

Coping with Caregiver Stress



The Medical Social Services department helps patients cope with social, psychological, financial and medical needs through counselling, care assessment and arrangement, and information and referral services. Our team of dedicated and professional Medical Social Workers possess degrees in social work, while some have postgraduate training in counselling.

Are you a caregiver?

Do you find it rewarding or stressful to care for a loved one?

Being there for someone can be emotionally-rewarding, but it can also be challenging.



Who is a caregiver?

A caregiver is someone who cares for another when the other finds it difficult to manage the responsibilities of day-to-day living on their own. Sometimes, the emotional and physical strain of caring for another may cause stress and affect a caregiver's health.

Signs of caregiver stress

Physical

- Back, shoulder or neck pain, muscle tension
- Chest pain, rapid heartbeat
- Fatigue
- Frequent colds
- Headaches
- Loss of hair
- Loss of sex drive
- Nausea, dizziness
- Stomach/digestive problems
- Weight gain or loss

Emotional

- Anxiety
- Argumentative
- Depression
- Feeling out of control
- Feelings of isolation
- Increased substance abuse
- Irritability or short temper
- Moodiness/mood swings
- Phobias

Cognitive

- Anxious or racing thoughts
- Constant worrying
- Focusing on the negative
- Memory problems
- Poor judgment
- Unable to concentrate

Behavioural

- Eating more or less
- Isolation from others
- Nervous habits (e.g. nail biting, pacing up and down)
- Procrastinating or neglecting responsibilities
- Sleeping too much or too little
- Turning to alcohol, cigarettes or drugs to relax

Coping with caregiver stress

Many caregivers think they have to face the stress of caregiving alone. There are many resources available to help and support you on this journey. Caring for yourself is the first step to care for your loved one better.



Take the stress out of caregiving

- Ask for support
- Be assertive, not aggressive
- Eat well
- Exercise regularly
- Find time to relax
- Get enough rest and sleep
- Learn to say no (know your limits)
- Maintain a positive attitude
- Meet friends regularly
- Pick up stress management tips
- Take a break and indulge yourself

Help is just around the corner

Feeling drained from caregiving duties? Why not talk to a healthcare professional or join our caregiver training programme? Our Medical Social Workers (MSWs) offer counselling support to caregivers who may be feeling drained and organise regular caregiver training to make caregiving responsibilities more manageable.

Alternatively, these helplines are just a phone call away:

- Alzheimer's Disease Association: 6737 9971
- AWWA Centre for Caregivers: 6511 5318
- Caregiving Alliance Limited: 6753 6578
- Caregiver's Association of the Mentally Ill (CAMI): 6782 9371
- Caregiving Welfare Association: 6466 7957
- Dementia Helpline (Alzheimer's Disease Association): 6377 0700
- Down Syndrome Association: 6278 3907
- HCA Hospice Care – Caregiver Support Service: 6251 2561
- Muscular Dystrophy Association: 6259 6933
- O'Joy Care Services: 6749 0190
- TOUCH Caregivers Support: 6258 6797



For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

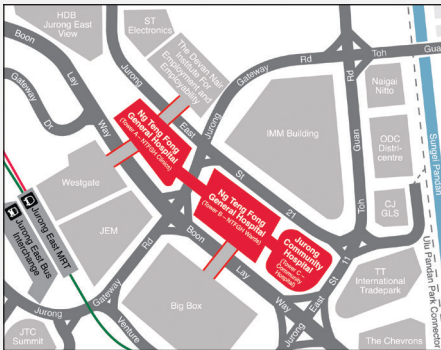
1 Jurong East St 21,
Singapore 609606
General enquiries: 6716 2000 Fax: 6716 5500
www.juronghealth.com.sg

Clinical and appointment line hours (closed on Sundays and public holidays)

For appointments, please call 6716 2222
Monday - Friday 8.00am - 5.30pm,
Saturday 8.00am - 12.30pm

For dental appointments, please call 6716 2233
Monday - Thursday 8.00am - 5.30pm,
Friday 8.00am - 5.00pm

Getting there



By train

Jurong East MRT Station

By bus

From Jurong East Bus Interchange

SBS 51, 52, 66, 78, 79, 97, 97e, 98,
98M, 105, 143, 143M, 160, 183, 197,
333, 334, 335, 506

Along Boon Lay Way

SBS 99, Private bus service 625

Jurong Medical Centre

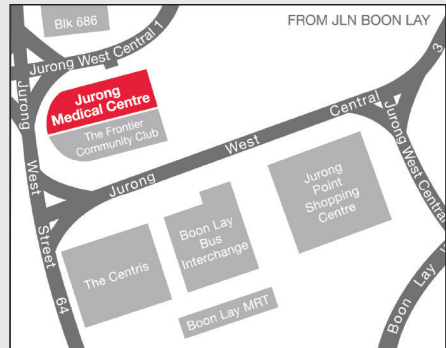
60 Jurong West Central 3,
Singapore 648346
General enquiries: 6716 2000 Fax: 6551 7999
www.jmc.com.sg

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Getting there



By train

Boon Lay MRT Station

By bus

SBS 30, 79, 154, 157, 174, 179, 181,
182, 192, 193, 194, 198, 199, 240, 241,
242, 243 W/G, 246, 249, 251, 252, 254,
255, 257, 405
SMRT 172, 178, 180, 187

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.