

VOICES

from the caregivers

In the last issue, *In the Spotlight* featured **TOUCH Caregivers Support (TCG)** and the resources available for caregivers. This issue, two caregivers share their experience in caring for their loved ones.



Mrs Tan's helper is able to provide better care for Mr Tan with the assistance from Occupational Therapist Sandy Goh from TOUCH Caregivers Support.

67-year-old Mr Tan Kwong Hua

- Main caregiver: 64-year-old wife, and her helper
- Bedridden after suffering from a massive stroke. Needs to be tube-fed and is reliant on others for all Activities of Daily Living.
- Mrs Tan and helper received two home-based caregivers training. Modules covered include transfer technique, back care and pressure relief.

“TCG helped me to apply for the Caregivers Training Grant to offset the cost of the home-based training sessions. I found the training very useful as what they taught my maid and I were directly relevant to my husband’s needs. I was also able to clarify my doubts during the session on the spot. It was excellent; I’m glad to have found TCG.”

Learning to cope with husband’s immobility

67-year-old Mr Tan Kwong Hua had a massive stroke four years ago and has been bedridden since. He needs to be tube-fed and is dependent on others for all Activities of Daily Living (ADL).

Despite her grief, his wife had to learn to cope with the new circumstances. She attended a classroom-based caregiver training, hoping to gain some tips on how to help her husband with ADL. Said Mrs Tan, “I tried to apply the knowledge and skills that I learnt from the class but I had difficulty doing that in my home setting. Subsequently, I also happened to change a new maid and that made me more stressed as I had to teach her what to do.”

Later, Mrs Tan found out about TCG’s customised caregivers training through a home medical service agency and called them up for help. TCG’s occupational therapist went in over two sessions to assess and train Mrs Tan and her helper in their home. Modules covered included transfer technique, back care and pressure relief.



With the help of TCG and Mrs Abdullah's support, Mr Abdullah is now able to walk again.



Mrs Abdullah with Jasmine Tan, Physiotherapist, from TOUCH Caregivers Support.

“I suffered from terrible backaches because I was caring for my husband from a mattress on the floor – I didn’t want him to fall off the bed. Bathing him on my own was also a physical challenge. To add to all this, I had to cope with his uncooperativeness and couldn’t sleep well. I was struggling. I am very grateful for the support provided by TOUCH. Now I feel a lot more confident in caring for my husband.”

Overwhelmed by circumstances, helped by professionals

76-year-old Mr Abdullah Bin Mohd Yassin has Parkinson’s disease, hypertension and a host of other medical conditions. He used to be able to walk with assistance, but a recent bout of pneumonia left him completely bed-bound. During a recent hospitalisation, he was referred by the Agency for Integrated Care to TOUCH for home care and caregivers support services. After he was discharged, TCG’s nurse and physiotherapist made separate home visits and found an overwhelmed Mrs Abdullah, his primary caregiver.

Based on their needs, TCG then stepped in to train Mrs Abdullah in areas including nasogastric tube feeding, bowel management, suctioning of phlegm, strengthening exercises, pressure sore prevention, and back care for the caregiver. Beyond caregivers training, Mrs Abdullah also received support from the home medical, home nursing, home rehabilitative and escort services. TCG also assisted with the purchase of care equipment and modification of home environment to help Mrs Abdullah cope better.

76-year-old Mr Abdullah Bin Mohd Yassin

- Main caregiver: 75-year-old wife
- Has Parkinson’s disease, hypertension and a host of other medical conditions. Recent bout of pneumonia left him completely bed-bound.
- Mrs Abdullah received training in areas such as nasogastric tube feeding, bowel management, suctioning of phlegm, strengthening exercises, pressure sore prevention, and back care for the caregiver.
- Other TCG services received include home medical, home nursing, home rehabilitative and escort services, as well as purchase of care equipment and modification of home environment.

