

Caregiving Journey

What I can learn to care better

I'm a future caregiver, caring for an active loved one.

I'm worried that my loved one may need more help soon.

- Discuss future care preferences with loved one.
- Encourage loved one to stay active.
- Know where to find support when needed.

1



Stay active with active ageing resources
www.for.sg/aic-agewell



Understand what matters most
www.for.sg/aic-myacp

I'm a caregiver for my loved one in his/her last stage of life.

I need to learn how to keep my loved one comfortable in this final stage, and manage the emotions that arise.

- Be familiar with your care options.
- Understand and respect your loved one's preferences through the Preferred Plan of Care.
- Discuss and agree on care plans with your family.

3

I am a new or active caregiver for my loved one who is getting frail or whose condition is worsening.

I need to learn how to manage the conditions, adjust my priorities and cope with the demands.

- Learn about the conditions and how to provide care.
- Understand your care options and who can support you.
- Learn to take breaks and care for yourself.

2



Apply for financial assistance
www.for.sg/aic-financialassistance



Align care with your loved one's wishes
www.for.sg/acp-providers



Manage your emotional well-being
www.for.sg/aic-mhsupport



Understand your learning needs
www.for.sg/aic-learningneeds



Know your care options
www.for.sg/aic-care-options



Care for yourself
www.for.sg/aic-selfcare

4

My loved one has passed on, and I am adjusting to life after caregiving.

- Take care of your emotional needs.
- Stay connected with family and friends.
- Explore new goals and activities that bring purpose.
- When comfortable, share your caregiving story to support and encourage your peers.





The Agency for Integrated Care (AIC) aims to create a vibrant care community for people to live well and age gracefully. AIC coordinates and supports efforts in integrating care to achieve the best care outcomes for our clients.

We reach out to caregivers and seniors with information on staying active and ageing well, and connect people to services they need.

We support stakeholders in their efforts to raise the quality of care, and also work with health and social care partners to provide services for the ageing population. Our work in the community brings care services and information closer to those in need.

Information is accurate as of March 2026.



You're not alone in your caregiving journey.
Discover the resources that can help you navigate
your path with confidence.



The checklist below will help you determine if you are a caregiver:

- ☐ Are you helping your loved one with daily living activities like dressing, showering, or moving around the house?
 - ☐ Are you taking care of a loved one who has physical, mental health, or disability related conditions?

If you have ticked any of the questions above, you are a caregiver.

Visit www.for.sg/we-see-you-care to learn about the services, schemes, and resources that can support you as a caregiver.

Flip over to find useful resources for your caregiving journey.

Notes: