

A photograph of Jane, an elderly woman with short grey hair, sitting on a dark wooden bench outdoors. She is wearing a light blue button-down shirt with a floral pattern and dark pants. She has her hands clasped over a striped bag. The background shows a white building and greenery.

## Meet Jane...

Jane is a caregiver to her husband Alan, a stroke survivor. She enrolled her husband in ABLE's swimming classes for care recipients and subsequently joined ABLE's Tele-Kopi sessions for caregivers. The sessions gave Jane an avenue for self-expression through reflections and open conversations. She made friends and created bonds with other ABLE caregivers. Jane first thought to join this support group to learn good caregiving practices and be an example to other caregivers.



## Meet Jane...

The like – minded people she met created a community to journey with. “If you needed to cry, no one judged. Everyone could relate and everyone supported you through it,” said Jane. The ABLE respite programmes gave her hope and strength in times of struggle. She is also a breast cancer survivor who advocates for those in similar situations as her. She shared that this platform has reignited her faith as she is able to give back to society by sharing her experiences and caregiving tips.