



**cwa**

Caregiving Welfare Association

*newsletter*

**MARCH 2024**

AGEING WELL, CARING BETTER

**20** *Years*  
OF COMPASSIONATE  
ENDEAVOUR

**FEATURED ARTICLES**



**Bridging Generations**



**Finding Resilience in Caregiving**



# **SENIORS GO DIGITAL PROGRAMME**

# **COMING SOON**



**Our Caregiver  
Support Group offers  
compassionate  
support through your  
caregiving journey.**



### **Art Therapy Sessions**

**Express yourself freely  
through the transformative  
power of art.**



### **Mindfulness-based Sessions**

**Be attuned to the present  
moment through guided  
mindfulness practices.**



**For more information and to register  
your interest, please scan the QR code.**



More Info  
[www.cwa.org.sg](http://www.cwa.org.sg)



Email Us  
[contact@cwa.org.sg](mailto:contact@cwa.org.sg)



Call Us  
**6466 7996**

**Know of a caregiver who may  
benefit from our support  
group? Refer them to us!**



## **Bridging Generations: Hwa Chong Institution Students Extend a Hand of Compassion**



Since November 2022, Hwa Chong Institution students in Project Aurora, including Mock Yee Ken Ethan, Png Shuo Yu Luke, Ma Pei Kai Mark, Niu Hongrui, Ethan-Pio Ho Heng Yi, and Nyeo Zheng Xin Andre, have been actively volunteering with the Caregiving Welfare Association, highlighting youth's impactful role in community service.

**What inspired you to reach out to the elderly population through volunteering at the Caregiving Welfare Association?**

**Project Aurora:** What initially sparked our interest was a one-time outing with the seniors to the Singapore Flyer and Orto Seafood Restaurant. The meaningful conversations and connections we made during that event opened our eyes to the importance of supporting the senior community. We were inspired by the impactful work of CWA and felt compelled to continue volunteering to make a positive difference in the lives of seniors.

**Could you share some heartwarming experiences or moments that you have had while volunteering with us?**

**Project Aurora:** One memorable experience was organising Chinese New Year celebrations for the seniors this year. Seeing the joy on their faces as they participated in activities like fan-making and bingo was incredibly heartwarming. It reaffirmed the significance of our efforts in bringing happiness and companionship to the seniors.



**How do you think intergenerational interactions, like those facilitated by your volunteering efforts, benefit both the younger and older generations?**

**Project Aurora:** Intergenerational interactions are enriching experiences for both parties involved. They provide opportunities for the exchange of wisdom and experiences, fostering mutual understanding and empathy. For the youth, these interactions offer valuable insights into the lives of the seniors, while for seniors, they alleviate loneliness and provide companionship.

**How do you believe your volunteering efforts have impacted the lives of the seniors and/or caregivers at the Caregiving Welfare Association?**

**Project Aurora:** Through our activities and events, we aim to improve the quality of life for seniors and provide support to caregivers. By offering companionship, organising engaging workshops, and providing respite, we hope to make a meaningful difference in their lives and alleviate some of the challenges they face.

**What advice would you give to other youths or schools who are interested in volunteering to support elderly communities and caregivers?**

**Project Aurora:** Be brave, open-minded, and willing to try new things. Volunteering may sometimes require stepping out of your comfort zone, but the rewards of making a positive impact in the lives of others are immeasurable.

**Lastly, could you share a message or reflection on the impact of youth engagement in community service, particularly in fostering a more compassionate and inclusive society?**

**Project Aurora:** Youth engagement in community service plays a pivotal role in fostering a compassionate and inclusive society. By actively participating in volunteer work, youths can contribute to building a world where empathy, kindness, and mutual respect thrive. Together, we can make a difference and create a brighter future for all.



## **Enhancing Elderly Quality of Life at Home: Home-based Personal Care**

At Caregiving Welfare Association, we're committed to improving elderly individuals' quality of life at home. Our goal is to offer personalised care that promotes well-being and independence, reducing hospital readmissions and institutionalisation.

