

Coming alongside to support you.

SG ENABLE
Inclusive society. Enabled lives.

Use  **Enabling Guide**
by SG Enable



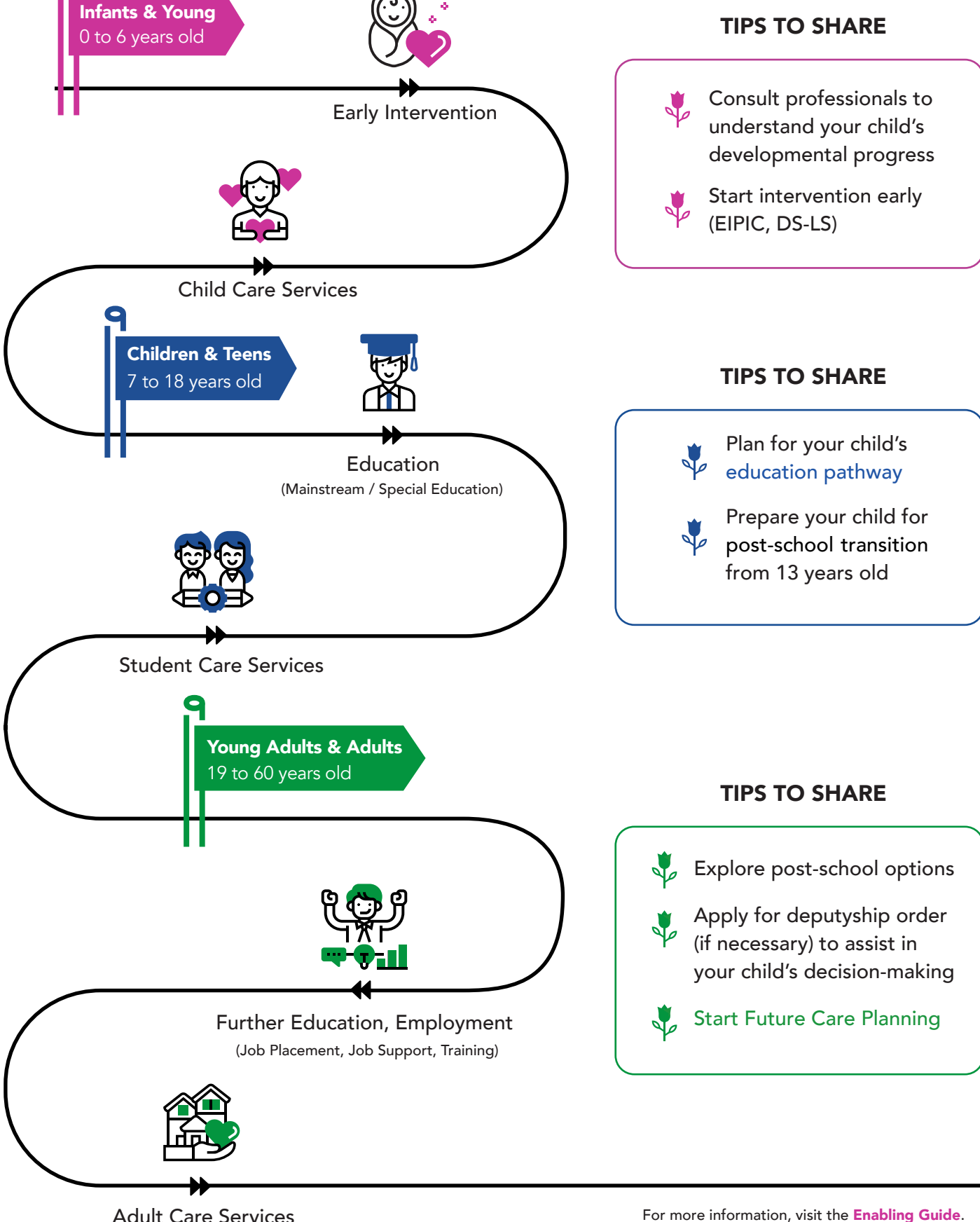
Caregiving is both satisfying and challenging at the same time, with the needs of your loved one evolving at each life stage.

As you take on different roles and responsibilities as a caregiver, there are supports in place to help you care better for your loved ones and yourself, and to plan ahead for the future.

You are not alone in this caregiving journey.

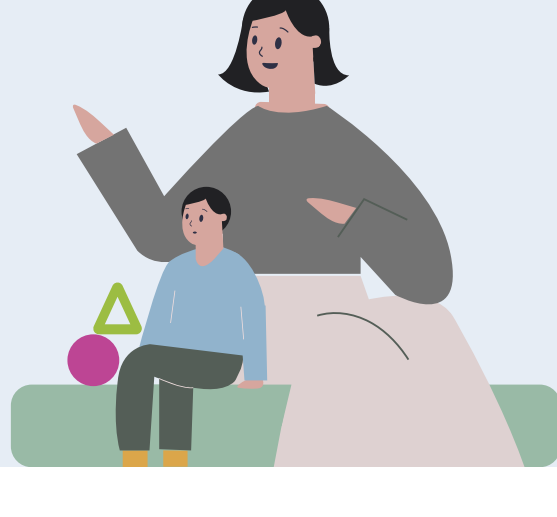
Understanding your loved one's needs

Click on the flags to access relevant information and resources.



“
By planning ahead early and putting in place legal and financial arrangements, your special needs child can be better cared for in the future.”

Edward, caregiver to daughters with Autism



Tapping on available caregiver resources and support



Getting equipped with information and knowledge

- Get customised information through [Enabling Guide | My Guide](#)
- Sign up for [Step One](#), a programme on early intervention, home strategies and community support
- Find support for common caregiving scenarios

Care for your loved ones

- Get to know the financial support and schemes available
- Leverage assistive technology (AT) to promote independent living and facilitate learning
- Consider the different support and services available for your loved one in your future / long-term care planning



Care for yourself

- Tap on suitable respite options for you to take some rest
- Get connected to a caregiver support group through [CaringSG's Project 3i](#)

Three self-care tips that you can adopt



- Consider different options for respite care, such as home-care services and day activity centres.
- Be part of a community by joining caregiver support groups.
- Seek professional counselling or mental health support if you feel that your mental well-being is declining.

For more information, visit the [Enabling Guide](#).

“
No matter how much you love that person you're taking care of, you still have to take care of yourself.”

If you need to take a break, do so. You find that when you come back, you can actually be a better caregiver.”

Susan, Caregiver to daughter with Down syndrome



You may also get in touch with the Social Service Agency (SSA) or healthcare provider serving your care recipient for more support.



For Financial Assistance:
Locate your nearest [Social Service Office \(SSO\)](#)

For Family Support:
Locate your nearest [Family Service Centre \(FSC\)](#)

For Emotional Support:
Call one of the [listed helplines](#)

SG ENABLE
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SG Enable, the focal agency for disability and inclusion in Singapore, enables persons with disabilities to live, learn, work and play in an inclusive society.


We create equitable opportunities for persons with disabilities through thought leadership, sustainable social innovation and impactful partnership.

For more information, visit www.sgenable.sg.

Enabling Guide
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The [Enabling Guide](#) is a first-stop resource portal for persons with disabilities and their caregivers to get information on disability support in Singapore.

The portal assists users in making informed decisions about the different service options available across the life stages. It also features the [Caregiver Learning Roadmap](#), a companion guide to help caregivers identify the knowledge and skills they need at different stages of their caregiving journey.

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