

Synopsis

The role of a professional caregiver at a residential facility can be a deeply satisfying one, but it is also known to come with its own set of struggles. These include dealing with the emotional upheavals experienced by residents and which more often than not involve issues of grief and loss; in times like these, the caregiver can start to feel 'stuck' or unsure, and may lose faith in their own capabilities for caregiving if not addressed over time.

The aim of this workshop is to establish that link between caregiver and patient, and impart the necessary skills and knowledge that would allow the caregiver to be effectively attuned to the patient's own innate needs and make a heartfelt connection.

The workshop also seeks to delve deep into the caregiver's own understanding of the caregiving act, and hopes to be a platform where caregivers feel safe to share any of their own personal challenges with grief and loss, and possibly working through them to achieve gradual closure.

In attending to ourselves, we then become enabled to attend to the needs of another.

Trainer of the workshop would be:
Principal MSW Chan Lay Lin
Snr MSW Lee Kaiyi