

BETTER CAREGIVING BEGINS WITH SELF-CARE

As a caregiver, it is important to remain **physically and mentally healthy** to provide the best care for your loved one. Develop a **care plan** that considers **your well-being**.



P

Plan and set realistic, bite-sized goals

L

Learn new skills to help in your caregiving role



A

Ask for and accept support from family, peers, and care professionals



N

Normalise taking breaks for your self-care



Scan for more information and resources



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SG ENABLE
Inclusive society. Enabled lives.