



cwa

Caregiving Welfare Association

newsletter

APRIL 2024

AGEING WELL, CARING BETTER

20 *Years*
OF COMPASSIONATE
ENDEAVOUR

FEATURED ARTICLES

**HOME-BASED
PERSONAL CARE**



**AVAILABLE
ISLANDWIDE**

Home-based Personal Care



Environment Scan

WORLD AGEING FESTIVAL 2024



Ageing Asia 2024 WORLD AGEING FESTIVAL

Co-Organised By **SUSS** | GERONPRENEURSHIP INNOVATION FESTIVAL
SINGAPORE UNIVERSITY OF SOCIAL SCIENCES

Largest Ageing Exhibition on the Future of Ageing

8-9 May 2024 | Marina Bay Sands, Singapore [LEARN MORE](#)

Conference • Awards • Exhibition
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.

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>.



24/7

**AVAILABLE
ISLANDWIDE**

Caregiver Support Group: Mindfulness



**Alleviate
Caregiver
Stress through
Mindfulness
Practice**


Caregiving Welfare Association

Benefits of Mindfulness:

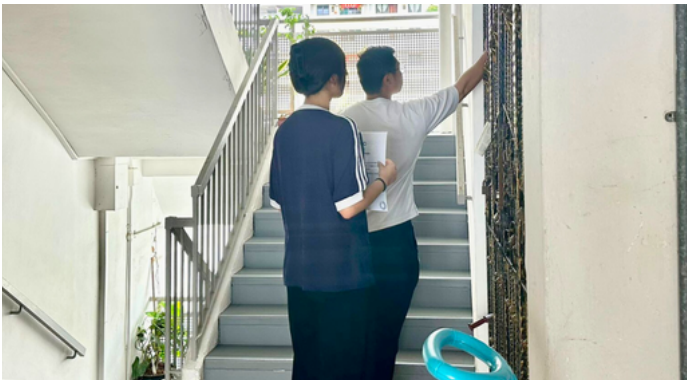
- 1**
Effectively reduces stress & anxiety.
- 2**
Enhances overall focus & cognitive performance.
- 3**
Improves emotional regulation & well-being.

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.

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>.

DONATE



SUPPORT



VOLUNTEER



**Connect
with us!**