



Connecting through phone, reminders for self-care

During this Covid-19 period, we often see many people giving thanks to healthcare and frontline workers. However to me, the real heroes, are the caregivers of persons in need. Caregiving in normal circumstances is already challenging but with this pandemic, it has increased the difficulty to a whole new level.

For a start, counsellors are no longer able to do our face to face session as per normal, instead we had moved to tele-commuting. This transit is a difficult and trying period as I try to engage my caregivers through phone conversations. Often they will be busy attending or disrupted by the caregiving responsibilities as their loved ones are with them 24/7 and every day.

Yet one client, let's call her Mdm Tan for anonymity, is able to take it in stride and even comment that our phone calls to her are like timely reminders for her to take a break. The phone calls provided some downtime where she could recharge herself again. This helped her stay sane and continue caring for her husband with dementia during the circuit breaker.

Mdm Tan's sharing has inspired me to continue reaching out to others (be it our clients, family or friends) and stay connected despite the circuit breaker as we could be the supportive role in keeping them safe and sane.

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