



Caring Welfare Association  
爱心福利协会

## Caregiver Support Group



### SUPPORT FOR YOU

Caregivers are diverse and so are the people for whom they care for. Caring for an elderly person can be challenging – it could be a lifelong responsibility. Families are the first line of care, and without adequate support and coping capabilities, many caregivers would not be able to manage emotional stress. This often results in burn out and inability to further deliver quality care.

### CWA-Caregiver Support Group (CWA-CSG)

Formed specifically for caregivers of elderly with physical or mental disabilities, the CWA-CSG provides an avenue for caregivers to share information and experiences, and through which, acquire skills and knowledge to provide better care. It is an opportunity for caregivers to come together to feel connected and to hear how other caregivers have coped with similar difficult situations. The support group also provides a safe haven where members can express their emotions without fear of being judged.

The CWA-CSG carries the vision of reaching out to new caregivers, as well as meeting the needs of the existing caregivers. All information shared will be treated in confidence.

### How are the sessions conducted?

The monthly sessions are facilitated by a counsellor or nurse, who would provide emotional support and assist members to be more adept at coping problems related to caregiving. Members are also encouraged to visit and share their experiences with new caregivers through the Visitation Programme.

The CWA-CSG provides a range of different support needs, interests and programmes, including:

- Emotional and Social Support
- Health Talks and Workshops
- Wellness Check and Education Programmes
- Visitation Programme

### How to join the CWA-CSG?

If you provide care for an elderly with physical or mental disabilities, you are welcome to join the support group. For registration enquiries or additional information, you may call us at **6466 7957**. You may also give consent to a representative or service provider to make a referral on your behalf.

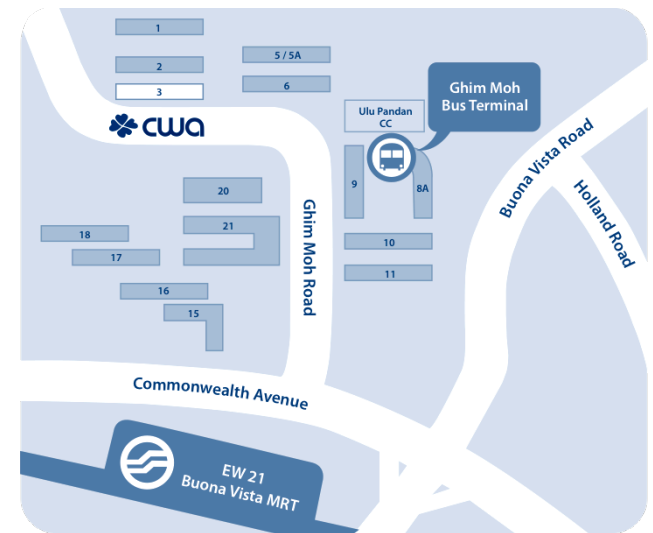
Volunteers are also encouraged to join the CWA-CSG to provide additional support.

### Membership Fee

A one-time membership fee of \$5.00 is required to join the CWA-CSG.

### When and where does the CWA-CSG meet?

The CWA-CSG meets on the **last Saturday of each month** from **10.00am to 11.30am** at:



### Caring Welfare Association

Blk 3 Ghim Moh Road #01-294  
Singapore 270003  
**Tel:** 6466 7957  
**Fax:** 6466 5927  
**Email:** [contact@cwa.org.sg](mailto:contact@cwa.org.sg)  
**Website:** [www.cwa.org.sg](http://www.cwa.org.sg)

### Who We Are

The Caring Welfare Association is a non-profit Voluntary Welfare Organisation registered with the Registry of Societies, an Institute of Public Character by the Commissioner of Charities, and a member of the National Council of Social Service.

We have expanded our scope and emphasis on direct eldercare services to help seniors age better, while continuing to focus on supporting and inculcating responsible and knowledgeable caregivers.

We envision to be the leading agency in caregiving for the elderly through services that enable more elders to maintain their independence and lead quality lives.

