Eighth Family Research Network (FRN) Forum
"Caregiving in Singapore: Insights, Highlights and Experiences"

Tuesday, 7 August 2012
Auditorium, Level 1, Civil Service College

family research network

MCYS

Lee Kuan Yew School of Public Policy
National University of Singapore

iPS Institute of Policy Studies

8th Family Research Network Forum

Support for Caregivers: Recommendations in the Enabling Masterplan 2012 – 2016

Phyllis Choo
Director, Planning

7 August 2012

Introduction

- 2006: MCYS and NCSS embarked on the inaugural Enabling Masterplan
  - Charts the development of the disability sector for 5 years (2007 – 2011)
- 2011: MCYS announced the plan to embark on a new 5-year Enabling Masterplan
  - Builds on the foundation laid down by earlier initiatives for Singapore to strive towards an inclusive society

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Methodology

STEERING COMMITTEE

Chair - Chua Chin Kiat; Dy Chair - Col Milton Ong

Early Intervention Subcommittee

Chair – A/P Winnie Goh

Education, Employment and Healthy Lifestyle Subcommittee
Chair - Anita Fam

Adult Care and Caregiver Support Subcommittee

Chair - Conrad Campos

Reps from VWOs, pte and public sectors

RECOMMENDATIONS

Top-down/ ground-up approach

Focus Group Discussions

Evidence-based studies

Disability statistics

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Vision

An inclusive society where persons with disabilities are empowered and recognised, and given full opportunity to become integral and contributing members of society.

Children with special needs to receive early intervention and education services

Persons with special needs to access employment opportunities

Families to be empowered to support family members with special needs

Public, people and private sectors to work with persons with disabilities and their families to achieve vision

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Guiding Principles

Principle 1
Inclusive approach towards persons with disabilities

Principle 4
Community as a source of support; empower families to care

Guiding Principles

Principle 2
Recognise the autonomy and independence of persons with disabilities

Principle 3
Integrated approach with support of People, Public and Private partners

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Guiding Principles

Principle 4: Involve the community as a source of support and empower families to care

- What it means
  - Community acceptance, volunteerism and family support as pillars for inclusiveness
- What it takes
  - Public education and community involvement to encourage acceptance of persons with disabilities, volunteerism
  - Comprehensive caregiver support framework to empower and support families to care for persons with disabilities
    - Financial, social and emotional aspects of caregiving

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Key Areas

An inclusive society where persons with disabilities are enabled to participate fully

| Early Intervention | Education | Employment | Care for Adults with Disabilities |

Manpower and Technology
Community Integration and Accessibility
Public Education and Volunteer Management
Sports and Healthy Lifestyle
Caregiver Support and Transition Management

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CAREGIVER SUPPORT
- Concerns of Caregivers

Feedback from Caregivers

- Respite care
  - High risk for fatigue/ burnout
  - Need for more respite care options/ facilities by trained personnel

- Support for caregivers in employment
  - Balance work and caregiving duties
  - Remain in workforce to sustain family income
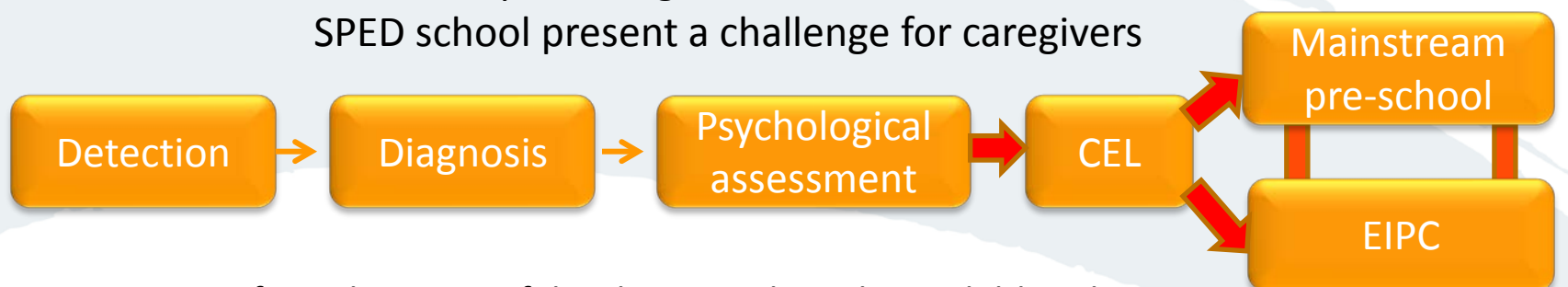   - Need to pay for services, medical treatment, therapy etc for care recipient

