

**CAREGIVING** | ● |

## Caregiving101

Caregiving101 is a toolkit that serves as a strategic solution that helps provide a safe space for caregivers to seek help and share their stories while empowering them to gain confidence in caregiving.

These same stories can then used to build a network of caregivers to facilitate awareness building measures for support channels.



## Taking Distance

The key insight uncovered during the research phase was that caregivers **have** the ability to resolve any of the distress they were facing, the key was for them to be able to take an **emotional distance** from their situation, which is often easier said than done.

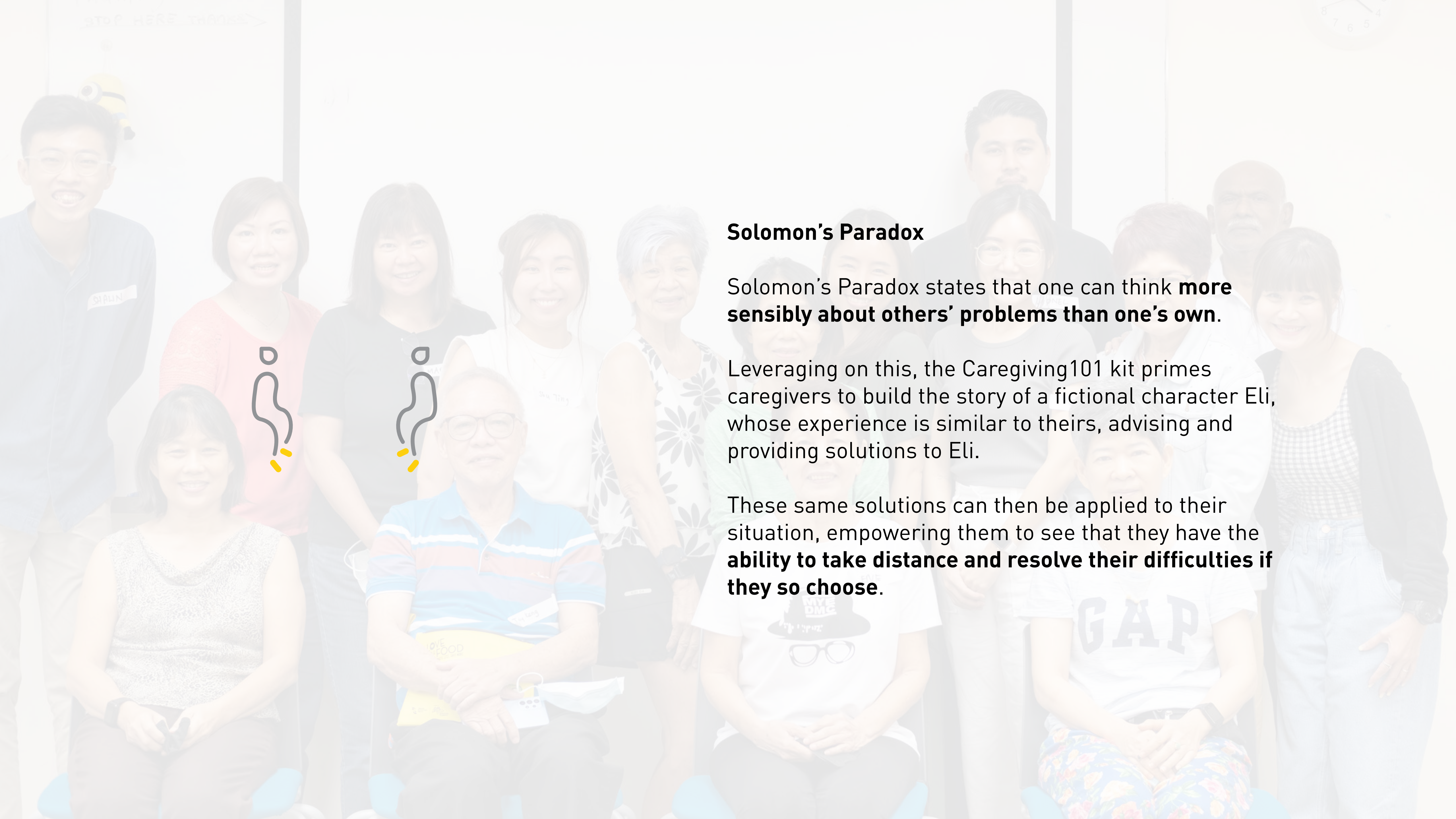
“  
**It’s simply listening and rephrasing the same set of options that I get from them.**

