

# Become an Empowered Caregiver who is on Top of Things



# “Caregiver Empowerment” is a top buzzword in the current healthcare scene

An empowered caregiver

- Has good control over decisions and actions regarding his/her loved one’s health
- Is proactive in making care situations better
- Is confident and prepared

How to be empowered then?





## I. Knowledge as the first step to empowerment

Seize your opportunity with the healthcare professionals.

Here are some of the questions you can ask:

## Caring for loved ones with chronic illnesses

- How will having \_\_\_\_\_ be like for patient and caregiver?
- Is it curable or reversible?
- How will this illness progress over time?
- Will there be side effects from medication?
- What will happen if I stop/adjust the medication?
- What symptom(s) may be challenging to manage?
- What can be done to aid recovery or maintenance?
- Should I consider Lasting Power of Attorney (LPA)?
- What external help or services can I tap on?



## Caring for loved ones at end of life

- What is the prognosis of my loved ones?
- What are some of the symptoms towards end of life?
- Under what circumstances should I send my loved ones to hospital?
- What quality of life can I give to my loved ones?
- What palliative care services can I tap on?
- Who can I approach to discuss advance care planning/preferred plan of care



## Caring for loved ones in day care/rehabilitation setting

- Should I list out caring tasks which I struggled with and explore solutions with other care staff?
- Do my loved ones have any rehabilitation potential?
- How can I ease my loved ones into day care/rehabilitation centre?
- How can I help to maintain their functioning when they are at home?
- What subsidies and additional support can I tap on?



## 2. Building confidence as the second step to empowerment

Common concerns faced by caregivers when speaking to professionals:

- “I may ask wrong and silly questions.”
- “We don’t speak the same language.”
- “I forgot what to ask this during consultation.”



As you build your confidence in caregiving,  
remember to:

Be kinder and patient towards self

- Accept any feeling that comes along
  - It is normal to feel overwhelmed and stressed when speaking to professionals.
  - Be curious about why you feel this way and find ways to deal with them.





As you build your confidence in caregiving,  
remember to:

Be kinder and patient towards self

- Think positively

- You may not know everything but you are learning to be a better caregiver.

- It is alright to seek advice or additional help.

- It is alright to ask any questions pertaining to the care of your loved ones.



As you build your confidence in caregiving,  
remember to:

Be kinder and patient towards self

- Before/when meeting the professionals
  - Do slow breathing exercise when feeling anxious.
  - Prepare a list of questions that you want to ask.
  - Have someone to accompany you/ ask for a translator in the consultation room if needed



Tsao Foundation  
Longevity is Opportunity

Empowered Caregiver =  
Building Knowledge + Building Confidence