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Feedback from Caregivers

- Caregiver training
  - Expand scope of caregiver training
    - Focused mainly on caring for children with special needs
- Psycho-emotional support
  - More help in stress management e.g. counselling services
- Ageing population and longer life expectancy of persons with disabilities
  - Ageing caregivers looking after older persons with disabilities
  - Persons with disabilities outliving their caregivers
  - Fewer siblings to look after persons with disabilities

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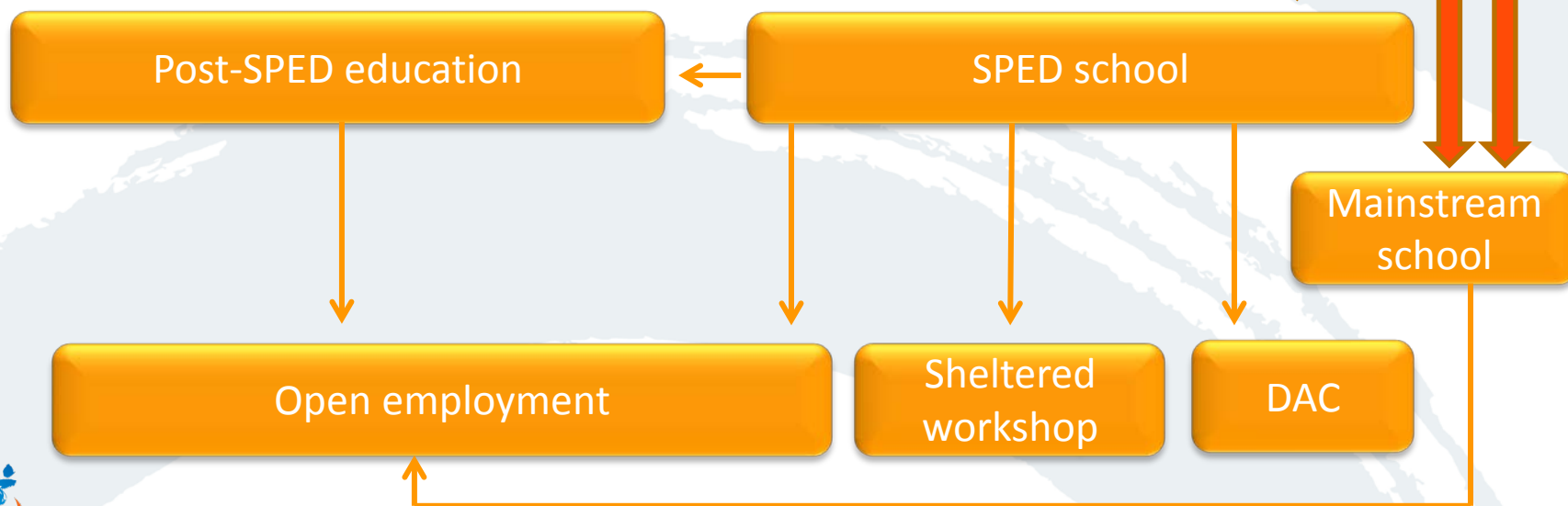LIVENABLED