**This gets them to think from another perspective.**

**- Counsellor**  
Ain Society

Interviews were conducted with numerous professional counsellors, psychologists, caregiver trainers, caregiving organisations, social workers and caregivers within Singapore





## Solomon's Paradox

Solomon's Paradox states that one can think **more sensibly about others' problems than one's own.**

Leveraging on this, the Caregiving101 kit primes caregivers to build the story of a fictional character Eli, whose experience is similar to theirs, advising and providing solutions to Eli.

These same solutions can then be applied to their situation, empowering them to see that they have the **ability to take distance and resolve their difficulties if they so choose.**

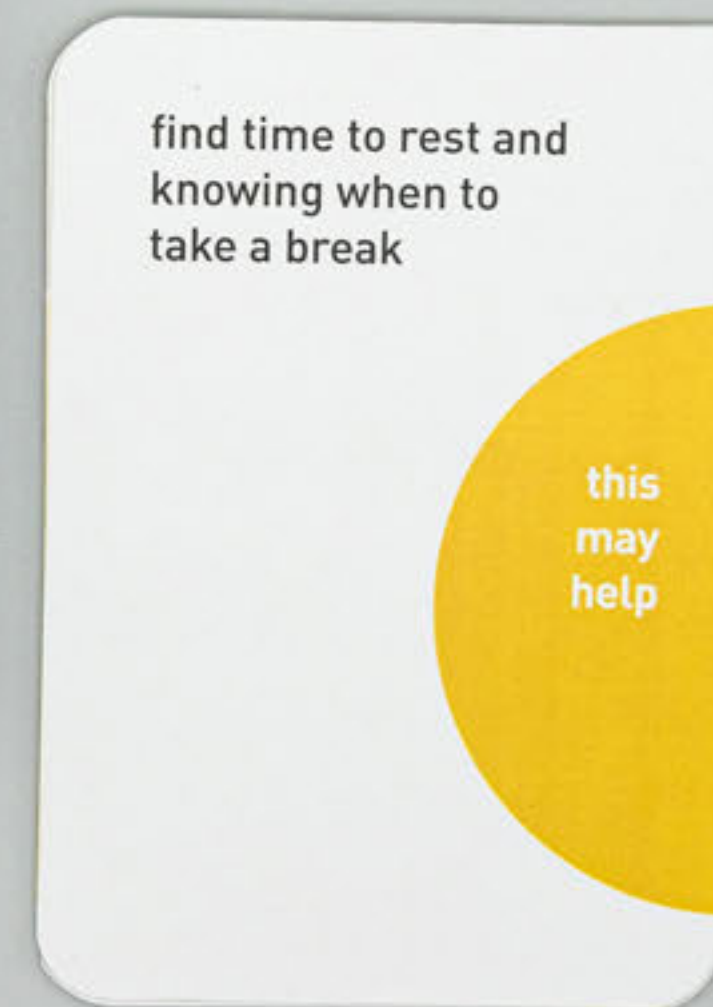
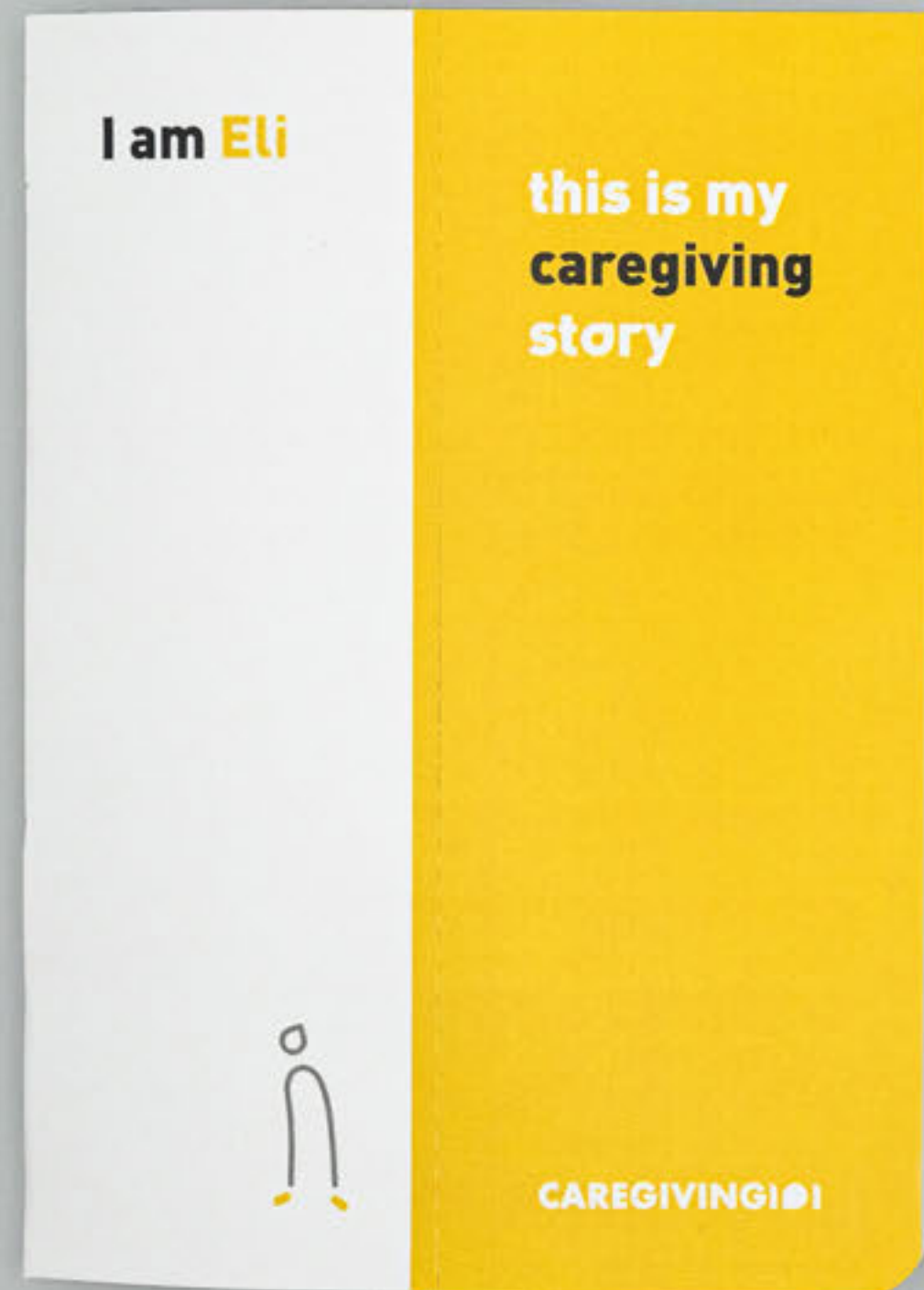


## Caregiving101 Kit

The Caregiving101 kit consists of a **book** and **set of 2 priming cards**.

The book guides them through the crafting of Eli's story while the 2 decks consists of 34 cards that primes the caregivers with relevant situations to craft the story.

