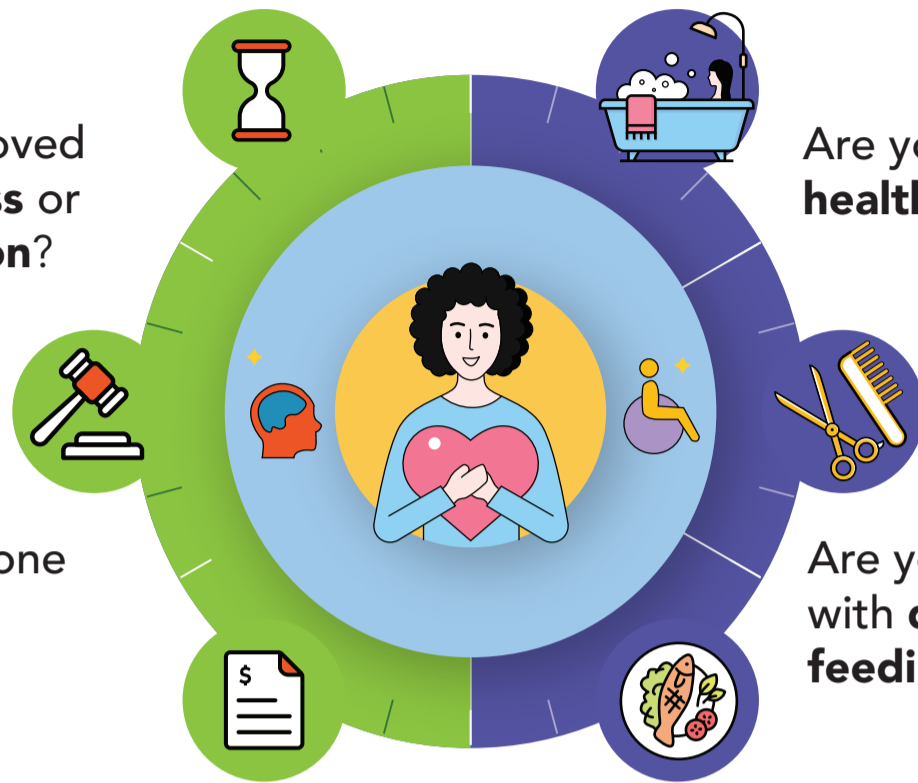


AM I A CAREGIVER?

Are you looking after a loved one with **disability, illness** or a **mental health condition**?

Are you helping a loved one with their **financial, legal** and **future needs**?



Are you looking after a loved one's **health, well-being** and **safety**?

Are you assisting a loved one with **daily activities** like **bathing, feeding, grooming** and **walking**?

If you said **YES** to any of the questions above,

YOU ARE A CAREGIVER.

Caregiver: a person who takes on the **responsibility of looking after someone** who is not able to fully care for themselves.

WHAT'S NEXT?



Pace yourself and **take breaks** while managing your **caregiving duties** and **personal needs**.



Tap on **schemes and grants** if you face **financial challenges**.



Seek support from **friends and family** when you **feel alone**.

Scan for more information and resources



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