Feedback from Caregivers

- Transition management
  - More help in navigating the disability landscape, esp across transition points
    - Points of change in services, and in the personnel and organisations that coordinate and provide the services

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Transition Points

Transition points e.g. fr EIPIC to mainstream or SPED school present a challenge for caregivers

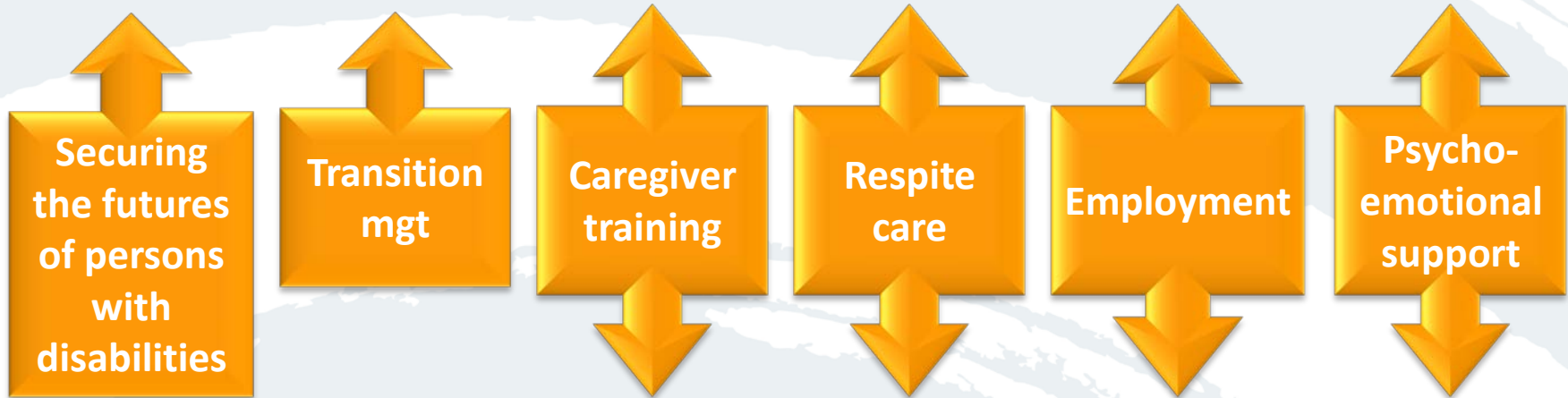Detection → Diagnosis → Psychological assessment → CEL → Mainstream pre-school

CEL → EIPC

Current transition from detection of developmental needs to adulthood

Post-SPED education ← SPED school

EIPC → Mainstream school

Post-SPED education → Open employment

SPED school → Sheltered workshop

SPED school → DAC

Mainstream school → Open employment

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CAREGIVER SUPPORT
- Recommendations

Strategic Thrusts

Thrust 1- Enhance access to progs and services

| Securing the futures of persons with disabilities | Transition mgt | Caregiver training | Respite care | Employment | Psycho-emotional support |

