

# CASE STUDY: A SENIOR COUPLE NAVIGATING CARE ALONE



## OVERVIEW

In a quiet two-room HDB flat, a senior couple in their 70s lives independently. Their two adult children live elsewhere, and the couple has limited interaction with neighbours or the community. Outwardly, life seems uneventful—but beneath the surface, challenges are mounting.

The elderly husband is living with dementia, along with chronic conditions such as diabetes and high blood pressure. He relies heavily on his wife for daily care and support. Although the wife has no major medical conditions, she experiences recurring aches in her left leg from an old operation—and more notably, rising emotional stress.

Since her husband's diagnosis, she has struggled with feelings of helplessness. His forgetfulness, mood swings, and reduced communication have strained their relationship. With minimal support from their children, she bears the caregiving burden alone—mentally and physically exhausted, yet with no one to turn to.

*Note: This case study is a fictional representation inspired by real-life scenarios. Any resemblance to actual persons is purely coincidental.*

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## KEY ISSUES IDENTIFIED

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### Physical & Mental Stressors

- Chronic health conditions (diabetes, hypertension, dementia)
- Age-related mobility concerns
- Lack of home safety modifications
- Caregiver fatigue and musculoskeletal strain from caregiving duties

### Emotional & Social Needs

- Social isolation and withdrawal from the community
- Empty Nest Syndrome and loneliness
- Caregiver stress from lack of respite
- Strained spousal relationship due to illness-related behavioural changes
- Limited emotional and financial support

## HOW CASE MANAGEMENT CAN HELP

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At CWA, we look at the full picture—not just the issues, but the circumstances that surround them. Here's how our Case Management & Supportive Counselling services can support couples like this:

- Holistic Assessment to understand physical, emotional, and environmental needs
- Care Planning & Coordination with healthcare services, including dementia support and chronic disease management
- Referrals to [Social Activities](#) to reduce isolation and encourage community engagement
- [Caregiver Support Groups](#) to address burnout, emotional strain, and coping strategies
- Respite Options & Resources to help caregivers take breaks and recharge
- Home Safety Recommendations to reduce fall risks and improve living conditions

💡 Know someone who could benefit from support?

Explore our services to find the help you need.