

Temasek Foundation Cares-Caregiver Support Programme for Families with Chronically Ill Children

Customer Service Category

Chan YH¹, C Chow¹, M Teo², Seet SC³, M Abdul Wahab³, Teoh SHB³, S Hong², E Seah¹, SFB Ali Akbar¹
¹Division of Medicine, ²Department of Medical Social Work and ³Division of Nursing

Background

- KKH Paediatric Home Care Services started in 2001 to support home-based care for technology-dependent children

45% of caregivers of technology-dependent children are at significant risk of clinical depression

50% of caregivers identified respite care and psychosocial support as two important unmet caregiver needs

- Temasek Foundation Cares-Caregiver Support Programme was established to improve caregivers' mental wellness and resilience

Measurements

1. Patient Health Questionnaire (PHQ-9) – to identify caregivers at risk of depression
2. Based on PHQ-9, caregivers categorized into high (Tier 1), moderate (Tier 2) and low (Tier 3) mental health risk tiers
3. Caregivers completed both PHQ-9 and Perceived Stress Scale (PSS) 6-monthly from start of program till intervention completion

Activity

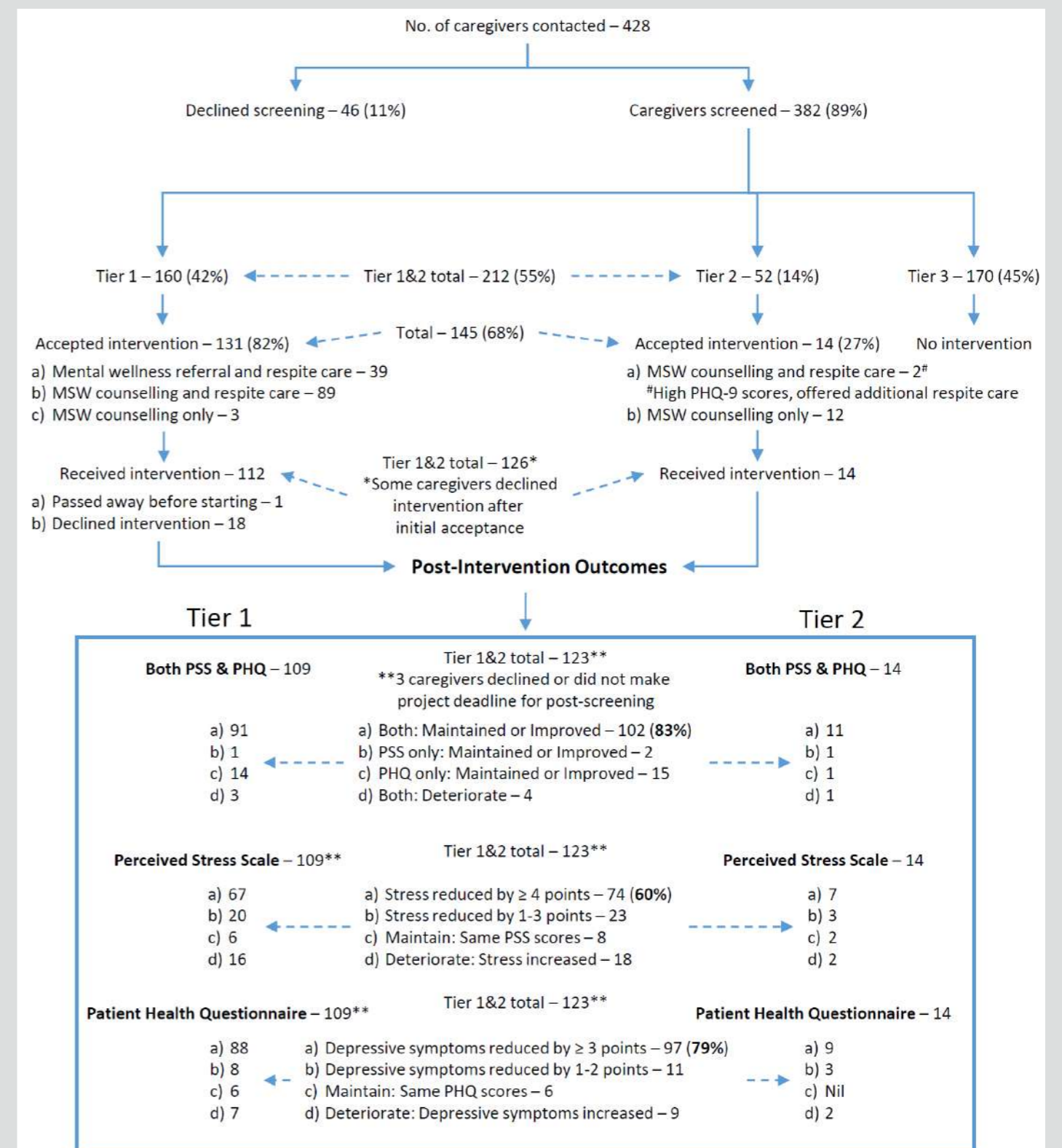
Mental Health Intervention (Tiers 1 & 2)

- Referral to hospital mental wellness services or
- Home-based counselling by medical social worker

Home-based Respite Care Sessions (Tier 1)

- Provided by specially trained paediatric nurses

Results



“Doctor said that I do not need to take medication anymore as I am feeling much better now. Carer respite nurse is very helpful.”

Testimonial by another mother of a 4 year old, born premature with global developmental delay, requiring nasogastric tube feeding and oxygen support



Closing Argument

Temasek Foundation Cares-Caregiver Support Programme demonstrated the importance of caregiver wellness and stress support, which translates to consistent and stable patient care