Thrust 2 – Build caregivers' capability

Thrust 3 - Enhance care options for caregiver relief and support

Thrust 1 - Enhance Access to Programmes and Services

(1) CEL as the coordinating agency for caregiver support services

Signposting system to help caregivers access support services proactively
- Develop care plan and transition plan templates
- Help families develop and review care plans
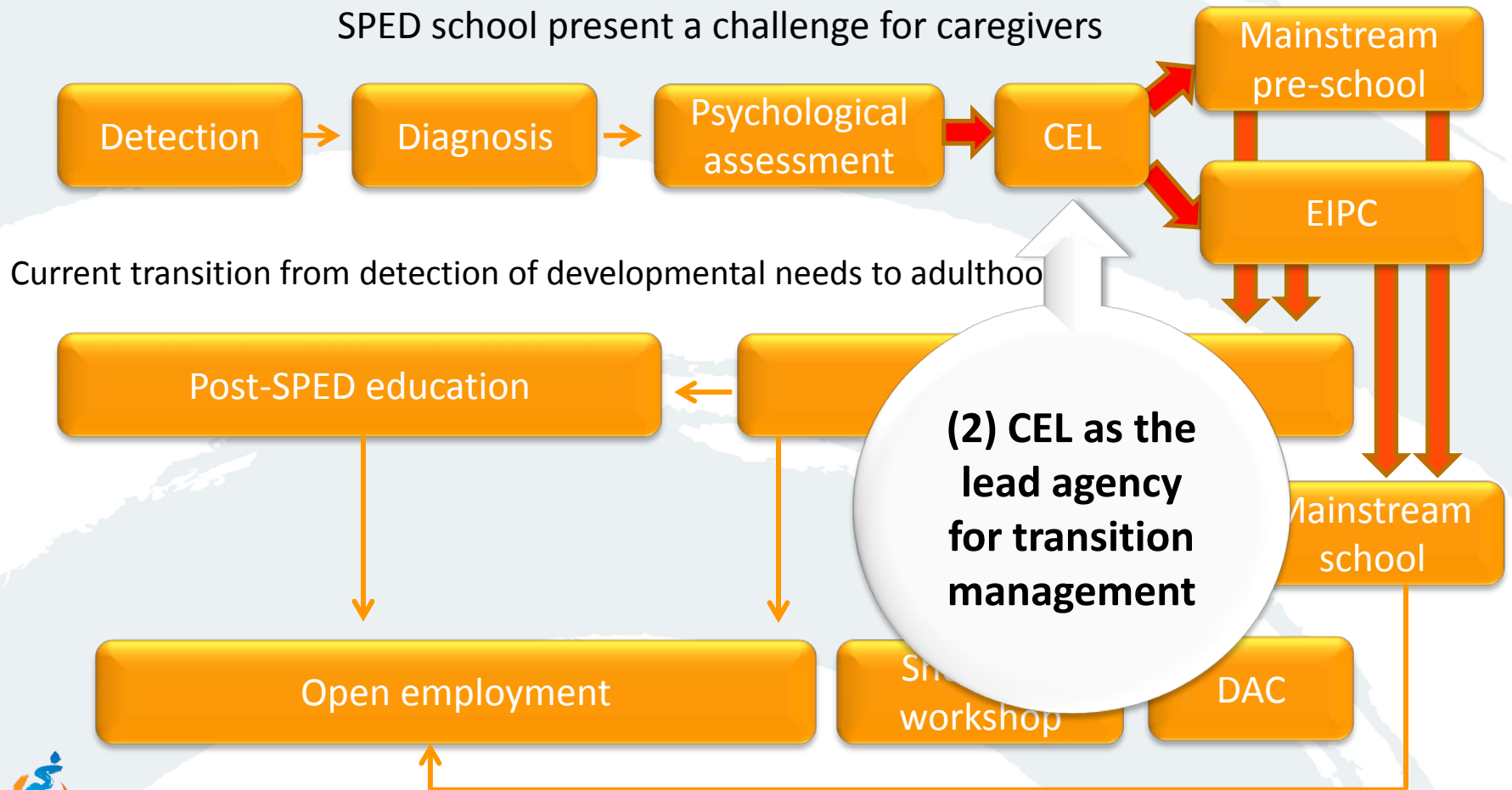- Centralise referrals under CEL

Enhancing financial and legal security of persons with disabilities
- Providing more resources for caregiver education on legal and financial security measures for persons with disabilities

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Thrust 1 - Enhance Access to Programmes and Services

Transition points e.g. fr EIPIC to mainstream or SPED school present a challenge for caregivers