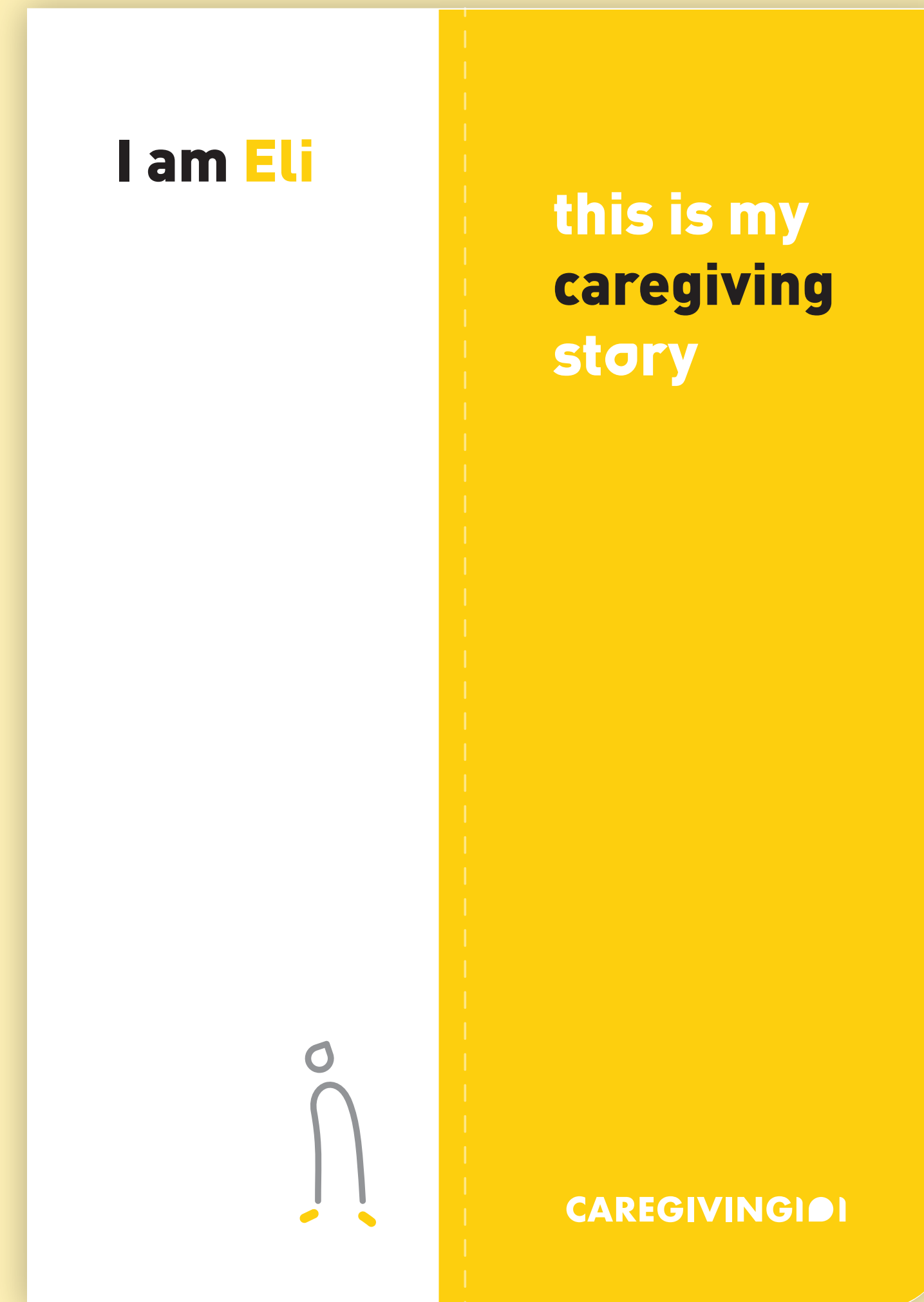
The following pages summarises the content within the Caregiving101 book.



## Cover + Bookmark

Title of book and **tear-away bookmark**, where caregivers will write the story and solution crafted, facilitating the **sharing of stories** between caregivers.

The sharing of bookmarks also help caregivers understand each other's situations, helping them see that they are not alone.



