



Caregiving Welfare Association

newsletter

APRIL 2024

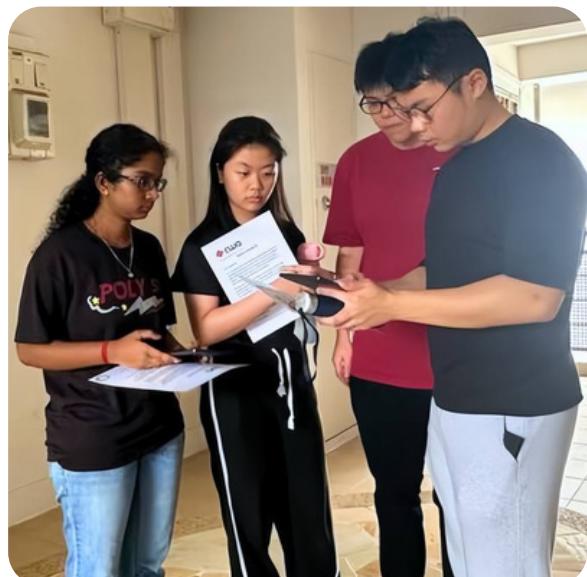
AGEING WELL, CARING BETTER

20 Years  
OF COMPASSIONATE  
ENDEAVOUR

## FEATURED ARTICLES



Home-based Personal Care



Environment Scan

# WORLD AGEING FESTIVAL 2024

Ageing Asia 2024 WORLD AGEING FESTIVAL

Co-Organised By **SUSS** | GERONPRENEURSHIP INNOVATION FESTIVAL

Largest Ageing Exhibition on the Future of Ageing



8-9 May 2024 | Marina Bay Sands, Singapore

[LEARN MORE](#)

Conference • Awards • Exhibition  
[www.worldageingfestival.com](http://www.worldageingfestival.com)

We are excited to announce our participation at the 15th Ageing Asia Innovation Exhibition!

Taking place on 9 May 2024 at Marina Bay Sands Expo & Convention Centre, Hall C, join us and explore the top 100 products for successful ageing, including Assistive Living, Home & Community Care, Active Ageing, Technology, and Rehabilitation & Wellness.

We would like to invite seniors and their caregivers to attend the Active Ageing Seminar to gain insightful perspectives on living well and embrace the "Future of Active Ageing". Engage with top health experts, discover holistic well-being strategies, and explore products and services that enhance your quality of life.

The seminar covers crucial topics like heart health, diabetes management, cancer prevention, and dementia awareness. Don't miss out!

Register for FREE now at <https://bit.ly/3le9lQq>. For more information, please email [helpdesk@ageingasia.com](mailto:helpdesk@ageingasia.com).

## Home-based Personal Care: Now Available 24/7!

Starting 1 April 2024, our Home-based Personal Care Service will now extend its availability round-the-clock, including on weeknights, weekends, and public holidays.

Our service includes Personal Care Assistance, Instrumental Activities of Daily Living (IADL) Support, Medication Assistance, Cognitive Stimulation Programmes, Elder-Sitting & Respite, and Maintenance Exercises.

For more information and to book a session with us, please visit <https://tinyurl.com/w2xh4rb7>.



# Caregiver Support Group: Mindfulness

## Alleviate Caregiver Stress through Mindfulness Practice



Caregiving Welfare Association



### Benefits of Mindfulness:

1

Effectively  
reduces  
stress &  
anxiety.

2

Enhances  
overall focus  
& cognitive  
performance.

3

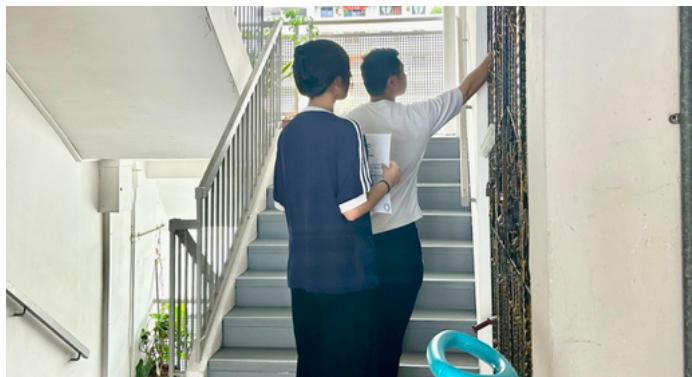
Improves  
emotional  
regulation &  
well-being.

Embracing mindfulness can be a powerful tool in alleviating caregiver stress. Take a moment to breathe, come home to yourself, and let go of what you cannot control.

Remember, your well-being matters too. By nurturing yourself through mindfulness, you'll find the strength and resilience to navigate the caregiving journey with more calmness and grace.

To find out more about the support we provide for family caregivers of seniors and to register your interest, please visit <https://tinyurl.com/CWACaregiverSupportGroup>.

## Environment Scan: Ghim Moh Road & Holland Drive



In our latest initiative, we're conducting an Environment Scan to identify solo-living older adults and caregivers who may require additional support. This initiative underscores our commitment to reaching out to those within our community who may be facing challenges.

We extend our heartfelt appreciation to our dedicated volunteers from Hwa Chong Institution and Singapore Polytechnic for their invaluable support in this endeavour.

Keen to volunteer with us? Please visit <https://tinyurl.com/VolunteerCWA> for more information and to register your interest.

**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

APR  
**12**

2 PM - 5 PM

*Digital For Life:  
Learn Digital*

APR  
**18**

2.30 PM - 4 PM

*“Mindfulness” Caregiver  
Support Group (Bilingual)*

APR  
**20**

10 AM - 11.30 AM

*“Art Therapy” Caregiver  
Support Group (Eng)*

APR  
**25**

2.30 PM - 4 PM

*“Art Therapy” Caregiver  
Support Group (Chi)*

APR  
**26**

2 PM - 5 PM

*Digital For Life:  
Learn Digital*

APR  
**30**

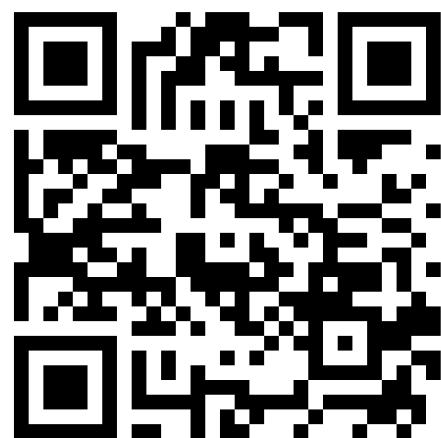
8.30 AM - 2 PM

*Gardens By The Bay  
Seniors Outing*

## 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>.



**Connect  
with us!**