Caregivers' Cove

1 in 4 Singaporeans age 40 and above has at least one chronic disease. Poorly managed conditions leads to high medical costs and affects one's quality of life¹. Take charge of chronic conditions for yourself and the family today².

Get information

The more you know about chronic conditions, the more ready you are to manage them.

Stay healthy

Make it a family affair to eat healthier and get more active. Ready?

Monitor Yourselves

Take your own readings at home. Notice how the body feels too.

Feeling troubled?

Up to 1/3 of those with chronic disease feel bothered by their conditions. Try discussing any issues with a doctor, nurse, dietician or a loved one to tackle together.



Photo credit: Unsplash



- 1. "Chronic diseases A Growing Problem in Workplace, <u>https://www.hpb.gov.sg/article/tips-to-prevent-and-manage-chronic-diseases-in-the-workplace</u>, 21 Sep 2021
- 2. "10 steps for coping with a chronic condition", https://www.health.harvard.edu/staying-healthy/10-steps-forcoping-with-a-chronic-condition, 21 Sep 2021

看护者港湾

在新加坡每四个年龄40以上的人就有一位患最少一种长期 病症。长期病症控制不好会导致昂贵的医药费,也可能影响 一个人的生活素质¹。今天就为您和家人控制好长期病症²。

索取资讯

<mark>您对长</mark>期病症懂的 越多,就越有能力 管理它**们**。

维持健康

让全家一起吃得 更健康和保持更活跃。 准备好了吗?

自己测量

在家自<mark>己测量和观</mark>察, 也留意<mark>身体的感觉</mark>。

感觉懊恼?

高<mark>达三分之一的长</mark>期病症患 因病症而懊恼。有任何问题, 可尝试和医生、护士、营养 师或亲人讨论,联手处理。



图像源: Unsplash



- 1. "Chronic diseases A Growing Problem in Workplace, <u>https://www.hpb.gov.sg/article/tips-to-prevent-and-manage-chronic-diseases-in-the-workplace</u>, 21 Sep 2021
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