

## Caring for Our Caregivers

15/04/2016



According to studies, many with caregiving responsibilities have two or more chronic diseases. Therefore, to relieve caregivers of their usual caregiving duties and help release pent-up tension and stress, SPD's social workers organised the Caregivers Wellness Day on 1 April. More than 20 caregivers and clients attended the event held at the Central Singapore Community Development Council (CS CDC) in Toa Payoh.

The caregivers were first treated to a massage by the team from Blind Massage Service, an entrepreneurial group of qualified masseuses with visual impairments, before enjoying a scrumptious high-tea spread.



Caregiver Mdm Pan Mengzhu then shared her experiences as a caregiver of her husband who sustained a traumatic brain injury from a road accident. Her emotional journey of struggles, challenges and victories in caring for her husband resonated with the caregivers and her heartfelt sharing was met with rousing applause. She inspired many with her strength, resilience and acceptance.



The event also gave the clients and caregivers an opportunity to bond with one another. Madam Siti Fadillah, whose son Muhammad Sayfullah Bin Mohamad Sahrin was diagnosed with spastic quadriplegic cerebral palsy since young, was happy to be at the event. She said, “It would be great to have more of such events. It is a very refreshing experience for both Sayfullah and myself.”



“I feel that instead of viewing caregiving duties as something difficult and boring, it can be exciting and enriching. It’s all about our perspective and view of our role. Every night before we go to bed, we will say ‘sorry’ and ‘thank you’ to each other, to affirm each other. This affirmation is important for a family to stick together,” added the mother of three young children.

Special thanks to Tan Chin Tuan Foundation for their generous support towards our caregiver engagement-related activities, and CS CDC for sponsoring the venue. Special thanks also go out to Blind Massage Service and most importantly, our guests for their participation.

Stay tuned to our future events to boost our caregivers’ wellness!