

Find support for

# Common Caregiving Scenarios

**SG ENABLE**

Inclusive society. Enabled lives.



# I am seeking help for...

Caregiving is a long journey, with caregivers to persons with disabilities performing multiple roles and shouldering many responsibilities. Along the way, caregivers will need support.

My child



Myself



My family



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This handy guide aims to point caregivers to organisations and professionals able to provide required assistance, as well as to available resources, based on the type of support needed.



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“

I suspect my child\*  
might have  
developmental  
needs

”



\*refers to children aged 6 years and below



## Who Can Help

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**Go to any polyclinic for a referral to KKH's Department of Child Development or NUH's Child Development Unit, for an assessment.**

KKH and NUH will refer your child to required therapy and/or suitable early intervention service(s) after carrying out an assessment and review



## Useful Resources

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**Locate your nearest polyclinic:**

<https://www.healthhub.sg/directory/clinics-and-polyclinics>

Select "Clinics and Polyclinics"

> Select "Filter these listings"

> Key in "polyclinic" in the search bar

> Select "Apply Filter"

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**For information on early intervention:**

<https://www.enablingguide.sg/im-looking-for-disability-support/therapy-intervention#EarlyIntervention>

“

My child\* is currently attending special education (SPED) school, and requires after school care services

”



\*refers to children aged 7 to 18



## Who Can Help

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If you have your child's medical documents to certify his/her disability:

- Contact your nearest Special Student Care Centre directly

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Alternatively, you may also contact the following personnel for assistance:

- Your child's school social worker and/or allied educator
- Your child's attending hospital's medical social worker



## Useful Resources

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**For information on Special Student Care Centres (SSCC):**

<https://www.sgenable.sg/pages/content.aspx?path=/for-youths/special-student-care-centres>

“

My child needs disability service(s) which he/she is not currently receiving, due to one or more of the following reasons\*:

My child has graduated from school but is not ready for employment

My child's condition has changed, and he/she needs additional support

My child is currently being cared for at home, but I feel that he/she might benefit from socialisation

My child is currently being cared for at home, but he/she needs more care services and/or life skill training

I do not foresee myself being able to maintain the same level of care for my child going forward

\*list provides some examples, and is non-exhaustive

”





## Who Can Help

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**Approach any of the following organisations for a discussion and an assessment or a referral to suitable services:**

- Social Service Agency (SSA) that your child is enrolled in or previously enrolled in, e.g. MINDS, Down Syndrome Association etc.

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- Hospital that your child is currently receiving medical treatment from

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- Family Service Centre (FSC) currently looking after your family or was looking after your family previously

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If none of the above applies, approach the FSC nearest to your place of residence

## Useful Resources

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**For information on available Disability Services:**

<https://www.enablingguide.sg/im-looking-for-disability-support/child-adult-care>

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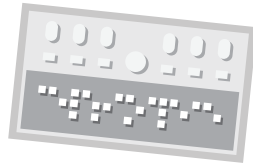
**Locate your nearest Family Service Centre (FSC):**

<https://www.msf.gov.sg/dfcs/familyservice/default.aspx>

“

My child requires a  
subsidy to purchase  
assistive device(s)

”





## Who Can Help

**Approach any of the following organisations for an assessment and application for available subsidies:**

- Social Service Agency (SSA) your child is enrolled in or previously enrolled in, e.g. MINDS, Down Syndrome Association etc.
- Hospital that your child is currently receiving medical treatment from
- Family Service Centre (FSC) currently looking after your family or was looking after your family previously

If none of the above applies, you may approach the FSC nearest to your place of residence



## Useful Resources

**For information on available grants and schemes:**

<https://www.enablingguide.sg/im-looking-for-disability-support/money-matters#AT&IT>

**Locate your nearest Family Service Centre (FSC):**

<https://www.msf.gov.sg/dfcs/familyservice/default.aspx>

“

# My child is looking for employment

(also applies to care recipients who are currently pursuing  
their studies at an Institute of Higher Learning and seeking  
internship opportunities)

”





## Who Can Help

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SG Enable for internships, employment opportunities, and career coaching or mentoring



## Useful Resources

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SG Enable's employment support portal:

