



CAREGIVERS SUPPORT TRAINING: WELLBEING FOR CAREGIVERS

BY SINGAPORE RED CROSS ACADEMY

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, recognising 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.

Learning Unit 1: Understanding the Caregiving Role

Learning Unit 2: Recognising and Responding to Distress

Learning Unit 3: Caregiver Well-being and Communication

Learning Unit 4: Building a Sustainable Caregiving Plan

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 practical supportive communication strategies to recognise and respond appropriately to emotional distress
- Apply practical strategies to manage caregiver stress and communicate effectively in challenging caregiving situations
- Develop a practical personal plan to strengthen caregiver well-being, support and resilience

The programme is designed not only for those who currently provide care, but also for family members, volunteers and members of the public who wish to be better prepared for caregiving responsibilities in the future.

Visit redcross.sg/caregiver-wellbeing to register for training.

Email academy@redcross.sg to sign up for group training