



What's Happening @ CWA?



Dear Friends of CWA,

Greetings from the Caregiving Welfare Association (CWA)!

In this issue of ***What's Happening @ CWA?*** We are pleased to share with you how CWA collaborated with various government agencies, educational institutions and corporate partners to support the seniors in the community. As this year also marks CWA's 17 Anniversary, we will also be sharing an article by CWA's President, Dr Tan Hong Yee. Continue reading to find out more...

CWA 17th Anniversary - 'OF CHANGE & HOPE'



This month marks the 17th Anniversary since the Caregiving Welfare Association (CWA) has been set up, so that we can recognise, support and empower caregivers of the silver generation. Change is inevitable in life, and over the years, the climate of caregiving and even CWA has evolved. I would like to take this moment to revisit the importance of caring for our caregivers and the elderly, and reflect on the role that all of us have to play in caregiving despite a climate of change.

What are some of these many changes? Over the years, families have gradually become smaller, and so have living spaces. The responsibility of care naturally becomes distributed amongst less people, and it is increasingly more difficult to expect the family unit to be the sole source of support for both caregivers and the elderly. The elderly also often live alone or with a domestic worker, which can further worsen problems of isolation. More resources also need to be put in to maintain environmental safety and monitoring. Over the years, we have become increasingly digitized, which is a double-edged sword - for some, having to deal with technology can be bewildering and upsetting. On the other hand, technology is already increasingly being used to help with aspects of safety monitoring of the elderly, timely access to medical care, medication reminders and keeping socially connected, among many others.

Challenges that Caregivers face

The rigours of life sometimes put us in a place where we compartmentalize ourselves in terms of work, personal commitments and family. For a caregiver however, the role of caregiving remains overarching amidst all the other duties and daily activities such as juggling with jobs, children and social activities. Unsurprisingly, this often leads to tremendous difficulties in many areas for the caregiver. It is important therefore that caregivers should have the necessary support systems in place, so that they do not need to feel like they are alone in this labour of love...

Dr Tan Hong Yee

President

Caregiving Welfare Association

Visit our website for the full version of the write-up: <https://www.cwa.org.sg/resources/editorial-write-up>

NUS Students' Science Club Science Volunteer Corps (SVC), The Golden Years: Lunar New Year Hampers Distribution 2021

To celebrate the Lunar New Year 2021, volunteers from the *NUS Students' Science Club Science Volunteer Corps (SVC)* distributed hampers to more than 50 households at Ghim Moh neighbourhood.

The seniors not only received Lunar New Year goodies and daily essential items such as toothpaste, toilet rolls, but also handwritten well wishes on the origami from the volunteers.

CWA would like to thank the volunteers from the *NUS Students' Science Club Science Volunteer Corps (SVC)* for bringing joy and cheers to our seniors during the festive season, and also for their involvement in our Eldersitter Programme during March and April.

Read on for more details on our Eldersitter Programme in which our corporate partner(s), *Woh Hup* was also involved.



A senior and the volunteers posing for a photoshoot.



Individually handwritten origami messages



A Woh Hup volunteer helping the senior with some light housekeeping.



Woh Hup volunteers assisting in packing the provisions for our needy clients.

Eldersitter Programme with Woh Hup Volunteers

Background:

The CWA's Eldersitter Programme is a befriending programme for seniors in which the volunteers would conduct home visitations to provide companionship and engagement to isolated seniors residing at Ghim Moh estate. Usually, the volunteers come from corporate partners and/or educational institutions.

As part of the Eldersitter Programme, during the months of March and April, volunteers from *Woh Hup* visited some seniors to befriend and provide companionship to them.

Other than that, *Woh Hup* also made a generous in-kind donation of daily essentials (including cleaning kits) to the seniors and assisted the seniors with some light housekeeping. Through these sessions, the volunteers got to understand the seniors and their needs better. We hope that with the continuation of these befriending sessions, both the seniors and the volunteers would build better rapport, thus increasing better communication with each other.

On top of the befriending sessions, the *Woh Hup* volunteers also assisted CWA in the packing of provision for our needy clients.

CWA would like to thank the *Woh Hup* volunteers for their contributions and we look forward to having them for the upcoming Eldersitter sessions.

Singapore Digital Office (SDO) Seniors Go Digital @ CWA

CWA values the importance of active ageing and helping our seniors to go digital.

In March and April, CWA collaborated with the *Singapore Digital Office (SDO)*, to conduct digital lessons for our seniors at CWA HQ.

The seniors from CWA were engaged by the friendly SDO Digital Ambassadors for a 1-to-1 session to learn more about the various mobile applications such as Communication (WhatsApp, email, cybersecurity), Government Apps (SingPass, TraceTogether) and E-payment (PayNow, Paylah) on their smart devices.

CWA hopes that the digital skills and knowledge that the seniors have gained through these sessions will benefit them and improve their quality of life.

CWA will continue to seek the opportunity to collaborate with SDO and partners to encourage and support more of our seniors to go digital!



SDO Digital Ambassadors engaging the seniors @ CWA office.



Each session is personalised and tailored to the needs of each senior.

Thank you for reading this issue of '*What's Happening @ CWA?*'

Please visit <https://www.cwa.org.sg/> for the latest updates and news on our programmes and services.

**Kindly email us at contact@cwa.org.sg if you wish to remove your email from our mailing list.*