

Supporting Caregivers of Elderly Persons with DEMENTIA

The problems caregivers face and how we can support caregivers.

01

ISSUE

Caregivers have to juggle between work, caring for the elderly and other family commitments.

RECOMMENDATION

Encourage caregivers to use dementia day care to lessen their caregiving burden and prevent burnout.

02

ISSUE

Caregivers feel guilty as they think that they are not doing enough for the elderly.

RECOMMENDATION

Refer caregivers to counselling services by professionals to reaffirm them in their care for the elderly.

03

ISSUE

Caregivers lack time to attend dementia support services due to the intense needs of caregiving.

RECOMMENDATION

Recommend elder sit-in programmes to caregivers to provide respite. During this period, caregivers can attend training and support programmes on dementia.

05

ISSUE

Caregivers are not utilising dementia services like day care.

RECOMMENDATION

Inform caregivers on the benefits of having the elderly attend day care and persuade them to see it as a form of treatment.

04

ISSUE

Caregivers find it challenging to manage the difficult behaviours of persons with dementia.

RECOMMENDATION

Provide caregivers the opportunities to discuss information on dementia with healthcare professionals to help them better manage the elderly.

