

Caregivers' Cove

Caring for a loved one with a chronic condition can be rewarding, but it could also be physically, socially, emotionally and even financially very draining¹.

Caring for a family senior

- could kick start at any stage of our lives.
- usually involves a variety of new assistance needs.
- often changes our lifestyles for good.

Did caregiving responsibilities

- alter your relationships at home and outside?
- distract you from looking after your own wellbeing?
- affect your financial priorities and plans?
- make it seem challenging to remain positive?

Would you need some

- professional and medical advice?
- healthy outlets to manage your stress?
- financial and administrative assistance?
- plans to recharge and refresh soon?
- good company to help you maintain a quality lifestyle?

Share with us your experience!



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Building Stronger Communities, *Together*

看护者港湾

看护换长期病症的亲人很有意义，但也可能消耗身体、社交、情绪甚至经济大量资源¹。

看护家庭长者

- 可在人生任何阶段开始。
- 通常包括多样的新看护需求。
- 常恒久改变我们的生活方式。

看护责任是否

- 改变您家里和外在的人际关系？
- 让您忽略自己的安康？
- 影响您的经济重点和计划？
- 让您觉得难以保持乐观？

您需要一些

- 专业和医药建议吗？
- 健康的情绪发泄方式来减压吗？
- 寻求经济和行政的援助吗？
- 计划及早充电和更新吗？
- 好伙伴，协助您维持优质生活吗？

请和我们分享您的经验！



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