Through community partnerships and thrusts, we are able to make the following services accessible to our beneficiaries:

- Welfare and Social Support
- Elderly Healthcare Assistance
- Education and Awareness



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## 看护者扶持团



### 扶持与关怀

看护者们来自不同的背景，而这跟需要看护的年长者们是相同的。看护与关怀年长者是一项富有挑战，也是一项终生的责任。家庭成员必须提供前线的看护与关怀，如缺少足够的支持和应对能力，很多看护者都无法面对精神上的压力，导致他们身心疲惫，而年长者们也都得不到适当的照顾。

### 爱心福利协会扶持团

爱心福利协会扶持团是一个专为看护者们提供照顾年长者知识的地方。扶持团提供一个渠道，让看护者们可以互相分享资料和经验。看护者们可借这个机会述说他们所面对的困难，并且聆听其他看护者不同的解决方法。扶持团给予团员一个安全的避风港，团员可以尽情表达自己的情绪，不必担心被他人审判。

爱心福利协会扶持团旨在为新的看护者提供所需的一切，同时绝不忽略现有的会员们，也满足他们的需求。在这里所分享的一切将会被受到重视与保密。

### 爱心福利协会扶持团如何主持每月聚会？

每月聚会将会由协会的辅导员或护士举办。看护者们可以向辅导员寻求辅导与援助，以便更善于应对有关看护的问题。会员们可以通过《拜访活动》(Visitation Programme) 与新的看护者分享经验。

爱心福利协会扶持团也会为会员们提供以下服务：

- 情绪与社会支援
- 健康讲座和专题研讨会
- 身体检验和教育节目
- 拜访活动

### 如何加入爱心福利协会扶持团？

如果您是照顾患有身体残疾或精神衰退的年长者的看护者，爱心福利协会欢迎您加入扶持团。有意登记者，请拨电 6466 7957 查询。您也能授权委托代表人或其他服务机构为您转介。

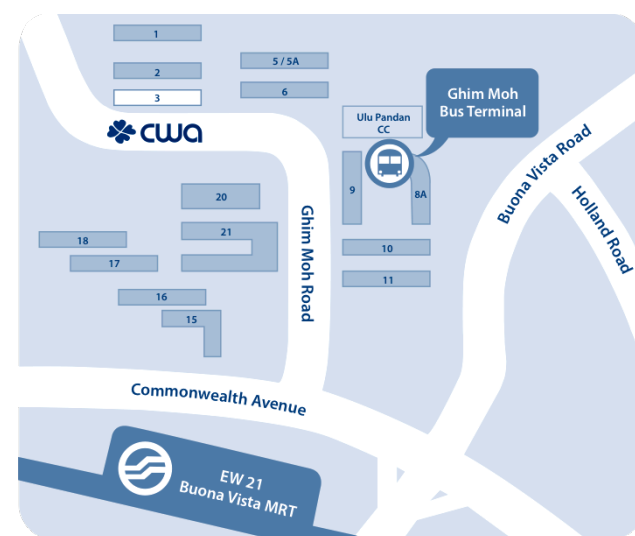
爱心福利协会也鼓励志愿人士加入扶持团以提供额外的支持。

### 会员费

新会员需缴交一次性 \$5.00 的行政会员费。

### 爱心福利协会扶持团何时举行聚会？

爱心福利协会扶持团将在每个月的最后一个星期六从上午 10 点到 11.30 点举行聚会。



### 爱心福利协会

大牌3号 锦茂路 #01-294 新加坡邮区 270003  
电话: 6466 7957  
传真: 6466 5927  
电邮: [contact@cwa.org.sg](mailto:contact@cwa.org.sg)  
网址: [www.cwa.org.sg](http://www.cwa.org.sg)

### 我们的协会

爱心福利协会是一个合法注册，非营利的志愿福利团体 (VWO)，注册与社团注册局 (Registry of Societies)，隶属于慈善总监 (Commissioner of Charities) 授予的公益机构 (Institute of Public Character, IPC)，也是国家福利理事会 (NCSS) 的成员之一。

本协会扩大了其服务范围，强调提供直接的安老服务以帮助乐龄人士活得更好，并专注予支持和培养负责任且富有知识的水看护者。

爱心福利协会旨在成为安老服务方面的主导机构，通过我们的服务，使更多的年长者能保持他们独立生活的能力和高品质的生命。

通过与社区建立伙伴关系和推动措施，我们将能够提供以下更快速的安老服务：

- 福利与社会支持
- 年长者的医疗援助
- 教育及意识