

Caregivers' Cove

You are not alone in the caregiving journey. We will keep in touch regularly.

Tart Meets Sweet

Being a caregiver may be challenging but it can be rewarding too¹. You are doing the following and more:

- Attending to a loved one's physical needs.
- Giving and taking to meet multiple needs.
- Loving and be loved.

Be Happy And You Know It

Each caregiver and care recipient is unique. Know that you are well on the caregiving track if¹:

- You have been helping in some tangible ways.
- You are trying your best with a heart.
- You are open to learn and grow as a caregiver.

Get A New Balance

Life would not be the same for some time². Make yourselves and loved ones more comfortable³:

- Talking with your loved ones can help them feel more settled.
- Connecting with people who understand your situation could lighten your load.
- Did you block off some slots in the calendar to care for yourself?

[Please click here to share with us!](#)



Building Stronger Communities, Together

1. Agency of Integrated Care, "A Caregiver Guide To Avoid Burnout", P2-3
2. "Coronavirus curbs won't all be lifted after June 1, says minister", <https://www.straittimes.com/singapore/curbs-wont-all-be-lifted-after-june-1-says-minister>, 3 Jun 2020
3. Caregivers Alliance Ltd, "Mental Wellness For Caregivers In An Outbreak" by Dr Chua Siew Eng, April 2020, https://0bb03cd9-26a3-4328-b240-7f2a4dea8871.filesusr.com/ugd/b54d82_d62ceb186560410ba67cbb779aa8736d.pdf, 3 Jun 2020

看护者港湾

我们常保持联系，您的看护旅程不会孤独。

酸甜参半

作为一位看护人可能挑战重重，但也能带来满足感¹。您要做的，不止以下事项：

- 照顾家人的基本需要。
- 取舍和协调多种需要。
- 爱与被爱。

安心看护

每一位看护者和被看护者都是独特的。几项重点将让您安心走在看护的路上¹：

- 您对家人有实际的帮助。
- 您都尽心尽力的看护。
- 您有意学习把家人看护得更好。

找个新平衡点

生活好一整不会像从前²。既来之、则安之³。

- 多和家人沟通可安抚他们的心情。
- 多与了解您处境的人联系有助减轻您的负担。
- 您已经在日记上腾出点时间照顾自己吗？

请您点击留言！



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同心协力，建立更强壮的社区

1. Agency of Integrated Care, "A Caregiver Guide To Avoid Burnout", P2-3
2. "Coronavirus curbs won't all be lifted after June 1, says minister", <https://www.straittimes.com/singapore/curbs-wont-all-be-lifted-after-june-1-says-minister>, 3 Jun 2020
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