Detection → Diagnosis → Psychological assessment → CEL

Mainstream pre-school

EIPC

Current transition from detection of developmental needs to adulthood

Post-SPED education

(2) CEL as the lead agency for transition management

Mainstream school

Open employment

Sheltered workshop

DAC

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Thrust 1 - Enhance Access to Programmes and Services

(2) CEL as the lead agency for transition management

Ensure persons with disabilities and caregivers have access to info and services at diagnosis and across transition points

Develop common system across agencies to facilitate appropriate placements and review of progress of persons with disabilities

Set up a case coordination system across transition points

Develop shared national database to enhance transition planning and flow of information

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Thrust 2 – Build Caregivers' Capability

Caregiver Training

Structured training tailored to caregivers' needs and competency

Develop core competence training roadmap for caregivers	Early/ pre-employment training for FDWs	Evaluate quantum and scope of Caregiver Training Grant

Provide caregivers with resources, information, early intervention skills/ knowledge to become active partners in early intervention

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Thrust 3 – Enhance Care Options for Caregiver Relief and Support

Respite care/ employability

Relieve caregiving responsibilities; enhance caregiver's ability to care

Increase respite care options – short-term stay-in respite care	Increase dedicated child/ student care services for children with special needs	Review Integrated Child Care Programme (ICCP)

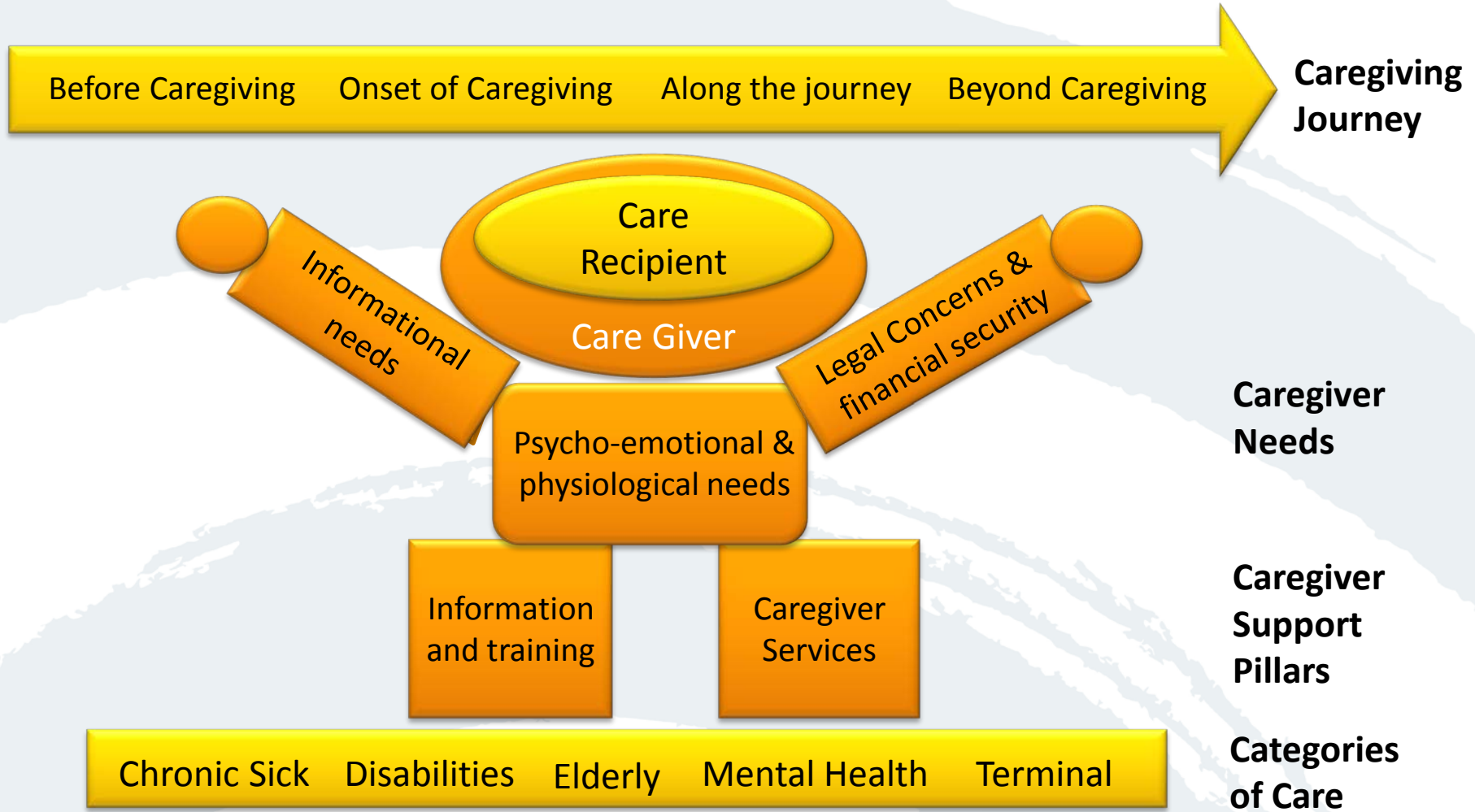Develop home-based care for persons with disabilities

