



Tote Board-Enabling Lives Initiative

2nd Grant Call

Caregiver and Natural Support

*“There are only four kinds of people in the world.
Those who have been caregivers.
Those who are currently caregivers.
Those who will be caregivers, and those who will need a caregiver.”*

Eleanor Rosalynn Carter

Former 1st Lady of the United States

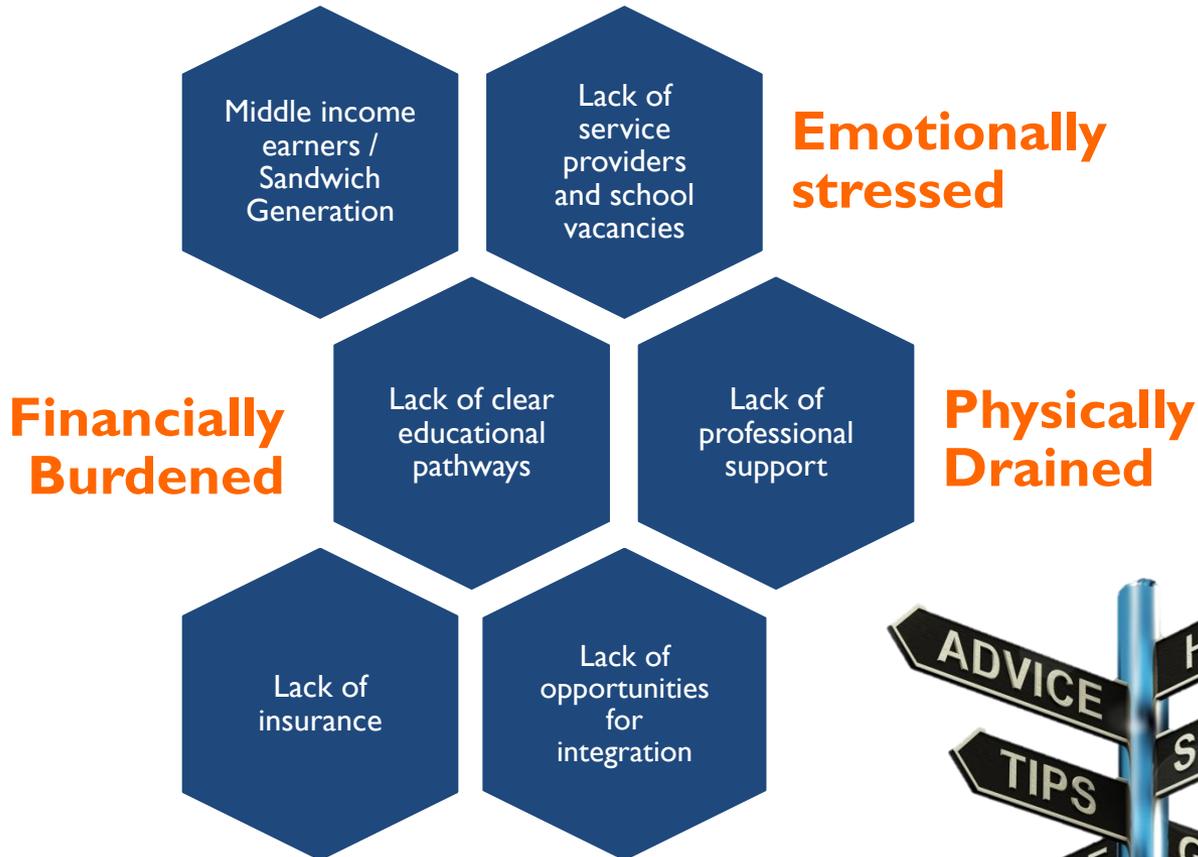
President of the Rosalynn Carter Institute for Caregiving

Background

EM 2012-2016 on Caregiver Support

- Enhance Caregivers' Access to Existing Programmes and Services
- Build Caregivers' Capability to be Skillful and Knowledgeable Caregivers
- Enhance Care Options for Caregiver Relief and Support

Caregivers face a myriad of challenges





The task of caregiving can be overwhelming at times. Caregivers experience mixed emotions such as feelings of loss, anxiety, frustration and guilt. However, if supported well, caregiving can be fulfilling and life-affirming because it is ultimately, a labour of love.