# Objectives

	<b>Caregiving101 kit</b>	<b>Objective</b>
	The kit consists of:	
	<b>The Journal</b>	The Caregiving101 kit is developed based on the idea that a person can think more sensibly about another's problem than their own.
	<b>'A likely concern' deck</b>	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.
	<b>'This may help.' deck</b>	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

## 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!

# Introduction + Story Crafting



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.**



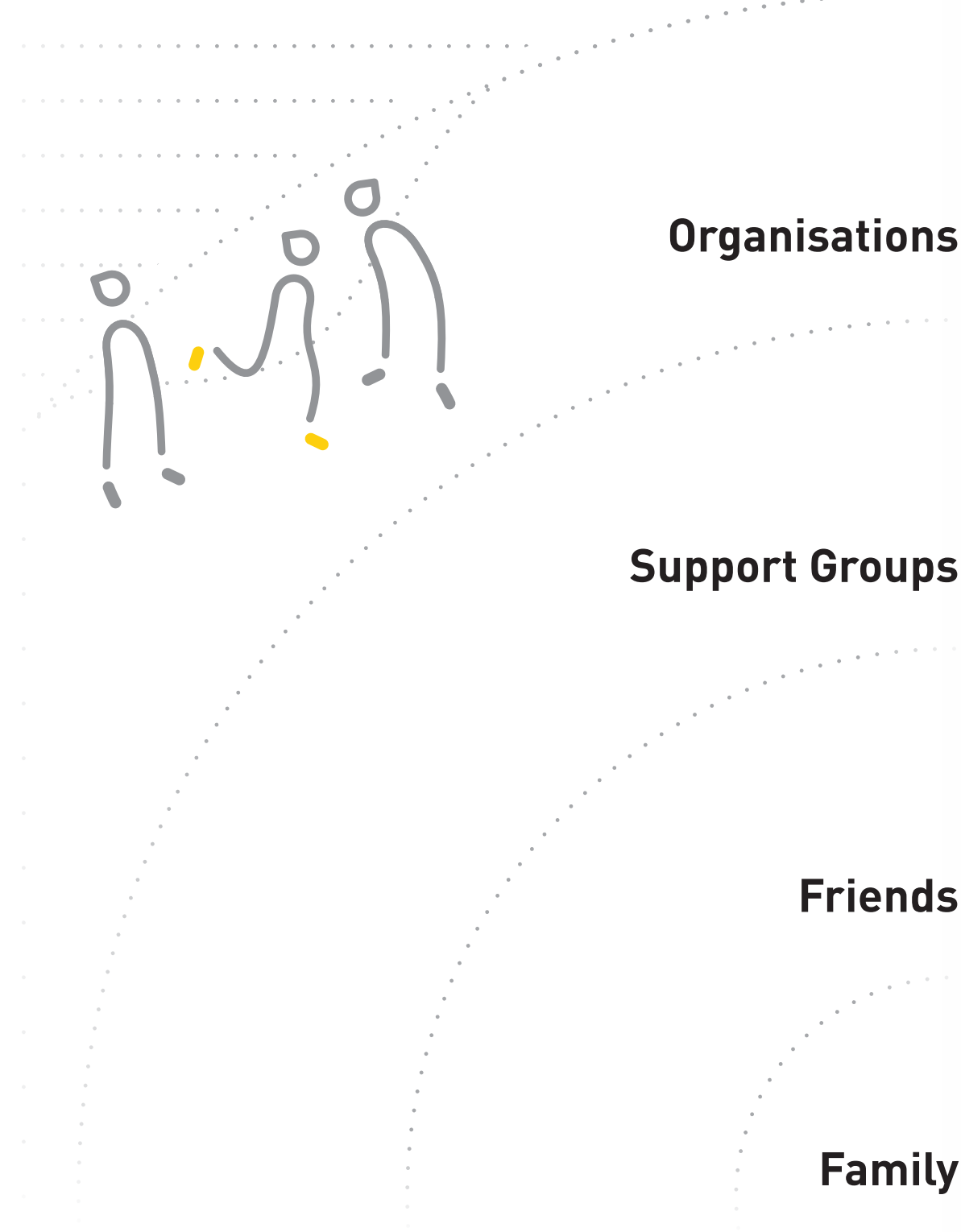
**Pick one card each from the two decks** which you think is most relevant based on **your caregiving experience.**

Discuss **why** that card is picked.



