

# Home Personal Care (HPC)



**Do you have a senior at home that needs help in daily activities?**

Turn the page to find out more about how CWA can assist

## Who We Are

The Caregiving Welfare Association (CWA) is a Voluntary Welfare Organisation that provides health and wellness programmes as well as welfare support to enhance the physical, mental and emotional well-being of the elderly and caregivers.

We are a non-profit organisation registered with the Registry of Societies, an Institute of Public Character (IPC) by the Ministry of Social and Family Development, and a full member of the National Council of Social Service (NCSS).

## Why is CWA providing Home Personal Care service?

CWA aims to provide quality home personal care service to homebound seniors to minimise re-admission to acute hospitals or being institutionalised. CWA believes that seniors should age in place and institutionalisation should be the last resort.

As caregiving is a journey, it also provides relief to family caregivers who need a break from their daily caregiving role.

## How does Home Personal Care service help homebound seniors and family caregivers?

CWA's trained Community Caregivers deliver Home Personal Care service to homebound seniors who require assistance in their Activities of Daily Living (ADLs), such as mobility, bathing, dressing, feeding, toileting and transferring.

In addition to assisting in ADLs, our Community Caregivers also provide the following services:

- Companionship and errand service (befriending and grocery shopping)
- Assistance with light housekeeping
- Assistance with basic physical exercise and/or simple mind-stimulating activity
- Assistance with medication reminder
- Medical escort service

## Who are eligible?

- Seniors aged 55 years and above
- Frail and/or homebound seniors

Seniors are eligible for government subsidies, subjected to means testing.

## How to apply?

We accept referrals from:

- Hospitals/ Polyclinics
- Private Clinics (GPs)
- Voluntary Welfare Organisations / Non-profit Organisations
- Self-referral / Consented referral by a representative or service provider on your behalf

## For registration or more information:

### Caregiving Welfare Association

Blk 3 Ghim Moh Road #01-294 Singapore 270003

☎ 6466 7957 / 6466 7996 📠 6466 5927

✉ contact@cwa.org.sg 🌐 www.cwa.org.sg 📺 caregiving.sg

📍 Buona Vista MRT Station

🚌 Bus no. 92 (in front of CWA office) Bus no. 100 & 111 (Ghim Moh Bus Terminal)

## What Clients Say About Our Community Caregivers (CCGs)

“I am impressed with CCG Mr Ong Un Soon for his patience towards my husband who has advanced dementia. He also managed to coax him to take his meals, shower and even go for a stroll downstairs, which I am unable to do. It also relieved me from my caregiving role.”

**Mdm Murshidah**

“CCG Ms Ng Mei Gek is good in her interacting skills and managed to engage in an in-depth conversation with my wife who is suffering from Parkinson's disease and mild dementia.”

**Mr Pang**

## Testimonials From Our Community Caregivers (CCGs)

“It is enjoyable and a good experience being trained on caregiving skills and techniques. I have also gained some life experience from patients' needs and their health conditions.”

**CCG Ms Ng Mei Gek**

“The reward is having the satisfaction of seeing family caregivers being relieved from their caregiving roles, while I am there to provide the home personal care service to their loved ones.”

**CCG Mr Cheek Chin Hee**