

# CARING for the caregivers



With an increasing ageing population in Singapore, more resources will need to be set aside to take care of the elderly at home, as well as on the national level. This issue, **In the Spotlight** speaks to Mr Kavin Seow, Director of TOUCH Caregivers Support, to find out what resources are available for caregivers.

**Q: Tell us what is TOUCH Caregivers Support all about?**

A: TOUCH Community Services recognises the important role of caregivers in society at large, especially to their individual care recipients, and understand that they need help and support. With this intent, TOUCH Caregivers Support (TCG) was started in 2002 as a caregivers support service for caregivers of the frail elderly, helping caregivers cope with the challenges of caregiving. TCG provides a wide range of home-based and support services, such as personalised training; regular visits by a medical team; helpline on caregiving issues; over-the-phone purchase and delivery of assistive devices and medical supplies; consultation and coordination of home modification services; and respite care arrangements – right in the homes of caregivers.



**Q: TOUCH advocates the importance of providing customised caregivers training at home. Why is this so?**

A: There are many advantages to customised home-based training. Caregivers often have no time to attend a classroom-based training, either because of work commitments or they are the main caregiver and are unable to get away.

Customised training is also efficient because what the caregiver learnt is relevant to his or her environment. Customised training in the home helps caregivers relate their day-to-day challenges to the trainer and at the same time, they are also able to immediately apply what they have learnt to their actual situation. Disruption to the care of the elderly is also minimised.

**Q: How can caregivers tap on your services? What are the costs involved?**

A: The government has launched the Caregivers Training Grant (CTG) in 2007 to help caregivers defray the cost of training and enable them to acquire the necessary knowledge that would contribute to the resilience and stability of their families. TCG is an approved CTG training provider since June 2008. As long as the care recipient is a Singapore Citizen or Permanent Resident, and the person being trained is the main caregiver of the Persons with Disabilities or elderly person, you will be able to make use of this training grant of up to \$200 a year.

With the grant, on average, caregivers can expect to pay between \$0 to \$60 for two TCG training sessions.



*\* This is the first of four series on the topic of caregiving. Look out for the next issue of Keeping in Touch!*

For more information on TCG's caregivers training programme, please call **6258 6797**, email [caregivers@touch.org.sg](mailto:caregivers@touch.org.sg) or visit [www.caregivers.org.sg](http://www.caregivers.org.sg)

For more information on Caregivers Training Grant, please visit [www.cel.sg](http://www.cel.sg)

# 关怀照护者

随着新加坡人口日渐老龄化，无论是在家庭或社会的层面上，我们都需要拨出更多资源来照顾年长者。本期《焦点报道》专访触爱照护者扶持服务总监萧树耀先生，向他了解照护者可以获得什么资源和支援。



**问：能否告诉我们触爱照护者扶持服务是个怎样的组织？**

答：整体来说，触爱社会服务认识到照护者所扮演的角色十分重要，特别是对他们所照顾的人而言；我们也很了解他们需要协助和支援。基于这个宗旨，触爱照护者扶持服务在2002年成立时就为老弱人士的照护者提供支援服务，协助他们克服照顾老弱人士的困难。触爱照护者扶持服务提供广泛的登门和支援服务，比如个性化的训练、医疗组定期家访、照护问题热线、电话订购和递送援助器材和医疗用品、住家修改服务以及安排到照护者的住家暂代照顾。

**问：触爱主张按照护者所需在照护者住家提供“量身定制”训练。为什么要这么做？**

答：“量身定制”的登门训练有许多好处。照护者通常没有时间参加课堂里的训练，因为他们必须上班工作，也可能因为他们是主要的照护者，没办法离开住家。

“量身定制”的训练也比较有效，因为照护者所学的和所处的环境息息相关。在住家提供“量身定制”的训练让照护者能向指导员提出日常所面对的难题，同时也能在实际的情况中即学即用。登门训练也比较不会干扰到对年长者的照顾。

**问：那么，照护者如何利用你们的服务？需要什么费用呢？**

答：政府在2007年开始提供照护者训练补助金，协助照护者支付训练费，让他们能掌握所需的知识，从而提高其家庭的稳定性和适应能力。触爱照护者扶持服务自2008年6月起就获得照护者训练补助金的批准，只要受照护的人是新加坡公民或永久居民，而受训者是残障人士或年长者的主要照护者，就能获得每年可高达\$200的训练补助金。

如果成功申请到补助金，照护者上两堂获照护者训练补助金批准的训练课程，平均只须付\$0到\$60。



\*照护者专题系列共有4篇文章，本文是第一篇，请关注下一期的续文！

欲知有关训练计划详情，请致电6258 6797，  
电邮caregivers@touch.org.sg，或上网www.caregivers.org.sg。

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