# Support Channels + Action Plan

**Discuss & note below**  
the support channels Eli  
could reach out to.



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



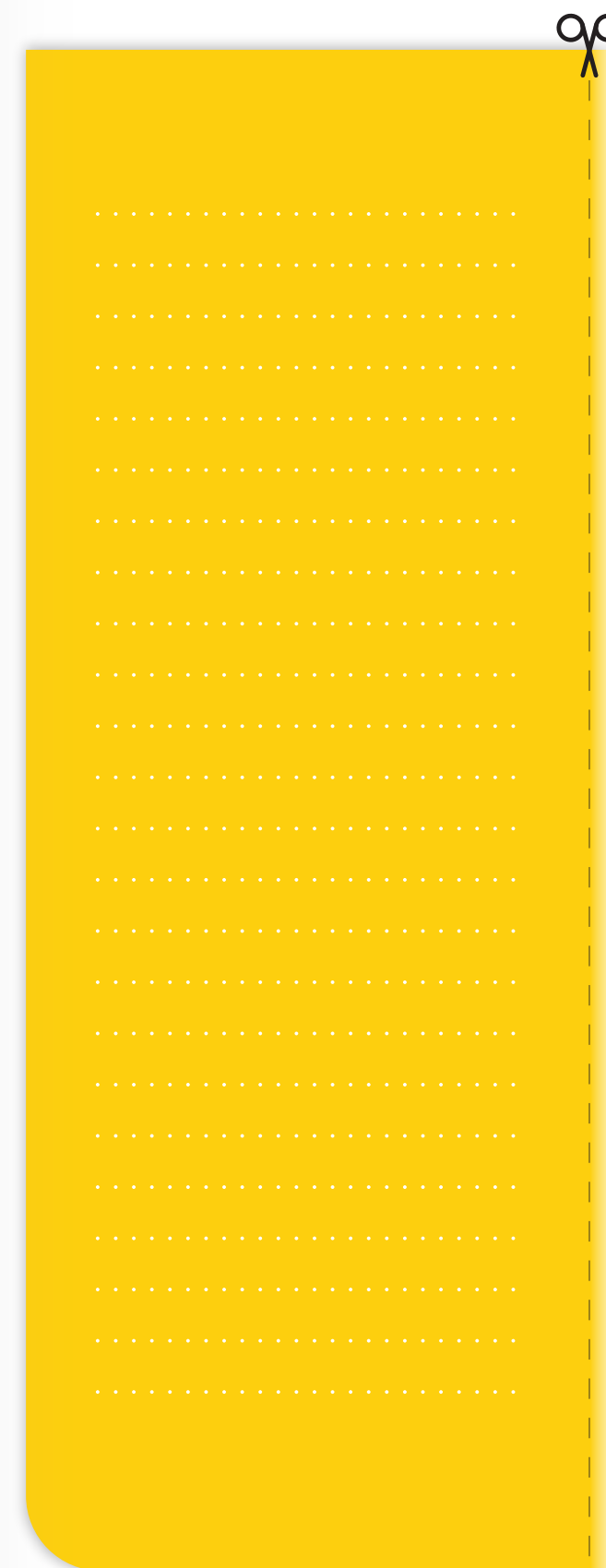
# Solomon's Paradox + Bookmark

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.

