

Does Your Patient Have Caregiver Burnout?



By Agency for Integrated Care

Caregivers play an integral role in supporting seniors in ageing-in-place. They provide much needed financial and emotional support, and often devote a lot of time and effort to ensure that their seniors are well cared for.

However, prolonged periods of caregiving can lead to caregiver burnout. GPs can play a part in identifying and supporting such caregivers in the community.

Identify

Look out for patients who may present with these symptoms*:

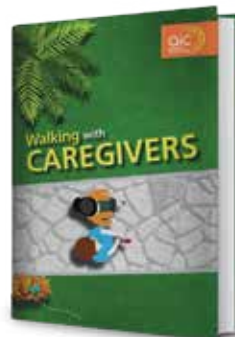
- Feel physically tired all the time
- Have loss of appetite
- Experience body aches, chest pain, tense muscles, headaches/migraines, shortness of breath and insomnia
- Are easily irritated, angry or anxious

Enquire

Questions you can ask your patients:

- Q1. Are you currently taking care of a loved one? If yes, for how long?
- Q2. What is your loved one's health condition?
- Q3. What challenges do you face as a caregiver?
- Q4. Do you need help?

*Please refer to *Walking with Caregivers* for the full list of symptoms.



Intervene

Walking with Caregivers is a guide created by Agency for Integrated Care (AIC) that provides GPs and other healthcare professionals with the resources needed to identify and support caregivers experiencing burnout. Download this guide at: www.aic.sg/walkingwithcaregivers.

GPs can further refer their patients to these touchpoints for support:



Singapore Silver Pages

www.silverpages.sg

An online one-stop portal with information on caregivers training, resource guides and schemes and grants.



Singapore Silver Line

1800-650-6060

Monday–Friday,
8.30am–8.30pm

Saturday, 8.30am–4.00pm

A toll-free and one-stop national helpline for convenient access to information on all eldercare and caregiving support services.



AICare Links

www.silverpages.sg/aicarelink

AICare Links are conveniently located in various hospitals and in the central district, and staffed by care consultants who can advise on various care services, resources, schemes and grants.

To learn more about other primary care initiatives:



Visit PCP at www.primarycarepages.sg



Call the GP hotline at 6632 1199



Email AIC at gp@aic.sg

A dedicated account servicing manager for your geographical region (CDC) will follow up with you shortly.