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Caregiver Overwhelm Takes Centre Stage as Caregiving Week 2026 Concludes

Final survey finds 91.2% of respondents have experienced or anticipate caregiver overwhelm, while 56.6% balance caregiving alongside employment

SINGAPORE, 1 OCTOBER 2026 – 91.2% of respondents to Caregiving Welfare Association's 2026 Caregiver Experience Survey said they had experienced or anticipate feeling overwhelmed, while 56.6% balance caregiving alongside employment, highlighting the pressures that can sit behind everyday family caregiving. A further 44.0% rated their overall wellbeing as fair or poor.

The final findings were highlighted as Caregiving Week 2026 concluded with Caregiving Fest on 19 September, bringing together over 1,000 caregivers, seniors, families, community partners and members of the public around caregiver wellbeing, ageing and practical support. The event was graced by Guest-of-Honour Mdm Rahayu Mahzam, Minister of State, Ministry of Digital Development and Information & Ministry of Health, alongside Special Guest Assoc Prof Dr Elmie Nekmat, Adviser to Sengkang GRC GROs (Sengkang Central).

The findings come at a critical time for **Singapore as it has reached super-aged status, with one in four citizens expected to be aged 65 and above by 2030**. As more Singaporeans take on responsibility for ageing parents, spouses and other loved ones, the conversation is increasingly shifting from how seniors are cared for to whether the people supporting them are able to continue doing so sustainably.

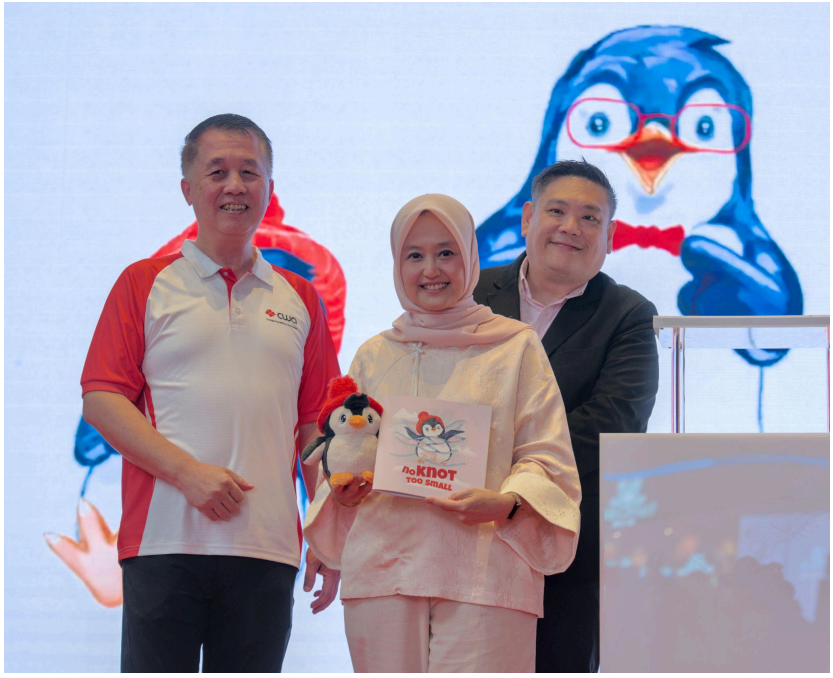
The survey also points to a less visible group of caregivers. **20.9% of respondents saw caregiving simply as a family responsibility, while 57.1% said they were managing but found their caregiving responsibilities demanding.** Together, the findings suggest that caregiving strain can build gradually, often before someone recognises the extent of the responsibility they are carrying or considers seeking support.

"Caregiver overwhelm rarely happens overnight. It builds when someone is constantly juggling medical appointments, work, household responsibilities and the emotional weight of knowing another person depends on them," said **Mr Steven Yeo, Executive Director of Caregiving Welfare Association**.

“Taking a break or asking someone else to step in should not be seen as stepping away from that responsibility. Planned respite and earlier support can help caregivers protect their own wellbeing and sustain the care they provide over the long term.”

Speaking at the Caregiving Week Public Finale, Mdm Rahayu noted that many people care for their loved ones without necessarily seeing themselves as caregivers, which can make them less likely to recognise when they need support. “No caregiver should have to manage their caregiving journey alone,” she said, adding that “building a caregiving-friendly Singapore requires collective effort.” She highlighted the role of families, employers and community partners such as Caregiving Welfare Association in helping caregivers navigate available support and bringing conversations around caregiving into the open.

That emphasis on recognition and shared responsibility was also reflected in this year’s Caregiving Week theme, “**Behind Every Caregiver, A Story**”. The campaign aimed to bring often unseen caregiving experiences into the open while helping families better understand where support is available.



From left to right: *Mr Steven Yeo, Executive Director of Caregiving Welfare Association; Mdm Rahayu Mahzam, Minister of State for Digital Development and Information & Ministry of Health; and Dr Tan Jit Seng, President of Caregiving Welfare Association, at Caregiving Fest 2026.*

As part of this effort, Caregiving Fest saw the launch of CWA’s educational storybook, **“No Knot Too Small”**, which introduces conversations about caregiving to children and families. When a sudden storm leaves Grandpa injured and disrupts the family’s livelihood, Pebble and his family must adapt, take on new roles and share responsibilities to keep going. Through the story’s

metaphors, the book highlights the importance of being prepared, sharing the responsibilities of care, and recognising that every family member can play a meaningful role.

Beyond Caregiving Week, Caregiving Welfare Association supports caregivers of seniors through a holistic range of services addressing both the practical demands and emotional toll of caregiving. Through CareJourney, caregivers can receive a free consultation and be connected to suitable support, including CWA's free monthly Caregiver Support Groups. HomeAssist also provides practical home-based support such as elder-sitting, companionship and light household assistance, giving caregivers opportunities to take a break while their senior loved ones are cared for. Subsidies are available across CWA's services based on eligibility.

Caregiving Fest also featured the "Voices of Care" audio installation, bringing the campaign theme to life through 10 caregiver stories.

As Singapore's caregiving needs continue to grow, the final survey findings point to a clear message: greater recognition, accessible support and shared responsibility can make a meaningful difference, and caregivers should not have to wait until they are overwhelmed before seeking help.

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About Caregiving Welfare Association
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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