

About Course	Well-being for Caregivers is a practical course designed to equip caregivers with essential knowledge and skills to navigate the demands of caregiving while supporting their own well-being. It provides a foundation in understanding evolving care needs, recognizing emotional distress, managing caregiver stress, and communicating effectively in caregiving situations. Through interactive sessions, learners will build confidence in responding to common caregiving challenges, providing basic emotional support, setting healthier boundaries, and using practical strategies to strengthen their resilience and sustain their well-being. This course is ideal for family and informal caregivers who are currently providing regular care or support to another person, including those supporting older persons, persons with chronic illnesses or disabilities, and individuals with ageing-related or ongoing care needs.
Learning Unit(s)	Learning Unit 1: Understanding the Caregiving Role Learning Unit 2: Recognizing and Responding to Distress Learning Unit 3: Caregiver Well-being and Communication Learning Unit 4: Caregiving Tools and Action Planning
Learning Outcomes	At the end of this course, you will be able to: • Recognise the impact of caregiving responsibilities and evolving care needs on caregiver well-being • Apply basic psychological first aid principles to recognise and respond appropriately to emotional distress in caregiving situations • Apply practical strategies to manage caregiver stress and communicate effectively in challenging caregiving situations • Identify appropriate caregiving tools and develop a personal action plan to support ongoing well-being and resilience
Prerequisites	Participants are required to complete the Caregiver Pre-Requisite Survey prior to attending the course to confirm that they meet the intended caregiver profile. This is important because the funded target participant profile specifically refers to individuals currently providing regular care or support to another person in Singapore
Duration	8 hours <i>The session may be conducted in two 4-hour blocks over two days</i>
Mode of Delivery	Physical
Course Fees	S\$200 per learner (exclusive of GST) <i>100% funded by the Agency for Integrated Care (AIC) under the Silver Lining Fund</i>

Certification	Certificate of Participation will be issued to participants who achieve at least 75% attendance of the programme		
Training Schedule			
Learning Unit	Content	Methodology	Duration
Understanding the Caregiving Role	Explore the realities and responsibilities of caregiving, including how caregiving needs may evolve when supporting persons with chronic illnesses, disabilities and ageing-related conditions. Examine how caregiving responsibilities may affect the caregiver's physical health, emotional well-being, mental load and decision-making. Identify personal expectations, common caregiving pressures and early signs of strain.	Interactive discussion, guided reflection, case examples	90 minutes
Recognizing and Responding to Distress	Recognise signs of emotional distress in both caregivers and care recipients. Learn basic psychological first aid principles and practical approaches to providing initial support. Practice listening, responding calmly, offering reassurance and connecting the person to appropriate support. Clarify the caregiver's role, boundaries and limitations when responding to distress.	Scenario-based learning, facilitated discussion, demonstration, paired practice	105 minutes
Caregiver Well-being and Communication	Recognise early signs of caregiver stress, overload and burnout. Apply practical strategies for managing stress, regulating emotions, using constructive self-talk and sustaining personal well-being. Explore how to communicate needs, set healthier boundaries and manage difficult conversations or caregiving-related conflict with family members, care recipients and service providers.	Guided reflection, small-group discussion, practical exercises, role-play and real-time feedback	135 minutes
Caregiving Tools and Action Planning	Explore how telehealth, remote monitoring and caregiving technologies may support caregiving responsibilities and reduce practical strain. Consider accessibility, privacy, consent and limitations. Apply learning through realistic caregiving scenarios involving stress,	Reflection activities and practical exercises	90 minutes

	emotional distress, communication challenges and changing care needs. Develop a personal action plan to strengthen resilience and sustain well-being in the caregiving role.		
--	--	--	--