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New programme aims to help caregivers improve mental well-being

By Hetty Musfirah Abdul Khamid (/action/news/storiesby/storiesby/678458/storiesby.do?sortBy=latest&bylineId=8940&pageNum=0), Channel NewsAsia **Posted** 13 Feb 2016 23:30

Updated 13 Feb 2016 23:40



An elderly woman in a wheelchair with her caregiver. (File photo: TODAY)

CAPTION



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SINGAPORE: Caregivers can learn to improve their mental well-being and better cope with the stress of caregiving under a new programme launched at Ren Ci Hospital on Saturday (Feb 13).

The Mindful Caregiver Programme is run by Brahm Centre and supported by the Agency for Integrated Care.

ADVERTISING



Participants can attend courses on mindfulness and health topics like dementia. They can also take part in activities like qigong and yoga, and 400 people have already signed up.

Senior Minister of State for Health Dr Amy Khor said given Singapore's ageing population, more people will be involved in caring for their loved ones. However, many may not be mentally prepared to take on the role.

She said the programme is unique as it also benefits the person receiving care.

"This programme is unique as it focuses on both the caregiver and the care recipient. With mindfulness at its core, the programme seeks to empower both caregivers and care recipients to reduce their own level of stress and to be calmer when handling challenging situations and issues," said Dr Khor.

"The programme also encourages the caregiver and recipient to be kinder to each other in speech and actions, and more accepting of each other, which is key to a harmonious relationship. This is achieved through workshops, interest groups and a support network. Within each interest or self-help group, like-minded members come together to form an informal network to support one another," she added.

The programme is largely funded by Tote Board, together with private sector support from the Tan Chin Tuan Foundation, the Wan Family and the Lee Foundation.

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仁慈医院推出经心看护者计划

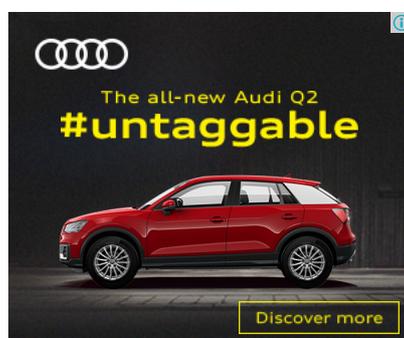
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文 / 黄小芳 (/byline/huang-xiao-fang)

(联合早报网讯) 照顾家中病患可能为看护者带来巨大的心理压力，仁慈医院因此与公益机构Brahm中心合作推出经心看护者计划，让看护者透过静观练习减轻心理负担。

在经心看护者 (Mindful Caregiver) 计划下，Brahm中心旗下的指导员每周会为看护者举行一次静观 (Mindfulness) 工作坊，透过讲座和练习让他们学习新的思维方式，对自己的的一举一动更有意识，由此帮助他们放慢脚步，减轻日常生活中的压力。

仁慈医院与Brahm中心也会设立看护者互助组织和交友服务，让看护者相互扶持。



经心看护者计划主要为仁慈医院病患的看护者而设，但公众也可报名参加。工作坊将在下月10日开始定期举行，目前已有400多人报名。

卫生部兼环境及水源部高级政务部长许连璜博士今午为计划主持推介仪式时指出，到了2030年，约两名成年人必须供养一名65岁以上的年长者，这比去年约五名成年人供养一名年长者的比例少超过一倍。

“随着我国人口不断老化，本地将出现越来越多需要照料的病患，看护者的年龄也会越来越高，他们自身可能也需要看护。经心看护者计划对国家有益，当局必须为看护者给予援助，让他们有能力照顾患病亲人。”

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联合早报， 2016年2月13日； Lianhe Zaobao, Feb 13 2016

“仁慈医院推出经心看护者计划”

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