



CAL e-Newsletter March – April 2020

Stay home, stay safe.

Many of us are now staying home, and having to adapt to all sorts of changes. Work, social life and daily chores all have to be done differently. But for caregivers, commitment to their loved ones does not change because of the crisis. Rather, caregivers are even more important now, as during this time, when those facing mental health issues experience increased stress and disruptions to their routines, their caregivers can help and provide them with a sense of normalcy.

But it is not easy for caregivers either. Caregiver stress and burn out is a real problem, and it is an even bigger risk during the COVID-19 outbreak. That's why CAL has responded with measures to support caregivers through the crisis.

To provide a listening ear, we have increased the number of our available helplines from 1 to 6, and we will also be calling up caregivers to check in on their well-being. To continue training and support for caregivers, CAL's programmes are now being held online. There are 10 C2C classes available for registration, so do encourage caregivers you know who could benefit to sign up [here](#). For caregivers who were previously unable to physically attend C2C classes due to caregiving responsibilities, this chance to join online lessons might be perfect for you! CAL's C4C Support Group has shifted to online lessons as well, and has received good feedback from with participants, including "great sharing from all, I learnt lots!" and "open and honest sharing". Read the [news post](#) below to find out more about how you can benefit from these initiatives, and also learn how we are supporting caregiver businesses during this time.

Some of us just need a healthy dose of reassurance. If that is you, take a look at an article written by Dr Chua Siew Eng, a CAL Board Director. Her article entitled "Mental Wellness for Caregivers

in An Outbreak” provides useful perspectives on how to cope during the crisis. Also, remember that there are many caregivers out there in the same boat. You are not alone. To be inspired, read the stories of Christine and Nadia (below). Both are caregivers to their siblings, who overcame their challenges to become mental health advocates. They have been sharing their stories with others, including as ‘human books’ during last year’s Caregivers Connect 2019 event. Nadia is also a skilled volunteer, and has been supporting CAL and other caregivers in various volunteering roles including joining a team to explore how to support caregivers during the circuit breaker period.

We hope you will be inspired to make this period more than just “downtime”, but instead use it as an opportunity to grow in resilience and be a great encouragement to your loved ones.

Caregivers Alliance Limited
29 April 2020



[Join C2C](#)



[Volunteer](#)



[Contact](#)

CAREGIVER STORIES



Hidden Heroes: Tales from Caregivers

This four-part series on caregiving by SMU’s Social Space magazine features two caregivers who benefited from CAL’s C2C programme: Christine Tan and Nadia Daeng.

Both are caregivers to their siblings. Find out how caregiving influenced their childhood, how they overcame their challenges, and their learning experiences. Reproduced with permission.

[Read More](#)

NEWS AND ANNOUNCEMENTS



Support for Caregivers Throughout the COVID-19 Crisis

We care. We're here for you.

Read about what CAL is doing to support caregivers. Many of these initiatives were implemented at the early stages of the coronavirus outbreak to meet needs as they arose. To update you, we have collated CAL's action plans. They include:

- (1) CAL Helplines**
- (2) C2C Online Classes**
- (3) Calling All Caregivers**
- (4) Supporting Caregivers who are Business Owners**

[Read More](#)



Useful Articles for Caregivers

Read "*Mental Wellness for Caregivers in An Outbreak*" by Dr Chua Siew Eng, a CAL Board Director. Her article is dedicated to caregivers struggling to cope during the coronavirus outbreak. It shares tips for coping while staying at home, and explores how to develop mental resilience during this time.

This is the first entry in new webpage that will list articles that caregivers might find useful. We hope to gather more useful articles over time. If you have any recommendations for adding to the collection, do let us know.

[Read More](#)

UPCOMING EVENTS

Our planned engagement events and activities have been postponed due to the coronavirus situation. Nevertheless, we will continue to engage more, equip more and empower more caregivers, to support them on their journey to well-being and resilience. With many new ideas

and initiatives in the works, do keep a look out for news from us!

www.cal.org.sg



Caregivers Alliance Limited
491-B River Valley Rd #04-04 Valley Point Office Tower
Singapore 248373
Tel: 6460 4400

No longer wish to receive news from us? Click [here](#) to unsubscribe.