

# Helping Caregivers Grow, Get Connected, and Contribute

A Resource for Sector Professionals

**SG ENABLE**  
Inclusive society. Enabled lives.

Use  **Enabling Guide**  
by SG Enable



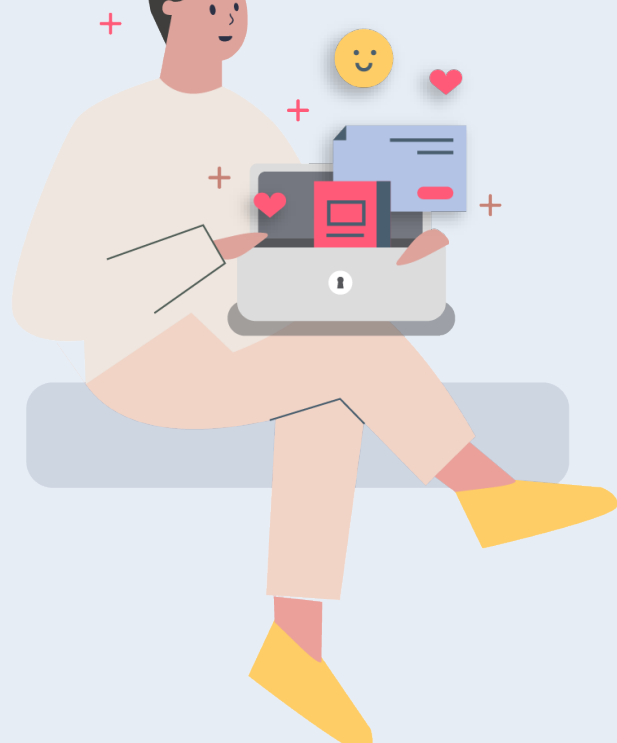
Caregivers to persons with disabilities perform many important roles and take on multiple responsibilities. They will require help and encouragement along the way.

This is where all of us as sector professionals can come together to play our part to support caregivers in their caregiving journey.

## SG Enable's caregiver support initiatives and resources

### Helping Caregivers Grow.

Equipping them with a useful toolbox:



- **Enabling Guide:** first stop information and resource portal for persons with disabilities, caregivers, and sector professionals

- Helping new caregivers understand early intervention and learn about community resources through **Step One**

**Check this out on Enabling Guide:**

- **Resources** page for disability-related publications and toolkits
- **My Guide** for more customised information/results

### Helping Caregivers Get Connected.

Enabling them through a support network:



**CARE**

- Resources to facilitate **future/long term care planning** conversations
- Various **respite options** for caregivers to take a break
- Use of **assistive technology (AT)** for independent living

**CONNECT**

- Connecting caregivers to other caregivers and community support via Project 3i by **CaringSG**
- **Enabling Guide Events Dashboard:** Aggregating inclusive events listed by community partners
- **Caregivers Pod @ Enabling Village:** Dedicated space for caregivers and caregiver-related activities

**CREATE**

- Encouraging sector improvement in caregiver support via the **Caregiver Action Map**

**Check this out on Enabling Guide:**

- **Service Directory** to locate suitable service providers
- List of **informal caregiver support groups** caregivers can join to get connected to other caregivers
- **Events** page to find and list inclusive events

### Helping caregivers contribute.

Empowering them with a voice and role as co-creators:



