporting Your Loved One Through Transitions, which contains information on future care planning and the post-school pathways available.
  - The Caregiver Learning Roadmap is available on the Enabling Guide website and functions as a companion to caregivers of persons with disabilities, enabling them to identify and obtain the knowledge and skills needed at different stages of their caregiving journey.
  - The Caregiver Learning Roadmap is aligned with Recommendation 13 of the Enabling Masterplan 2030, which focuses on supporting caregivers in planning for the future.
  - The Enabling Guide is SG Enable's first-stop resource portal for persons with disabilities and their caregivers.
  - The resources may be found on [www.enablingguide.sg/caregiver-learning-roadmap](http://www.enablingguide.sg/caregiver-learning-roadmap).

### Celebrating caregivers through three heartland CARECarnivals

Following this conference, three CARECarnivals will take place in November at different heartland communities in Singapore. These carnivals aim to raise awareness on caregiving in the society, celebrate caregivers and empower them with resources, training and support services available.

Featuring talks, booths on caregiving resources and an exhibition of caregiver stories, these carnivals provide caregivers with a platform for networking and mutual support.

#### 1. CARECarnival at Enabling Village

Date: 11 November 2023

Time: 9am to 5pm

Guest-of-Honour: Mr Desmond Lee, Minister for National Development and Minister In-Charge of Social Services Integration

2. CARECarnival at Kampung Admiralty  
Date: 18 November 2023  
Time: 9am to 5pm  
Guest-of-Honour: Mr Ong Ye Kung, Minister for Health
  
3. CARECarnival at Heartbeat@Bedok  
Date: 25 November 2023  
Time: 10am to 5pm  
Guest-of-Honour: Mr Masagos Zulkifli, Minister for Social and Family Development and Second Minister for Health

For more information, visit [www.caregiver.sg](http://www.caregiver.sg).

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### **About Agency for Integrated Care**

The Agency for Integrated Care (AIC) aims to create a vibrant care community for people to live well and age gracefully. AIC coordinates and supports efforts in integrating care to achieve the best care outcomes for our clients. We reach out to caregivers and seniors with information on staying active and ageing well, and connect people to services they need. We support stakeholders in their efforts to raise the quality of care, and also work with health and social care partners to provide services for the ageing population. Our work in the community brings care services and information closer to those in need. For more about us, please visit <https://www.aic.sg>.

### **About CaringSG**

CaringSG is a registered charity and an Institution of Public Character. They connect, enable and empower fellow special needs caregivers by building an inclusive, compassionate and supportive community through innovative solutions. For more information, visit [www.caring.sg](http://www.caring.sg).

### **About National Council of Social Service**

NCSS is the umbrella body for over 450-member social service agencies in Singapore. Its mission is to provide leadership and direction in enhancing the capabilities and capacity of our members, advocating for social service needs and strengthening strategic partnerships, for an effective social service ecosystem. Community Chest is the fundraising and engagement arm of NCSS and Social Service Institute (SSI) is the human capital development arm of NCSS. For more information, please visit [www.ncss.gov.sg](http://www.ncss.gov.sg).

### **About SG Enable**

SG Enable, the focal agency for disability and inclusion in Singapore, enables persons with disabilities to live, learn, work and play in an inclusive society. We create equitable opportunities for persons with disabilities through thought leadership, sustainable social innovation and impactful partnership. Guided by our core values of professionalism, innovation and empathy, we envision a more inclusive Singapore and enabled lives. Set up by the Ministry of Social and Family Development in 2013, we are a registered charity and an Institution of a Public Character. For more information, visit [www.sgenable.sg](http://www.sgenable.sg).

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## ANNEX

### List of Translated Terms

TERM	CHINESE	MALAY	TAMIL
Agency for Integrated Care	护联中心	Agensi Penjagaan Bersepadu	ஒருங்கிணைந்த பராமரிப்பு அமைப்பு
CaringSG	关爱之心	-	-
National Council of Social Service	国家福利理事会	Majlis Khidmat Sosial Kebangsaan	தேசியச் சமூகச் சேவை மன்றம்
SG Enable	新加坡协助残障人自立局 (新协立)	SG Enable	எஸ்ஜி எனேபல் எனும் இயலாமை உள்ளோருக்கான நல்வாழ்வு நிலையம்
National CARECarnival and Conference	全国看护嘉年华和大会	Karnival dan Persidangan Nasional untuk Para Penjaga	தேசிய பராமரிப்பாளர் விழா மற்றும் மாநாடு
Caregiver Learning Roadmap	看护者学习路线图	Pelan Hala Tuju Pembelajaran untuk Penjaga.	பராமரிப்பாளர் கற்றல் திட்டம்