About TOUCH Caregivers Support

TOUCH Caregivers Support (TCG) strives to help caregivers of the frail elderly cope with the challenges of caregiving by providing a wide range of home-based and support services. Holistic care and support services are delivered by a team of doctors, nurses, therapists and care coordinators experienced in geriatric care. TCG delivers caregiver training in the home setting - customised to meet the unique needs of each caregiver, the care recipient and their care environment. For more information regarding Customised Caregivers Training and other services provided by TCG, please call **6258 6797**, email **caregivers@touch.org.sg** or visit **www.caregivers.org.sg**

照护者之声

上期**焦点报道**着重介绍了**触爱照护者扶持服务**和可让照护者使用的资源。本期两位照护者与我们分享照顾亲人的经验。



在触爱照护者扶持服务职能治疗师伍美萍的协助下，陈女士的女佣能为陈先生提供更好的护理。

67岁的陈广华先生

- 主要照护者：64岁的太太和她的女佣
- 严重中风后卧床不起。必须以管饲进食，一切日常起居活动完全依赖他人。
- 陈太太及女佣接受两次住家照护者训练。训练内容包括移动技巧、背部护理和压力纾解。

陈太太说：“触爱照护者扶持服务协助我申请照护者训练补助金，以抵消住家训练的费用。我觉得住家训练非常有用，因为他们教导我和女佣的知识很切合我先生的需要，非常实用。我有疑问，也能在训练中直接提出来。这样的训练非常好，我很高兴我找到触爱照护者扶持服务”

学习应付丈夫行动不便的问题

67岁的陈广华在四年前严重中风，此后便卧床不起。他以管饲进食，日常生活起居活动也完全依赖他人。

在悲痛之余，陈太太必须学习适应突变的情况。她参加了一项照护者训练班，希望从中获得一些协助丈夫生活起居活动的知识。

陈太太说：“我尝试把所学到的知识和技能派上用场，但在家运用起来却困难重重。后来，我换了一个女佣，又必须教导新女佣各种家务，这加重了我的压力。”

陈太太过后通过一家住家医疗服务机构获知触爱照护者扶持服务有提供按个别需要设计的照护者训练，于是她致电触爱求助。触爱照护者扶持服务的职能治疗师上门进行了两次评估，并按实际情况在陈太太家里训练陈太太及其助手。训练内容包括移动技巧、背部护理和压力纾解。



在触爱照护者扶持服务和阿都拉太太的协助下，阿都拉先生终于能再次起身步行。



阿都拉太太和触爱照护者扶持服务的理疗师陈卓艳合影。

“由于担心我先生从床上跌下，我让他躺在地板上的床褥，长时间弯腰照顾他使我患上严重的背痛。独自帮他洗澡也是一桩很耗体力的事。更糟的是，他经常不肯合作，让我穷于应付，晚上无法睡好。我几乎天天都在挣扎。我很感激触爱给予的支持。现在，我更有信心照顾好我的丈夫。”阿都拉太太说。

住家训练让照护者走出困境

76岁的阿都拉·莫哈末亚欣患有帕金森症、高血压和多种其它疾病。他原本能在他人协助下步行，最近却因罹患肺炎而丧失行动能力，终日卧床不起。在近期的一次住院留医期间，他被一家综合护理机构转介绍给触爱家务助理和照护者扶持服务。阿都拉出院后，触爱照护者扶持服务的护士和物理治疗师登门做家访时，发现其主要照护者阿都拉太太因照顾终日昏睡、卧床不起的阿都拉先生而精疲力竭。

于是，触爱照护者扶持服务按他们的需要给予阿都拉太太适当的照护者训练，包括鼻饲管进食、排泄处理、吸痰、强化运动、压疮预防和背部护理。此外，阿都拉太太也获得住家医疗、住家看护、住家复健和陪同前往医院的支援服务。触爱照护者扶持服务还帮她购买护理器材和修改住家环境，以协助阿都拉太太更好地应付照顾先生的困境。

76岁的阿都拉·莫哈末亚欣

- 主要照护者：75岁的太太
- 患有帕金森症、高血压和多种其它疾病。最近因罹患肺炎而丧失行动能力，终日卧床不起。
- 阿都拉太太获得各方面的照护者训练，比如鼻饲管进食、排泄处理、吸痰、强化运动、压疮预防和背部护理。
- 她所获得的其它服务包括住家医疗、住家看护、住家康复和陪同前往医院的支援服务。触爱照护者扶持服务也帮她购买护理器材和修改住家环境。

关于触爱照护者扶持服务

触爱照护者扶持服务致力通过广泛的住家支援服务，协助照护者应付照顾老弱人士的困难。我们的专业团队由具有老年医学经验的医生、护士、治疗师和照护协调员组成，这支团队有能力提供全方位的关怀和支援服务。触爱照护者扶持服务在照护者的住家进行训练，并按照护者和受照护的个别需要及其照护环境设计训练内容。欲了解触爱照护者扶持服务所提供的照护者住家训练和其它服务，请致电6258 6797，电邮caregivers@touch.org.sg或上网www.caregivers.org.sg。