Enabling Masterplan 2012-2016

Objectives of 2nd Grant Call

Desired Outcome: Caregivers are empowered and supported through a comprehensive range of support mechanisms that address their caregiving, financial, social-emotional and training needs.

- Enable greater support to caregivers that increases their **psychological** and **emotional** well-being.
- Improve **access to reliable and comprehensive** information for caregivers from the point of diagnosis of the person with disabilities.
- Increase and improve the range of **alternative/ respite care options** to relieve and enhance caregivers' ability to care.

What problems do we want to address?

Develop solutions to help caregivers to do one or more of the following:

- Cope effectively with the trauma and disruption to status quo that comes with onset of caregiving
- Provide adequate guidance, care and development opportunities to persons with disabilities, from the point of diagnosis
- Provide and plan for the long-term future of their child with special needs
- Reduce, redistribute or restructure workloads of caregiving so that it doesn't all fall on one individual
- Tap community resources to complement paid care services and care by immediate family
- Cope with the negative psycho-emotional consequences of long-term caregiving
- Make long-term caregiving compatible with caregiver's other life demands and roles

Caregiving skills

Caregiving arrangements

Caregiver self-care

Possible Scenario & Issues

Scenario: How might caregivers cope effectively with the trauma and disruption to status quo that comes with onset of caregiving?

Mr and Mrs Tan's 3rd child has been diagnosed with ASD at the age of 4. The family is in a turmoil - Mrs Tan is in denial, Mr Tan feels helpless; their 2 other children have been demanding for attention too as they have just entered primary school. To make matters worse, Mr and Mrs Tan are not able to get their child into an EIPIC centre - they have been told they will need to wait for 6 months for a space. Mr and Mrs Tan are aware that early intervention is important but they are at a loss about what to do. They really wish that someone with similar experiences could guide them on what to expect moving forward. Meanwhile, Mrs Tan has taken unpaid leave from her work to look after her child as she does not trust her domestic worker to look after her child. However she is worried about the family finances.

Caregiving skills

Identifying/
accessing
support

Alternative
caregiving
options

Psycho-
emotional stress

Financial stress

Possible Scenario & Issues

Scenario: How might caregivers provide and plan for the long-term future of their child with special needs?

Mrs Lim is a full time housewife looking after Marcus, who is 19 years old and has a disability. Marcus has limited independent living skills and is dependent on Mrs Lim for care. He has graduated from SPED school and is waiting for placement in a Day Activity Centre. His older brother Martin is married, with a young family of his own, and works overseas. Recently, Mrs Lim is falling ill more often. Her husband is the sole breadwinner and the family does not have much savings. She is worried about their finances in future, and what will happen to Marcus when both she and Mr Lim are too old to care for him.

Long-term care
planning

Alternative care
arrangements

Caregiver self-
care

Financial security

Possible Scenario & Issues

Scenario: How might caregivers be supported to provide adequate guidance, care and development opportunities to persons with disabilities?

Mr and Mrs de Souza have a 16 year-old daughter, Susan, who has mild-moderate intellectual disabilities. Susan is outgoing, friendly and affectionate. She likes movies and eating - too much, perhaps. She has done some work experience programmes in her SPED school, some of which she enjoyed, some of which she did not. With graduation from SPED coming up, her parents are in a quandary. They know she wants to work and be more independent, but she has been known to lose her way and go off wandering on her own, and act up when upset. What work can she do? Out of sight of their watchful eyes, who will protect her?

Individualised
care planning

Caregiving skills
– trg for
independence

Identifying/
accessing
support

Caregiver's
mindset/
perception

Thank You