FDWG to make care arrangements more affordable

DACs to provide for various disabilities; enable persons with disabilities to use eldercare facilities and services
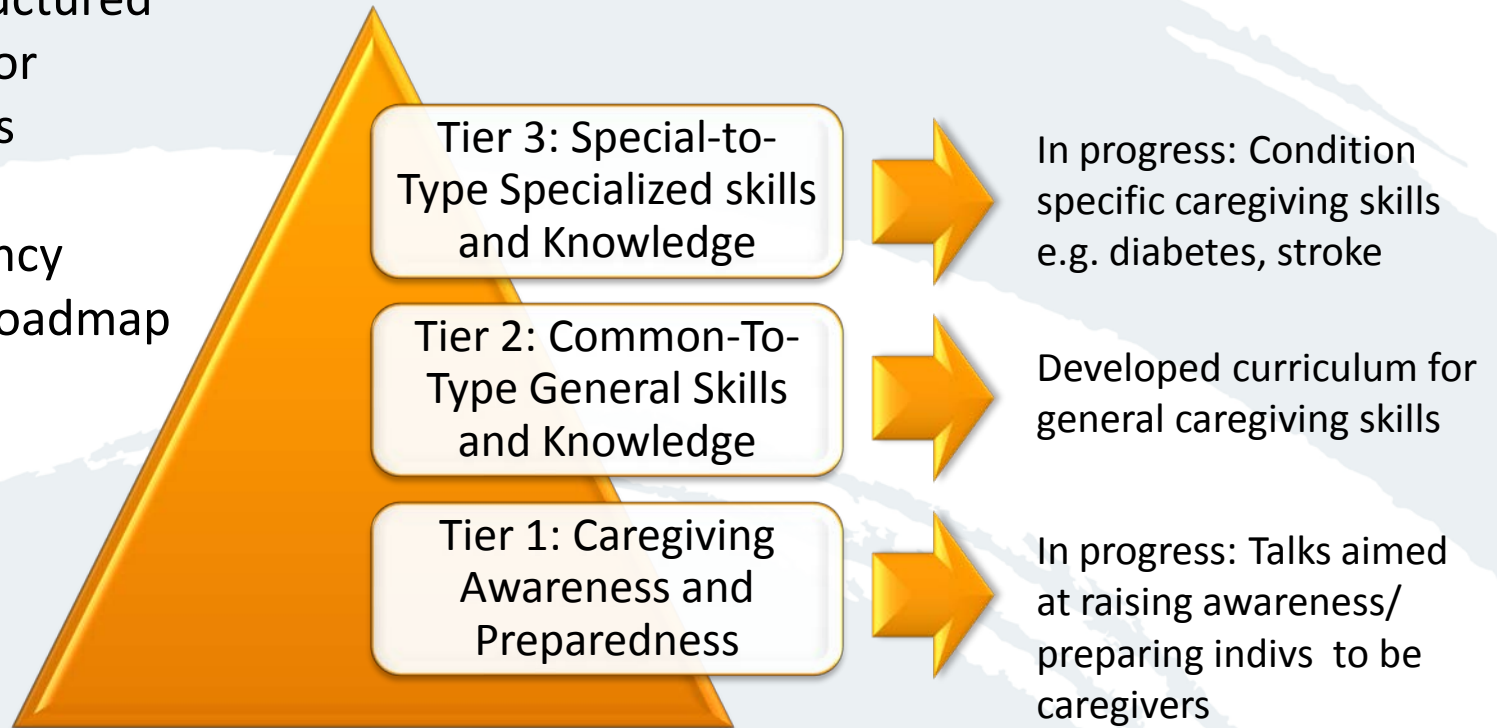
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CAREGIVER SUPPORT
- Moving Forward

