

Support for Caregivers



CAREGIVING JOURNEY

Caregiving for another can be an emotionally rewarding journey, but it can also be challenging, especially if you are balancing caregiving with other responsibilities. Sometimes, the emotional and physical strain of caregiving may lead to you feeling stressed, guilty, frustrated, and even burned out.



SIGNS OF CAREGIVER STRESS

EMOTIONAL:

- Anxious or fearful
- Argumentative
- Depressed
- Feeling isolated
- Feeling out of control
- Irritable or short-tempered
- Moody or experiencing mood swings

PHYSICAL:

- Back, shoulder, or neck pain
- Chest pain or rapid heartbeat
- Digestive problems
- Fatigue
- Frequent colds
- Headaches
- Loss of hair
- Loss of sex drive
- Muscle tension
- Nausea or dizziness
- Weight gain or loss

COGNITIVE:

- Constant worrying
- Focusing on the negative
- Inability to concentrate
- Memory problems
- Poor judgment
- Racing thoughts

**IF YOU ARE
EXPERIENCING
CAREGIVER
STRESS, IT'S OK
TO REACH OUT
FOR HELP**

THIS IS HOW WE CAN HELP YOU:

COUNSELLING

Our professional counsellors and social workers provide counselling services to help you manage the psychological stress and burnout.

SERVICE LINKAGE

We provide service linkages to other organisations for other services that may help to alleviate caregiver stress.

Contact Us



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