

CAREGIVER RESOURCES REVIEW

KEY RECOMMENDATIONS



01 ESTABLISH SINGAPORE HOSPICE COUNCIL (SHC) AS A GO-TO RESOURCE REPOSITORY

Conduct stakeholder engagement & brief members on caregiving resources currently available.

02 FURTHER STRENGTHEN CAREGIVING RESOURCES

- Adopt a **user-centric approach** to organise presentation of content on website
- Customise **content**: Offer resources across caregiving journey and focusing on practical needs
- Present information **in bite-sizes**
- Give **tips** on how to use SHC materials during regular talks or seminars

By **Audience**: Patient, caregiver, healthcare professionals

By **Stage of Caregiving**

By **Preferred Medium**: Prefer to read, watch video, or talk to someone, etc.

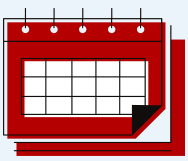


03 IMPROVE HEALTH LITERACY AMONG OLDER CAREGIVERS

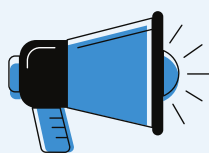
Reach out proactively to older caregivers via various touch points (doctors, nurses, medical social workers, allied health professionals). Majority of older caregivers face **difficulties in accessing information** due to limitations in their health, vision, language abilities, and/or tech-savviness.

04 CREATE A CULTURE OF CAREGIVING AMONG YOUNGER CAREGIVERS

Over 50% of young persons took on the caregiver role when a loved one was seriously ill—a life changing experience for them.



Early education and activation: Reduce the mental, emotional and physical stress of caregivers

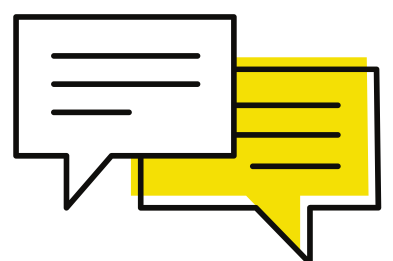


Begin a **national campaign** on the **culture of caregiving**



Feature the **stories of young caregivers**: Form a compelling and inspiring narrative around the values of caregiving

05 ESTABLISH CAREGIVER SUPPORT GROUPS, HOTLINES, AND ONLINE TEXT-BASED PLATFORMS



Addresses the latent **need for community** amongst caregivers for

- Emotional support
- Feel understood
- Exchange relevant experiences and seek practical advice