<https://employment.sgenable.sg/>

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SG Enable Infoline:

1800-8585-885

“

My child is facing  
major life disruptions  
such as:

Termination of employment  
Termination of disability service

”





## Who Can Help

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- If your child's employment has been terminated: Seek advice or assistance from a job coach on the subsequent steps to take
  - If your child's enrolment in a disability service is going to be or has been terminated: Seek assistance from the Social Service Agency (SSA) or the care facility your child is enrolled in or was previously enrolled in to refer your child to an alternative care facility
- 

In addition, seek advice from the SSA or care facility your child is or was enrolled in (if any), on steps to take to help your child cope with recent changes



## Useful Resources

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### **SG Enable's employment support portal:**

<https://employment.sgenable.sg/>

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### **For information on available disability services:**

<https://www.enablingguide.sg/im-looking-for-disability-support/child-adult-care>

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### **SG Enable Infoline:**

1800-8585-885

“

I am finding it difficult  
to cope with and  
manage my child's  
behavioural issues

(i.e. challenging and violent behaviours, inability to handle  
transitions, disruptions, and changes)

”





## ? Who Can Help

---

**Any of the following for advice on helping your child to cope better, and referral to suitable therapies and services:**

- Teachers and therapists at the Special Education (SPED) school your child is currently enrolled in
- Allied educators at the mainstream school your child is currently enrolled in
- Social Service Agency (SSA) your child is enrolled in or previously enrolled in, e.g. MINDS, Down Syndrome Association etc.

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If your child is not attending a SPED school or known to any SSA, you may approach the family service centre (FSC) nearest to your place of residence

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[You may also join any of the caregiver support groups for peer support]

## 🔍 Useful Resources

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**Locate your nearest Family Service Centre (FSC):**

<https://www.msf.gov.sg/dfcs/familyservice/default.aspx>

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**Caregiver support groups you can join:**

<https://www.enablingguide.sg/caring-for-caregivers/informal-support-groups>

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**For resources on care skills, self-care and respite:**

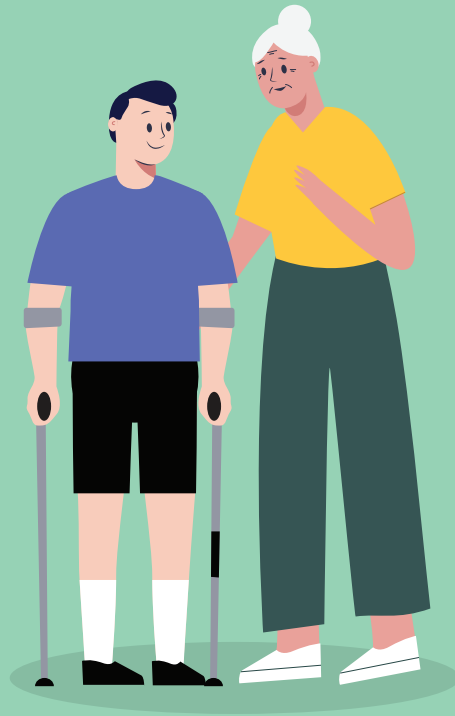
<https://www.enablingguide.sg/caring-for-caregivers/empowering-caregivers>

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“

I am unable to care  
for my child, either  
temporarily or  
permanently

”



## Who Can Help

---

**Any of the following organisations for advice and referral to suitable services:**

- Social Service Agency (SSA) your child is enrolled in or previously enrolled in, e.g. MINDS, Down Syndrome Association etc.
- Family Service Centre (FSC) currently looking after your family or was looking after your family previously

If your family is not known to an SSA or FSC, you may approach the FSC nearest to your place of residence

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[You may also opt for respite services, or join any of the caregiver support groups for peer support]

## Useful Resources

---

**Locate your nearest Family Service Centre (FSC):**

<https://www.msf.gov.sg/dfcs/familyservice/default.aspx>

---

**Caregiver support groups you can join:**

<https://www.enablingguide.sg/caring-for-caregivers/informal-support-groups>

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**For resources on care skills, self-care and respite:**

<https://www.enablingguide.sg/caring-for-caregivers/empowering-caregivers>

“

I require some form  
of employment  
support

”





