



MEDIA RELEASE

CAREGIVING WELFARE ASSOCIATION ANNOUNCES CAREGIVING WEEK 2024

The Caregiving Welfare Association (CWA), in collaboration with SG Assist and The Compassionate Network, is pleased to announce the return of CWA's annual flagship event, Caregiving Week 2024, scheduled to take place from 16 September to 21 September 2024. This year's event is particularly significant as it is held in conjunction with CWA's 20th anniversary, marking two decades of dedicated service to seniors and their family caregivers.

Themed "*A Lifeline For Seniors*," the event will focus on supporting and empowering seniors and their family caregivers, reflecting CWA's commitment to enhancing the well-being of these vital members of our society.

The week will feature a series of engaging events specially curated for seniors and their family caregivers:

- Monday, 16 September: Caregivers' Oasis
- Tuesday, 17 September: Mid-Autumn Festival Celebration
- Wednesday, 18 September: Seniors Connect and Caregivers Connect
- Saturday, 21 September: Caregiving Fest

Key Announcements During Caregiving Week 2024

Introduction of the Remote Monitoring & Support Programme for Seniors

CWA is proud to introduce the Remote Monitoring & Support Programme for Seniors, a pioneering initiative and the first of its kind in Singapore. Launched as a proof of

concept, the programme is designed to evaluate the ease of deployment, usability, and affordability of monitoring solutions for vulnerable and solo-living seniors. Set to fully launch in 2025, the programme will extend its support to more seniors islandwide.

While Singapore's robust public health system offers heavily subsidised healthcare services, many vulnerable seniors struggle with monitoring their health, articulating issues, or knowing when to seek help. This challenge is particularly acute for seniors living alone, who often face additional issues such as diet, activity levels, and mental well-being.

The initiative delivers solutions that enable seniors to measure their vitals and monitor those at higher risk of falls, ensuring effective preventive care. In partnership with technology providers, the programme facilitates real-time transmission of vital signs to CWA's care team, allowing for proactive monitoring and timely interventions to prevent health deterioration. The goal is to support seniors in ageing in place and reduce hospitalisations through a data-driven approach that enhances their overall well-being.

Caregiving Podcast – “This is What Caregiver Stress Feels Like”

CWA is proud to announce its partnership with private counsellor, [Listen Without Prejudice](#) on “This is What Caregiver Stress Feels Like”, a podcast series that uncovers the unspoken stressors of caregiving. Catalysed by Temasek Foundation OSCAR Fund, the podcast adopts an honest and bold approach to addressing unhealthy family dynamics, grief and loss of self-identity/poor self-care through the stories of caregivers, who live to tell so others can feel less alone.

The podcast can be accessed for free on Spotify and Apple Podcasts.

Strengthening the Social Compact through Volunteerism

Volunteers are indispensable to the social service sector, and their contributions will be a focal point during Caregiving Week 2024. This year, CWA is focusing on strengthening the social compact by creating more volunteer opportunities and enhancing connections within the community. Through this initiative, we aim to foster

a culture of compassionate care and support, encouraging more individuals to participate in volunteering activities that make a tangible difference in the lives of seniors and their caregivers.

Caregiving Fest – The Culmination of Caregiving Week 2024

The week's activities will culminate in the Caregiving Fest on 21 September at Sengkang Grand Mall. This public event will offer a range of activities, including insightful talks, live performances, and access to a variety of caregiving resources in the social service sector. Caregiving Fest provides an invaluable opportunity for caregivers, seniors, and the broader community to engage, learn, and connect.

Ms Sim Ann, Senior Minister of State in the Ministry of Foreign Affairs and the Ministry of National Development, and Grassroots Adviser in Holland-Bukit Timah GRC, will be gracing the event, as the Guest-of-Honour.

Join Us in Supporting Seniors and their Family Caregivers

Caregiving Week 2024 represents more than just a series of events; it is a concerted effort to recognise and uplift seniors and caregivers in our community. CWA invites all stakeholders, including caregivers, volunteers, professionals, and the public, to join us in this significant endeavour to foster a more inclusive and compassionate community.

“As we mark our 20th anniversary, Caregiving Week 2024 represents a pivotal moment in our journey. It is a testament to our unwavering dedication to supporting seniors and their family caregivers through innovative solutions and community engagement. Our new initiatives, including the Remote Monitoring & Support Programme and the Caregiving Podcast, reflect our commitment to advancing caregiving practices and enhancing the quality of life for those we serve,” said Dr Daniel Tan, President of Caregiving Welfare Association

“Our collaboration with CWA is a testament to our shared vision of leveraging assistive technology to empower caregivers and support seniors living independently. By integrating innovative solutions and community-driven initiatives, we can alleviate

caregiving stress and promote successful ageing," said Mr Greg Tan, Co-Founder, SG Assist.

"We believe that strong communities are built on the foundations of empathy and support. This collaboration underscores our commitment to enhancing the lives of seniors and caregivers through meaningful connections and shared resources," said Ms Chee Wai Yee, Executive Director, The Compassionate Network.

For further information regarding Caregiving Week 2024, please visit our official event webpage at <https://caregivingweek.com> or email marketing@cwa.org.sg.

About Caregiving Welfare Association (CWA)

Established in 2004, the Caregiving Welfare Association (CWA) is an Institution of Public Character (IPC) and a member of the National Council of Social Service (NCSS), focused on enhancing the lives of seniors and their family caregivers.

CWA provides dependable services in Wellness & Social Support, Welfare Support, and Education & Awareness, promoting dignified ageing within homes and communities. Guided by the core values of Compassion, Integrity, Respect, Excellence, and Trust, CWA is committed to fostering independence for seniors and supporting caregivers, ensuring joyful ageing-in-place.

For more information, please visit <https://cwa.org.sg>.

About SG Assist

Founded in 2018, SG Assist's mission is to empower caregivers with innovative resources and technology solutions to alleviate caregiving stress. Their purpose-driven programmes, training and advocacy on assistive technology promote successful ageing for seniors.

Today, the social enterprise has a volunteer app that boasts a growing network of over 6,500 dedicated neighbourhood volunteers and Active Aging Centres across the island as well as care concierge services, which offers caregivers advanced home monitoring technologies and affordable care navigation support in the comfort of their own homes.

About The Compassionate Network (TCN)

The Compassionate Network (TCN) is a registered charity founded in 2023. Central to TCN's mission is the creation of a compassionate community by rallying volunteers, corporate and community partners to form circles of care around the caregivers who are in their final lap of looking after someone who is nearing the end of life. It recognises that family caregivers are care recipients too, deserving of attention and support as much as the people they are looking after.

TCN promotes caregiving as a set of valuable life skills, training volunteers to be 'future caregivers', so that they can prepare themselves for the role while offering companionship, guidance, grief support and more, to the current caregivers.

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