



RESPITE

## Respite Care Recipients

ABLE's Respite Centre supports family caregivers and their physically challenged care recipients with centre-based and home-based programmes. These programmes are run by ABLE's Programme and Healthcare teams, and volunteers.

## Drop-in Programme

Our Drop-in programmes are catered for clients who want to be actively involved but are unable to tolerate a full day or week of activities. These programmes include person-to-person (P2P) befriending, swimming, ABLE chef, art therapy, music therapy and Pilates. Care recipients can express themselves through the medium of art and music. This helps them gain confidence in socializing with others and create new experiences with their peers.

## Home-Based Service

ABLE offers a home-based service that reaches out to caregivers whose care recipients are bed-bound or less mobile. Nurses assist with activities of daily living in replacement of the caregiver. In addition, an emergency option is made available in the event the caregiver is unable to temporarily care for the recipient due to hospitalisation or illness.



Find out more at [www.able-sg.org](http://www.able-sg.org)





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## SociABLE

This is a daily, social interaction programme that includes individual and group activities.

## Respite Caregivers Month

ABLE recognises the important role caregivers play in the care of persons with physical challenges. At our Respite Centre, we support family caregivers through regular quality programmes and services for both caregivers and care recipients.

We also extend our appreciation to all caregivers during Caregiver Month with a party and caregiver takeover on social media. Through interest groups, caregivers participate in monthly outings and activities such as cooking. This allows caregivers to experience respite and take a physical break from their care recipients.

Self-enrichment workshops and awareness talks are also key in these interest groups. During the Covid-19 pandemic, our team realised the need for a support group to help family caregivers through the difficult times. As a result, the Respite team introduced Tele-Kopi group sessions. During these sessions, Caregivers were given space to nourish and encourage each other. They are also constantly reminded of their self-worth through reflections. Besides a platform to share, Caregivers also learn to cook simple meals and basic gardening.



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