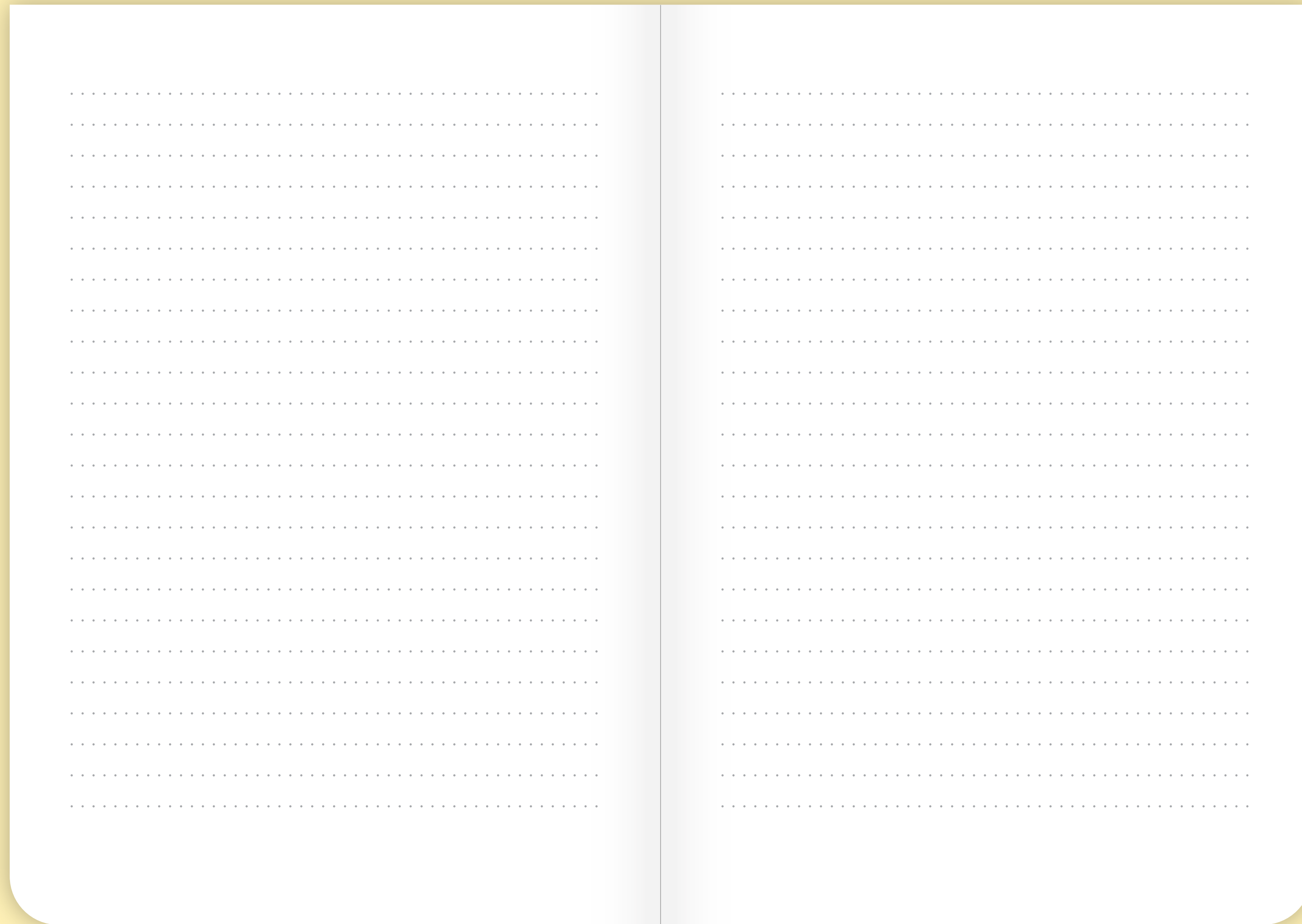


You may tear the cover page along the perforated line and use it as a bookmark - **a reminder of what's next.**

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



**Notebook x20**







## Priming Cards

These cards help caregivers craft the story of Eli using experiences relevant to their own.

The content was derived from interviews with various caregivers as well as materials from the WeCare Toolkit published by the National Council Of Social Service (NCSS) in Singapore.







Discuss & note below the support channels Eli could reach out to.

 AIC NCSS  
Organisations

 This is Eli the caregiver.

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.

example  
this may help  
for  
and

