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?
1. 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
Empowered Caregiver = Building Knowledge + Building Confidence