**Personal Care Assistance:** This includes aiding with oral feeding, bathing for clients who may be too ill to bathe independently or are bedridden/disabled, and assistance with lifting, transferring, and positioning.

**Instrumental Activities of Daily Living (ADL):** We provide support with light housekeeping within the client's immediate space, limited laundry assistance, and simple errands such as grocery shopping within walking distance.

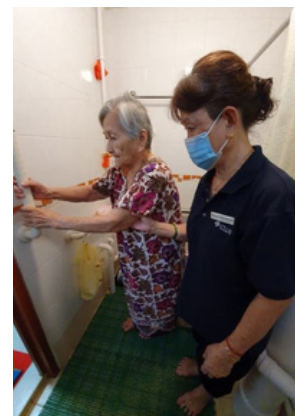
**Medication Assistance:** We offer reminders and prompts for medication intake, ensuring clients stay on track with their prescriptions.

**Cognitive Stimulation Programmes:** Tailored activities designed to stimulate cognition, considering the client's interests and age appropriateness.

**Elder-Sitting and Respite:** Companionship and engagement in recreational and leisure activities based on the client's preferences, providing respite for caregivers.

**Maintenance Exercises:** Performing prescribed exercises by registered therapists to support physical well-being.

**Medical Escort Service:** Transportation assistance for medical appointments using the client's own vehicle/transportation.



For more information, please call 6466 7996 or email [contact@cwa.org.sg](mailto:contact@cwa.org.sg).

## Finding Resilience in Caregiving

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*Reeena, your dedication and compassion have been invaluable to our Home Care Team for three years. Thank you for embodying the essence of caregiving every day.*

”



Reeena, a dedicated Healthcare Assistant with the Caregiving Welfare Association, embodies the essence of caregiving, balancing professional duties with familial responsibilities and personal goals.

"Providing personal hygiene, cognitive stimulation, befriending & escorting seniors," Reeena succinctly summarised her diverse role. Each task is tailored to meet the unique needs of CWA's clients, showcasing Reeena's unwavering commitment.

Emphasising the vital role of clients' families, Reeena expressed gratitude for their support, highlighting the collaborative nature of caregiving.

### The Journey of Caregiving: A Personal Reflection

Transitioning from broader healthcare to caregiving, Reeena found purpose in forming deeper connections with the seniors. Despite linguistic barriers posing challenges, she cherishes heart-warming moments of gratitude from clients and their families.

### Finding Resilience in Caregiving

Reeena draws strength from empathy, understanding her clients' perspectives, and seeks guidance from superiors during challenging times.

### A Word for Caregivers

Reeena extends empathy and encouragement to fellow caregivers, acknowledging the difficulties of the role while emphasising the importance of seeking support when needed. Reeena's narrative reflects the dedication and compassion inherent in caregiving, inspiring gratitude and solidarity among caregivers.

# **WE ARE HIRING**

## **COMMUNITY CAREGIVERS**



- **EARN UP TO \$19/HOUR**
- **NO PRIOR EXPERIENCE REQUIRED**
- **FLEXIBLE WORKING HOURS**
- **COMPETITIVE SALARY WITH CPF CONTRIBUTION**

To apply, please visit <https://tinyurl.com/JoinUsCWA>, call 6466 7996, or email [contact@cwa.org.sg](mailto:contact@cwa.org.sg).



# UPCOMING EVENTS

MAR  
**21**

2.30 PM - 4 PM

*"Art Therapy" Caregiver  
Support Group (Chi)*

MAR  
**23**

10 AM - 11.30 AM

*"Art Therapy" Caregiver  
Support Group (Eng)*

MAR  
**28**

2.30 PM - 4 PM

*"Mindfulness" Caregiver  
Support Group (Bilingual)*

## Monthly Provisions & Grocery Vouchers

In our ongoing commitment to support seniors and caregivers in need, we extend a helping hand every second week of the month. Join us as we provide essential provisions and grocery vouchers to families facing challenging times.

To find out more about how you can **support us**, please visit <https://cwa.org.sg>.

**DONATE**



**SUPPORT**



**VOLUNTEER**