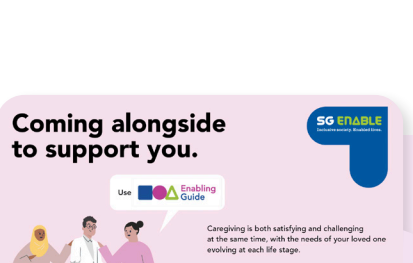
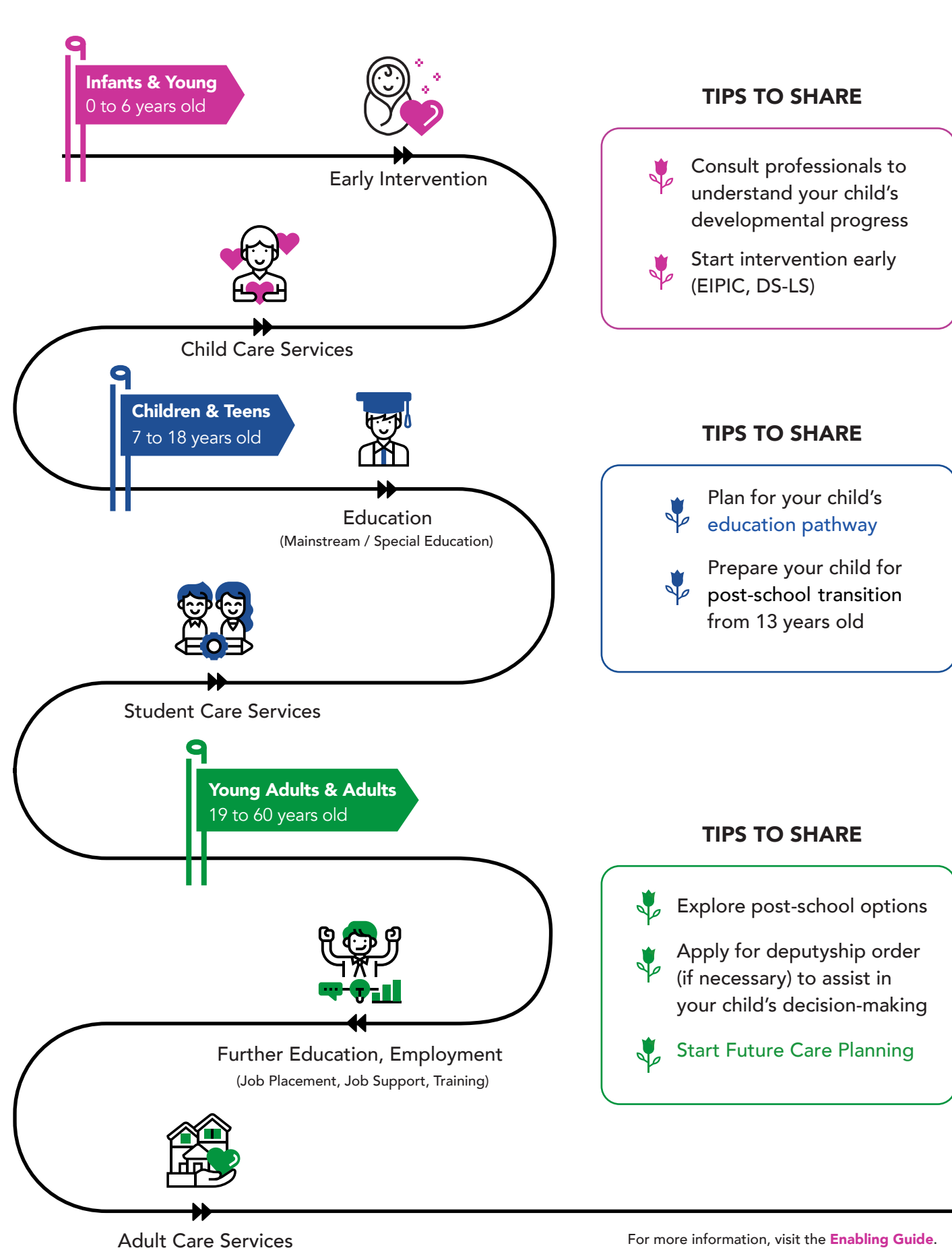
- Offer peer support (as **CAREbuddies**)
- **Caregiver Support Coalition:** Platform for partners to collaboratively strengthen the caregiver support ecosystem

**Check this out on Enabling Guide:**

- **Be A Caregiver Mentor** for ideas of how caregivers can contribute

## Supporting caregivers through the different life stages

Click on the flags to access relevant information and resources.



Use the **brochure for caregivers** to share caregiver resources and support with your clients and their caregivers.



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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](http://www.sgenable.sg).

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. For resources and support, visit [www.enablingguide.sg](http://www.enablingguide.sg).