## Who Can Help

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### For career matching and coaching:

- Workforce Singapore's (WSG) Careers Connect Centres
- 
- NTUC's e2i centres



## Useful Resources

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**For information on Workforce Singapore's and e2i's career matching and career coaching services:**

<https://www.wsg.gov.sg/career-services.html>

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**Workforce Singapore hotline:**

6883-5885

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**NTUC's e2i hotline:**

6474-0606

“

I require more  
training to improve  
my caregiving skills

”





## Who Can Help

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- Social Service Agency (SSA) your child is enrolled in or previously enrolled in for advice on what training is most suitable and helpful
  - An approved Caregivers Training Grant (CTG) training provider, for subsidised training
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[You may also join any of the caregiver support groups for peer support]



## Useful Resources

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### **For information on Caregivers Training Grant (CTG):**

<https://www.aic.sg/financial-assistance/caregivers-training-grant>

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### **Caregiver training courses supported by CTG:**

<https://www.aic.sg/caregiving/caregiver-training-course>

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### **List of caregiver support groups:**

<https://www.enablingguide.sg/caring-for-caregivers/informal-support-groups>

“

I need someone to  
talk to about the  
challenges I am  
going through

”





## Who Can Help

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Various helplines are available to cater to different challenges and situations faced (some examples are):

- National Care Hotline
- Samaritans of Singapore Hotline
- Care Corner Counselling Hotline

[You may also join any of the caregiver support groups for peer support]

## Useful Resources

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### **Available helplines:**

<https://www.gov.sg/article/call-these-helplines-if-you-need-emotional-or-psychological-support>

<https://www.imh.com.sg/wellness/page.aspx?id=1245>

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### **List of caregiver support groups:**

<https://www.enablingguide.sg/caring-for-caregivers/informal-support-groups>

“

My family requires  
some form of  
financial assistance  
and support

”



## Who Can Help

---

**Any of the following organisations or professionals for further discussion on suitable grants and schemes:**

- Family Service Centre (FSC) currently helping your family or was helping your family previously
- Medical Social Worker (MSW) at the hospital you or your family member is currently receiving treatment from
- Social Service Office (SSO) nearest to your place of residence
- Your child's school or preschool (if it concerns your child's school fees and related expenses)

You may also call the ComCare Helpline for more information

## Useful Resources

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**Locate your nearest Social Service Office (SSO):**

<https://www.msf.gov.sg/dfcs/sso/default.aspx>

**For information on available grants and schemes:**

<https://www.enablingguide.sg/im-looking-for-disability-support/money-matters>

**ComCare Helpline:**

1800-222-0000

“

# My family is currently facing multiple challenges

(i.e. financial issues, strained family relations,  
unable to care for my child etc.)





## Who Can Help

---

- Family Service Centre (FSC) currently helping the family or was helping the family previously

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If your family is not known to any FSC, you may approach the FSC nearest to your place of residence



## Useful Resources

---

**Locate your nearest Family Service Centre:**

<https://www.msf.gov.sg/dfcs/familyservice/default.aspx>

“

My family has little or  
no community and  
social interactions  
and support

”





## Who Can Help

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- Join any caregiver support group for peer support
- 
- Download the CARElendar App for inclusive activities you and your family can participate in



## Useful Resources

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### List of caregiver support groups:

<https://www.enablingguide.sg/caring-for-caregivers/informal-support-groups>

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### Download CARElendar App:

- Via Google Play Store (for Android phones and devices)
- Via Apple App Store (for iPhones)

# Find out more about us and what we do

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**Website:** [www.sgenable.sg](http://www.sgenable.sg)

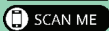
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**Infoline:** 1800-8585-885  
(Mondays to Fridays, 9.00am to 5.30pm)

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**Enabling Guide** [www.enablingguide.sg](http://www.enablingguide.sg)

(First stop information portal on disability-related information)



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**SG Enable Facebook** [www.facebook.com/SGEnable/](https://www.facebook.com/SGEnable/)

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**Enabling Village Facebook** [www.facebook.com/EnablingVillageSG/](https://www.facebook.com/EnablingVillageSG/)

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**SG ENABLE**

Inclusive society. Enabled lives.