



Caregivers play an important role in stroke recovery. However, caregivers may sometimes feel overwhelmed, exhausted and isolated. Care and support from your community, family and friends will help you adjust to your new responsibilities as a caregiver.

What to expect

The stroke recovery process can be difficult and confusing for the stroke survivor, caregiver and family members. A stroke survivor's behaviour, memory, communication, emotional, and physical capabilities can be negatively impacted by stroke. Depending on the needs of the stroke survivor, caregivers may need to provide support in one or more of the following areas:



Physical Care



Emotional Needs



Financial Assistance



Managing Medications & Medical Appointments

Get Support

Be Informed

By knowing more about stroke and the expectations of a caregiver, you will be more assured and feel less overwhelmed.

For more information, you may speak with your healthcare providers on:



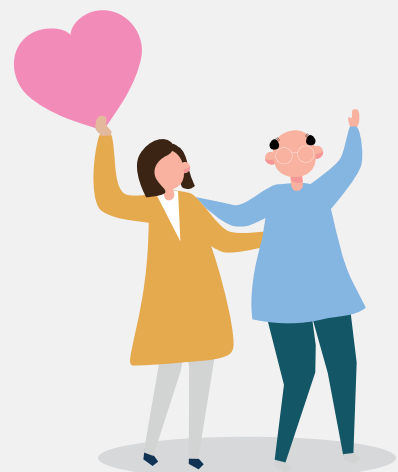
- ▶ How stroke affects you and your family
- ▶ The treatment of stroke and how to reduce the risk of its recurrence
- ▶ What the recovery process is like
- ▶ Ways to care for your loved one and common challenges faced
- ▶ Ongoing consultation with the healthcare team after discharge

Find Support In Others

Talk to someone who understands. Reach out to family and friends to share your experience.

For your well-being, find respite care when you need to take a break. You may discuss and make arrangements with another family member or friend to help. If that is not possible, you can refer to the Agency of Integrated Care (AIC) website to find out about these services.

Tap on community resources such as stroke support groups for stroke survivors and their caregivers, caregiver training course and Family Service Centres.



Take time for yourself

Getting support for yourself, as well as your loved one, is necessary and beneficial for both the person you are caring for and yourself. Here are some suggestions for self-care:

- ▶ Eat a balanced nutritious diet
- ▶ Get regular physical activity
- ▶ Find time for a hobby or do something you enjoy regularly
- ▶ Spend time with your other friends and family
- ▶ Start a journal. Journaling can help you relieve stress, organize your thoughts and spend time by yourself



Managing difficult emotions

Experiencing stress and feeling a sense of loss are also common during the caregiving journey. To help manage these, you may:



- ▶ Remember that stroke recovery and adjusting to the changes will take time
- ▶ Understand your loved one's needs and recovery process
- ▶ Set your priorities and maintain a routine
- ▶ Remind yourself that you do not have to do it all by yourself
- ▶ Ask family and friends to assist you in specific ways

Knowing when to seek help

Some caregivers may experience depression. Depression can affect one's health and increase the risk of developing other illnesses.

Here are some symptoms of depression:

Restless, always feeling irritated

Feeling sad, anxious or "empty"

Thoughts about death or suicide, or suicidal attempts

Feelings of hopelessness

Loss of appetite, weight loss or weight gain

Feelings of guilt, worthlessness, helplessness

Can't concentrate, remember things or make decisions

Loss of interest or enjoyment in hobbies and other activities

Oversleep or can't sleep

No energy, always tired, feeling "slowed down"



If you have five or more of these symptoms for more than two weeks, you should seek professional help from a doctor, psychiatrist or psychologist.

Training courses for the Caregiver



Before discharge, you will receive advice and, in some cases, training in the hospital according to the needs of your loved one. You may be trained on specific skills, such as feeding through the nasogastric tube, proper positioning, and transferring techniques.

After discharge, there are services available in the community to help you transition and cope in caring for your loved ones. Some of these courses include basic nursing skills, basic home care skills, and stroke management for caregivers. For more information, you may approach any AICare Link near you or visit the Silver Pages website.

For more information



AICare Link (pronounced as i-Care Link) is here to advise caregivers and their loved ones on getting the right care at the right place, enabling seniors to age-in-place.

The main Agency for Integrated Care (AIC) office is located at Maxwell (above Amoy Food Centre). The remaining centres are located at 7 acute and community hospitals:

Changi General Hospital (CGH), Khoo Teck Puat Hospital (KTPH), Ng Teng Fong General Hospital (NTFGH), National University Hospital (NUH), Sengkang Community Hospital (SKCH), Singapore General Hospital (SGH), and Tan Tock Seng Hospital (TTSH).

@ **Website:** <https://www.aic.sg/>

✉ **Email:** enquiries@aic.sg

☎ **Hotline:** 1800 650 6060

📍 **Address:** 7 Maxwell Road, #04-01, MND Complex Annex B, Singapore 069111



Singapore Silver Pages (SSP) serves as a one-stop resource on Community Care. Launched in 2011 by the Agency for Integrated Care (AIC), SSP aims to empower both seniors and caregivers in making informed care decisions. SSP is the first portal to integrate social care, healthcare, community mental health, and caregiving resources under one roof for seniors and caregivers.

@ **Website:** www.silverpages.sg

✉ **Email:** enquiries@aic.sg



**Singapore National
Stroke Association**

Singapore National Stroke Association (SNSA) organises outings for stroke patients and their carers to reintegrate them into the community. They also have Stroke Support Groups to provide emotional and social support for stroke patients and their carers.

@ **Website:** <http://www.snsa.org.sg/>

✉ **Email:** contact@snsa.org

☎ **Hotline:** +65 62229514

📍 **Address:** 5 Stadium Walk, #04-02A Leisure Park Kallang, Singapore 397693



Stroke Support Station (S3) conduct caregiver-stroke survivor communication workshops, motivational talks, group support and counselling programme, and mindfulness practice for carers. The programme aims to provide social, emotional and psychological support to carers.

@ **Website:** <http://www.s3.org.sg/>

☎ **Hotline:** +65 64733500

📍 **Address:** Enabling Village, 20 Lengkok Bahru, #01-04 The Playground, Singapore 15905

Family Service Centres (FSC)

Family Service Centres (FSCs) are a key community-based focal point and social service provider for families in need. The objectives of FSCs are to promote and improve the social well-being of every individual in the family, at every stage of life. FSCs are staffed by social workers and other professionals who can provide a helping hand.

@ **Website:** <https://www.msf.gov.sg/dfcs/familyservice>



StrokeHub is a resource guide for stroke survivors, their loved ones and caregivers. It provides information about stroke-related matters and life after stroke. The stroke booklets and factsheets are available for you to download.

@ **Website:** <https://www.healthhub.sg/programmes/130/strokehub>



Stroke Services Improvement

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