



## **MEDIA RELEASE**

### **10TH EDITION OF CAREGIVING WEEK CONCLUDES WITH NEW INITIATIVES, STRONG COMMUNITY SUPPORT, AND A CALL FOR COLLECTIVE ACTION**

The Caregiving Welfare Association (CWA) has successfully concluded the 10th edition of Caregiving Week (15–21 September 2025), a milestone year that mobilised over 1,000 seniors, caregivers, volunteers, corporates, and partners in building stronger lifelines of support.

Held under the theme “A Lifeline for Seniors”, the week-long series of programmes reaffirmed CWA’s mission to enable seniors and their caregivers to live with dignity, confidence, and peace of mind — both at home and in the community.

The culminating event, Caregiving Fest 2025, took place on 20 September at Sengkang Grand Mall, Atrium, and was graced by Mr Ng How Yue, Permanent Secretary (Services), Ministry of Health as Guest-of-Honour. Drawing over 1,000 participants and supported by more than 60 partners, sponsors, and over 90 volunteers, the Fest featured performances, engaging resource booths, eco-themed workshops, and an immersive exhibition that placed caregiving in the public spotlight.

### **Key Announcements**

#### **Launch of CWA CareJourney**

CWA introduced CareJourney, a structured and guided pathway designed to support caregivers at every stage — whether they are just beginning their caregiving role, actively providing care, or adjusting after their journey has ended. The pilot will begin with caregivers supporting seniors living with stroke and dementia, conditions that often bring complex challenges.

By providing direct, individualised support and linking caregivers to a trusted network of partners such as MindCare, Mindfull Community Limited, Singapore National Stroke

Association, STC Institute of Learning, and The Salvation Army Peacehaven, CareJourney reduces the need for caregivers to repeatedly re-explain their situations across different providers. This coordinated approach ensures faster help in times of distress, continuity of care as needs evolve, and equips caregivers with the knowledge, tools, and emotional support needed to sustain them. Ultimately, CareJourney reimagines ageing with dignity by ensuring that no caregiver walks the path alone.



### Home-based Monitoring Programme – White Paper Release

First piloted in 2024, the Home-based Monitoring Programme (previously known as the Remote Monitoring & Support Programme) uses technology such as fall-detection sensors and remote monitoring devices to enhance the safety, confidence, and wellbeing of vulnerable and solo-living seniors. By combining technology with timely human support, the programme offers seniors peace of mind that help will always be available, while reassuring families that their loved ones remain safe at home.

The newly released White Paper consolidates key findings from the pilot and sets out a roadmap for scaling preventative care affordably across Singapore. It highlights how monitoring solutions can be deployed, adapted, and integrated within diverse community settings, with the potential to reduce unnecessary hospital admissions, strengthen

independence among seniors, and ease caregiving pressures on families. Importantly, the report provides evidence and practical recommendations for policymakers, funders, and Social Service Agencies to collaborate in expanding the initiative islandwide.

“Our focus this year is on solutions that are immediate, scalable, and grounded in evidence,” added Mr Steven Yeo, Executive Director of Caregiving Welfare Association. “Through CareJourney and Home-based Monitoring, we aim to ensure that every family has access to structured support and that seniors and their caregivers never feel alone in their journey.”

### **Caregiving Fest 2025**

**Saturday, 20 September, 9.30am to 4pm, at Sengkang Grand Mall, Atrium**

The Fest also celebrated community spirit and creativity. Seniors modelled upcycled outfits in a Care & Couture fashion show with Fashion Parade, while Sodexo engaged participants through live cooking demonstrations and nutrition talks. Eco-themed workshops by The Good Earth School and The Mill International encouraged sustainability through practical upcycling activities.

Another centrepiece of the Fest was the “My Life Behind the Door” interactive exhibition, supported by NUS Tembusu College. Designed to shed light on the unseen realities of caregiving, the exhibition recreated a home environment where visitors donned ageing simulation suits and attempted everyday household tasks. These immersive experiences offered a powerful glimpse into the challenges caregivers navigate daily, sparking greater empathy and awareness among participants.





Guest-of-Honour, Mr Ng How Yue, commended CWA's efforts and emphasised the importance of community networks in supporting Singapore's ageing population: "Befittingly, the theme for Caregiving Fest today is "A Lifeline for Seniors", which underscores the need for efforts to support seniors and caregivers, by encouraging innovation, expanding community-driven solutions, and deepening collaboration. With such efforts across the whole of society, we can ensure no one faces the caregiving journey alone."



## Looking Ahead

Beyond Caregiving Week 2025, CWA will continue to build on the momentum by expanding the Home-based Monitoring Programme, rolling out CareJourney to more caregiver groups — beginning with those supporting seniors with stroke and dementia — and deepening collaborations with corporates, volunteers, and community organisations to scale preventative care and strengthen community-based support.

As these initiatives take shape, CWA invites seniors, caregivers, partners, and corporates to be part of this movement: download the White Paper on the Home-based Monitoring Programme at <https://www.cwa.org.sg/home-based-monitoring>, register your interest in CareJourney at <https://www.cwa.org.sg/carejourney/>, or come on board as a volunteer or partner to strengthen lifelines for seniors and their caregivers in the community.

For further information regarding Caregiving Week 2025, please visit <https://www.caregivingweek.com> or email [marketing@cwa.org.sg](mailto:marketing@cwa.org.sg).

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### **About Caregiving Welfare Association (CWA)**

Caregiving Welfare Association is a non-profit Social Service Agency (SSA) registered with the Registry of Societies, an Institute of Public Character (IPC) by the Ministry of Health (MOH), and a member of the National Council of Social Service (NCSS), dedicated to supporting seniors and their 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>.

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