

1 WHAT IS OUR INITIATIVE ABOUT

Caregivers—often family members or neighbours—are the quiet anchors of our communities. Yet many are stretched thin, juggling work, parenting, and caregiving responsibilities, risking burnout. Without adequate support, both caregiver well-being and the care quality they provide, can be affected.



2 OUR SOLUTION

Recognising this, we introduced two targeted initiatives:

Night Respite – Provides overnight custodial care so caregivers can rest, recharge, or attend to personal needs, knowing their loved ones are safe and engaged.

Community Chaperone – Offers mobility support and companionship, helping seniors with cognitive or mobility needs to access care and stay socially connected—while giving caregivers time to manage other commitments.

Together, these initiatives help caregivers sustain their roles and support seniors in ageing-in-place with dignity.

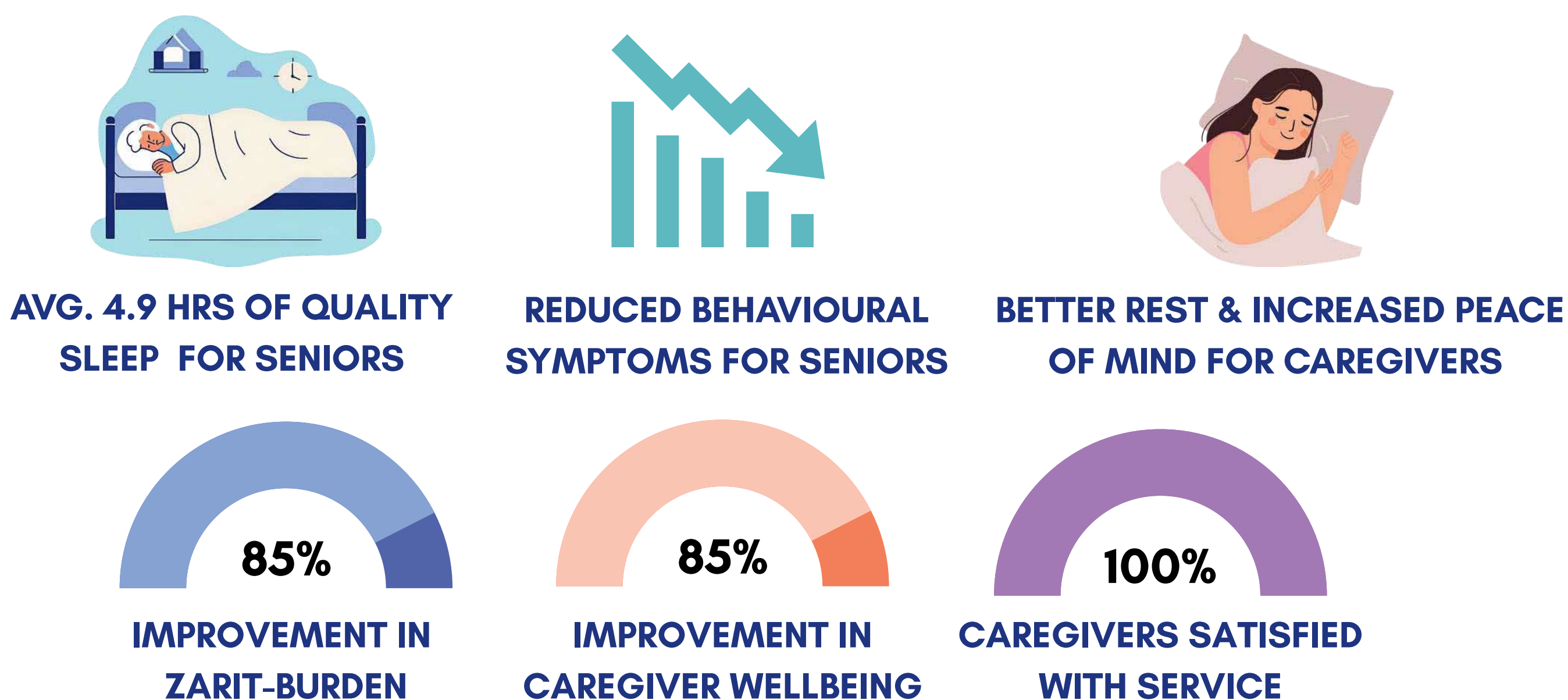


3 INITIATIVE'S IMPACT

Our initiatives deliver a dual-layered impact—supporting both caregivers and seniors:

NIGHT RESPITE

Between Oct 2021 and Dec 2024, 14 seniors supported with 469 attendances. Results include:



COMMUNITY CHAPERONE FOR SENIORS

Recently launched, Community Chaperone empowers seniors to access care, social activities, and the wider community—expanding their world beyond the home.



REMAIN SOCIALLY ENGAGED

EXPLORE NEW PLACES

GET MOBILITY ASSISTANCE

While outcomes are still being gathered, the service aims to promote senior independence and alleviate caregiver stress, by reducing their need to be constantly present.

Together, these services strengthen caregiver resilience, empower senior independence, and support ageing-in-place with dignity.

4 WHAT'S NEXT?

SCALING & INNOVATION

- ✓ Expansion and offering of services beyond Vanguard clients
- ✓ Leverage technology for easier access & better user experience

INTEGRATION & COLLABORATION

- ✓ Co-create solutions with caregiver & partners
- ✓ Collaborate with partners to scale, innovate, and integrate

SHIFTING MINDSET

- ✓ Encourage caregivers to seek support
- ✓ Promote caregiving as a shared, supported journey

OUR ULTIMATE GOAL:

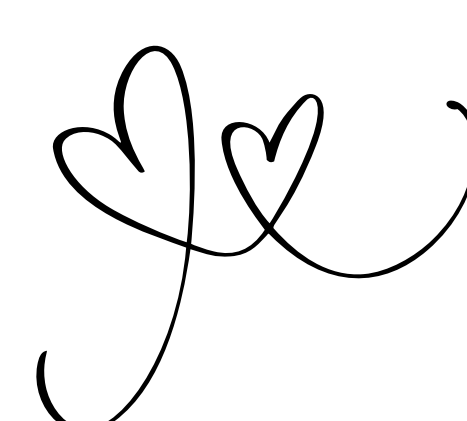
Connecting caregivers to support, and empowering seniors to remain active, and to age-in-place with dignity.

5 JOIN US

We invite like-minded partners to join us in co-creating a more supportive caregiving landscape.

Scan the QR code to connect with us to:

- Extend our services to your clients
- Integrate our initiatives into your programmes
- Pilot in new communities together
- Collaborate/co-develop future service models



Together, we can build a stronger network of care —because when caregivers thrive, so do communities.