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CEL-AIC Joint Caregiver Support Framework

Before Caregiving   **Onset of Caregiving**   **Along the journey**   **Beyond Caregiving**

Caregiving Journey

Care Recipient

Care Giver

Informational needs

Legal Concerns & financial security

Psycho-emotional & physiological needs

Caregiver Needs

Information and training

Caregiver Services

Caregiver Support Pillars

Chronic Sick   Disabilities   Elderly   Mental Health   Terminal

Categories of Care

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Information and Training

More structured training for caregivers
- Core competency training roadmap

Tier 3: Special-to-Type Specialized skills and Knowledge → In progress: Condition specific caregiving skills e.g. diabetes, stroke

Tier 2: Common-To-Type General Skills and Knowledge → Developed curriculum for general caregiving skills

Tier 1: Caregiving Awareness and Preparedness → In progress: Talks aimed at raising awareness/ preparing indivs to be caregivers

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Information and Training
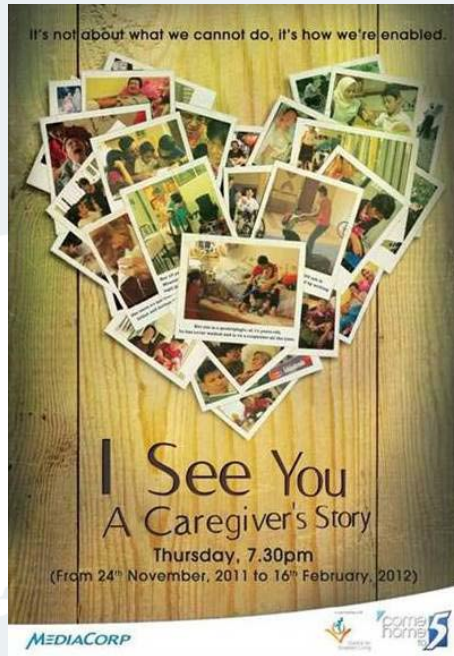

