

**I am Eli**

**this is my  
caregiving  
story**



**CAREGIVINGID**

## Caregiving101 kit

The kit consists of:

**The Journal**

**'A likely concern' deck**

**'This may help.' deck**

## Objective

The Caregiving101 kit is developed based on the idea that a person can think more sensibly about another's problem than their own.

With this in mind, the kit aims to help you find solutions to resolve your problems through thinking from a fictional character - Eli's point of view.

The cards act as icebreakers and triggers for caregivers such as yourself to share stories with others, find hidden struggles and even positive outlooks you might have missed.

## **How to use**

This kit is best used with a caregiving peer. Throughout the chat, feel free to take down notes within this book.

### **For a Start**

Among yourselves, pick someone to start the sharing. The other could help take notes if needed. The following applies to the person who is sharing first:

### **Meeting Eli**

Imagine you have just met another caregiver, Eli, who's going through the same caregiving journey as you.

### **Picking Cards**

Pick out the cards from the two decks that you think Eli can relate to based on your experiences. Discuss with your partner why those cards were picked.

## **Support Channels**

Discuss the support channels you think Eli could approach. Are there any organisations or support groups Eli can approach? Should Eli seek help from friends and family?

### **Next Steps**

Discuss and note down the next steps Eli can take.

### **Swap**

Swap positions and repeat the activity.

## **Adapt the kit as you will**

We understand that everyone has different experiences and hence, this kit is designed to be adaptable, use it as you will, the above only serves as an initial guide.

Just like how everyone's caregiving journey is different, there is no correct or wrong way to use the kit!



This is Eli the caregiver.

Eli is new to caregiving and your experience may help in her journey ahead.

Imagine that Eli is going through what **you are experiencing as a caregiver.**



**Pick one card each from the two decks** which you think is most relevant based on **your caregiving experience.**

Discuss **why** that card is picked.



**Discuss & note below**

the support channels Eli  
could reach out to.



**Organisations**

**Support Groups**

**Friends**

**Family**

With the **cards picked** as well as the **support channels listed**,

discuss and come up with a plan Eli can  
**immediately put into action.**

You may **write the points on both cards** as  
well as the **action plan** on the lines provided  
on the back of the cover page.

**sample**

this may help...

actively search for  
support groups and  
channels.

a likely challenge...

the feeling of  
helplessness

action plan

search facebook/  
telegram & other social  
media for caregiver  
support groups.

This is Eli the  
caregiver.



Eli is new to  
caregiving and

The story of Eli is just a reflection of **your caregiving story.**

The suggestions and challenges you chose reflects **your own experience** - ones that you will give a caregiver going through what you had.

This book is designed based on the principles of the **Solomon's Paradox**, which states that you can think **more sensibly about other's problems than your own.**

Applying the Solomon's Paradox to your own caregiving journey, the action plan **you built** for Eli are ones you can take for your own.



You may tear the cover page along the perforated line and use it as a bookmark - **a reminder of what's next.**

The same bookmark can also be passed to other caregivers, to **reach out and share your story.**



































