



APSN Katong School: 900 New Upper Changi Road Singapore 467354
Tel: 64458027 Website: www.apsn.org.sg e-mail: ks@apsn.org.sg

Dear Parents/Caregivers,

On behalf of SG Enable, we would like to invite you to complete a survey with regards to care arrangements for children attending SPED schools outside of SPED school hours, and the well-being of caregivers. Please be assured that responses will be kept strictly confidential. All information collected will be analysed on an aggregate level and will not be individually identifiable. Only 1 caregiver/parent per child would be required to respond.

You may access the survey through the following link, or via the QR code provided.

<https://forms.gle/Ay2Ae7twiSo47wPo6>



We greatly appreciate your time and effort to complete the survey. The consolidated findings will help SG Enable to better understand caregiving landscape for children attending SPED schools, and the well-being of their caregivers.

We would also like to use this platform to share some of SG Enable's caregiver support initiatives that can help you in your caregiving journey. Please refer to the next page for more details. We hope the information provided will better support you in your caregiving decisions and support for your child.




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Caregivers Pod

Caregivers Pod is a dedicated multi-purpose space for caregivers of persons with disabilities to organise peer support sessions and get-togethers. Caregivers can experience self-directed learning and workshops to support and enhance their caregiving journey. Caregivers also get to enjoy some rest time while their care recipients are engaged in activities at Enabling Village.

Caregivers can either book the Caregivers Pod for small group activities (up to 18 pax) or do a walk-in. Walk-in users have to do a one-time registration to get the access code for future entries to the Caregivers Pod. Organisations that are keen to book Caregivers Pod for caregiver-related events can also write in to facilities@ev.sg. For more information on usage of Caregivers Pod, please refer to the attached eDM or click here: <https://enablingvillage.sg/tenants-all/caregivers-pod/>.








A dedicated multi-functional space for caregivers of persons with disabilities to grow, connect and recharge.

CHECK OUT OUR NEW SPACE


RESOURCE LOBBY

Resources, books, toys and play areas are available for caregivers and their care recipients.



VIRTUAL REALITY (VR) CAVE


Enjoy an immersive virtual reality experience with the use of our VR facilities for training, respite and bonding sessions with your loved ones.



LOUNGE

Perfect for private discussions or to host group activities such as workshops and support group sessions.


Book our lounge
Organisations and Caregiver groups are welcome to book our spaces for caregiver-related activities. Please email us at facilities@ev.sg for more information.



Keep up with the latest inclusive events, or share your events on the CARElendar App!


The new CARElendar app provides information on inclusive activities such as training workshops, camps, art & craft programmes and other events for caregivers and persons with disabilities!

DOWNLOAD THE CARELENDAR APP NOW!




CAREGIVERS POD@ENABLING VILLAGE
 20 Lengkok Bahru, Singapore 159053

<p>Phone : 1800 8525 885</p> <p>Email : caregiver@sgenable.sg</p> <p>Website : https://enablingvillage.sg</p> <p>Facebook : www.facebook.com/SGEnable</p>	<p style="text-align: center;">OPENING HOURS</p> <p>Mondays to Fridays 9:00 am to 8:30 pm</p> <p>Saturdays 9:00 am to 5:30 pm</p> <p>Closed on Sundays & Public Holidays</p> <p><small>A one-time registration is required during office hours to gain access.</small></p>
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Inclusive society. Enabled lives.



SG Enable
www.sgenable.sg



CARElendar

CARElendar is a free mobile app that helps to aggregate events suitable for persons with disabilities and their caregivers. CARElendar serves as a publicity platform for inclusive events and activities for organisations that are organising for persons with disabilities. Below are some main functions of this mobile app:

- A mobile app that can be downloaded on both Apple and Android devices
- Functions within the app that allows caregivers to search for suitable events or suggest events to them according to their profile
- A dashboard that allows event organisers to create events to be published

CARElendar App is available on both Google Play and App Store. Organisations that consider posting inclusive activities/ events open to persons with disabilities and/or their caregivers on this app to reach out to more people. For more information, please refer to the attached eDM.

DOWNLOAD THE NEW CARELENDAR APP NOW!



Keep up with the latest events suitable for caregivers and persons with disabilities



FOR EVENT ORGANISERS



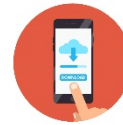
- Access a community of caregivers/persons with disabilities
- Post your own event with just a few clicks! Visit carelendar.sgenable.sg

FOR CAREGIVERS/ PERSONS WITH DISABILITIES

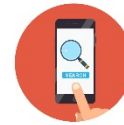


- Search for inclusive activities catered specially for you
- Connect with others and build your community

GET STARTED



Download the CARElendar App.



Look for suitable events with **easy-to-use** search function.



Sign up as a registered user and get **recommended events** based on your profile!

For more information, please contact us at contactus@sgenable.sg



SG ENABLE

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Enabling Guide

Enabling Guide is a portal that provides information on disability schemes and services, and guides users in making more informed decisions about different service options across the life stages. There are information that are specific to disability types, age groups, specific needs as well as a dedicated section to caregivers.

Start exploring by clicking here: <https://www.enablingguide.sg/>.





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MEF

The Mediacorp Enable Fund (MEF) aims to help build a society where persons with disabilities are recognised for their abilities and lead full, socially integrated lives. MEF recognises that caregivers are the first line of support for persons with disabilities and the crucial link between persons with disabilities and the larger community. It is therefore critical to support caregivers when we want the best for persons with disabilities.

MEF (Community Support - Caregivers) provides up to \$5,000 per project to organisations or informal groups (with a minimum of 4 individuals) that are keen to support caregivers of persons with disabilities. The proposed project should promote sustained engagement among caregivers and benefit a minimum of 10 caregivers in at least one of the following areas:

- Well-being (Physical and/or mental)
- Knowledge or skills
- Community integration

For more information on the fund, please contact Yu Wei at Hah.Yuwei@sgenable.sg or 6505 6484