Dedicated to info and resources on caregiving, incl caregiver self-care

Directory on health and social care services
- English and Mandarin

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Information and Training

I See You
A Caregiver's Story
Thursday, 7.30pm
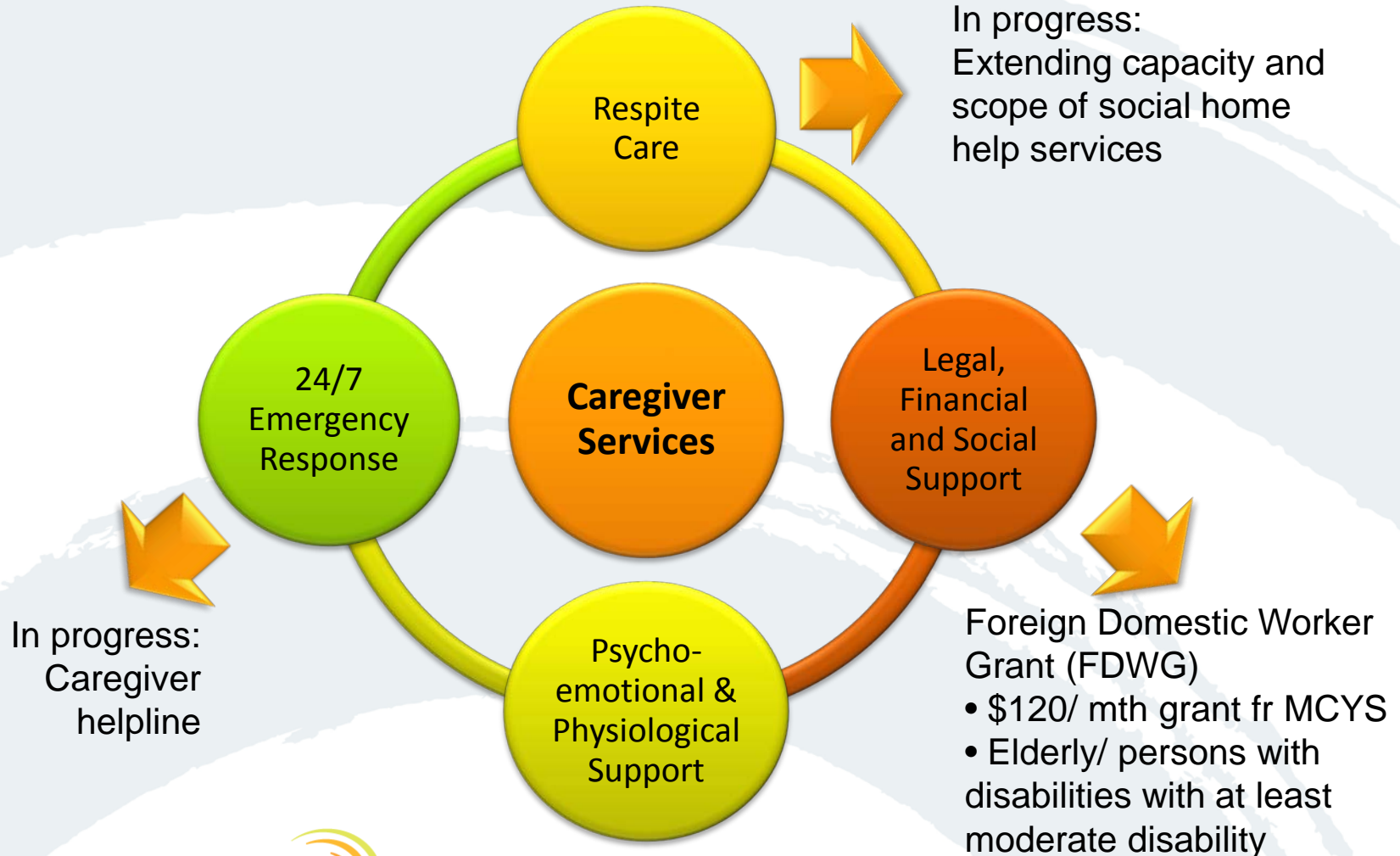(From 24th November, 2011 to 16th February, 2012)

13-parter docudrama featuring real-life experiences of caregivers and advice

CEL partnering with AIC to re-develop Singapore Silver Pages, with greater focus on caregivers and caregiving

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Caregiver Services

Respite Care

In progress: Extending capacity and scope of social home help services

24/7 Emergency Response

In progress: Caregiver helpline

Caregiver Services

Legal, Financial and Social Support

Foreign Domestic Worker Grant (FDWG)
• $120/ mth grant fr MCYS
• Elderly/ persons with disabilities with at least moderate disability

Psycho-emotional & Physiological Support

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THANK YOU

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