

Caregivers' Cove

Managing caregiver stress has become a talking point in the uncertainties of the Covid-19 pandemic¹.

Recognizing Caregiver Stress

Look out for these warning signs²:

- Being unhappy or resentful in caring for loved ones.
- Having little interest in social activities for yourself.
- Getting angry very quickly or feeling unusually tired.
- Spending lesser time on yourself than before.
- Do not feel like getting up in the morning.

Causes of Caregiver Stress²

- **Role Conflicts:** Are caregiving responsibilities interfering with other roles you play? Consider reassigning or redistributing some tasks with someone.
- **Lack of Control:** Feeling uncertain about a situation or a senior's condition? Talking to someone with relevant knowledge or experience may shed some light.
- **Unmet Expectations:** Feeling upset that the senior did not do what you expected? Some conditions may affect one's functioning more than you realize. Discuss with a healthcare professional to clarify about his/her care needs.

Self Care Tips

Find time to try some ideas for self care³:

- Stay organized with a planner or note book.
- Get enough sleep through conducive nightly routines.
- Eat well and stay active.
- Say a polite "no" to others and "yes" to self care.
- Play with a pet or listen to music, engage in art and craft or do something else you enjoy.



[Click here to share your experience!](#)



Building Stronger Communities, Together

1. "Society must recognise potential mental health crisis following Covid-19, says Singapore doctor", Todayonline.com, 8 Aug 2020

2. "Caregiver Stress", <https://www.aic.sg/caregiving/caregiver-stress>, 8 Aug 2020

3. "Self-Care: 12 Ways to Take Better Care of Yourself" Psychology Today, <https://www.psychologytoday.com.sg/blog/click-here-happiness/201812/self-care-12-ways-take-better-care-yourself>, 9 Aug 2020

看护者港湾

冠状病毒所带来多样不确定的状况让处理看护者压力成为热门话题¹。

确认看护者压力的症状

留意是否出现这些症状²：

- 对看护家人感到不乐意或不满。
- 自己没兴趣参与社交活动。
- 觉得很快生气或特别疲累。
- 比以前花少很多时间在自己身上。

什么导致看护者压力²

- **角色冲突**：看护角色与您其他角色冲突吗？试与他人把看护工作再分划一下。
- **缺乏控制**：感觉有些事情或对长者病情不明确？和有经验的人谈谈或许帮助您处理状况。
- **期望落差**：长者的行为不如意料吗？有些病症对长者日常生活能力的影响可能超出您意料。与专业看护人员商谈了解要关注什么看护需要。

自护贴士

腾出时间试试一些自护点子³：

- 用日记或笔记来规划。
- 安排适当晚间习惯，放松和补充睡眠。
- 注意饮食、常做运动。
- 自护优先，礼貌的说“不行”。
- 和宠物玩耍、听音乐、做手工或您喜欢的事。



请点击分享您的经验！

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