

# CONNECTING WITH CAREGIVERS AT THE WORKPLACE

Many employees today are caregivers to elderly parents or kin. Juggling the demands of care responsibilities and work often leave them overwhelmed, with little to no time for self-care. Caregivers go through a long process of emotional and physical stress, especially when they do not know how and where to access support, respite or resources.

## CARING FOR CAREGIVING EMPLOYEES

By offering support group conversations and informational talks, employers help to alleviate some of the stresses employees face, while improving their self-efficacy through better knowledge and skills. Fostering a supportive work environment helps employees feel less isolated, promotes greater social harmony and better mental well-being.

### WHO SHOULD ATTEND?

- Employees currently caregivers or anticipate becoming caregivers.
- Employees interested in learning more about aging and caregiving to better support caregivers or care recipients they know.

### 4-SESSION PACKAGE

- Understanding emotional, physical and psycho-social needs of seniors
- Essential caregiving and self-care skills
- Challenges and issues related to family, community and environment
- Understanding dementia

## SESSION STRUCTURE

All sessions will comprise a talk and a closed circle discussion, where participants may share their personal experience, challenges and learnings. Sessions will be facilitated by a trainer with background in gerontology, eldercare work, social work or relevant counselling experience.

**Duration : 1 hour**  
**Max capacity : 20 pax**

## CONTACT US



WhatsApp: 98303165



<https://www.silvercaregivers.org.sg>



[admin@silvercaregivers.org.sg](mailto:admin@silvercaregivers.org.sg)

