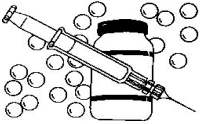
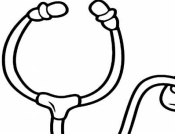



Family Caregivers

An extension of "A tribute to nurses"

Read "**A tribute to nurses**" (page 20, *What's Up* June 2017). Nurses are educated very thoroughly – they know what to do to help patients get better. In homes across Singapore, there are people who also care for frail older adults or others with special needs. You may know someone who is a family caregiver. Many of these family caregivers don't have any formal training for what they do. They rely on doctors, nurses and therapists to advise them. Spend a few minutes reflecting on how society benefits from people getting the help they need while staying at home, thanks to medical staff and family members working together. You may work in pairs to do this exercise.

Answer the questions below as they apply to each of these three areas of caregiving.	Giving medication e.g. by mouth, injections, IV drips. 	Monitoring vital signs e.g. pulse, blood pressure, oxygen levels. 	Helping with daily living needs e.g. brushing teeth, bathing, dressing. 
1. Who would need help in these areas?			
2. What do you think is the hardest part of helping in these ways?			
4. How would you feel if you had to help a family member with these?			
5. Any other thoughts?			