

# Survival tips for caregivers

## serving quarantine with special needs dependents



### INFORM & ENQUIRE

1

Inform the MOH officer serving Quarantine Order (QO) about your dependent's special needs or disabilities

2

Request that you be allowed to serve QO together with your dependent

3

Request for name of QO facility so you can prepare your dependent mentally

### PREPARE

Share social stories with your dependent

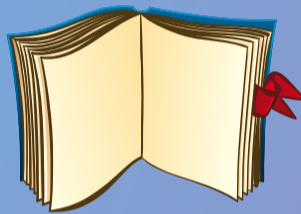


Examples can be found in [caring.sg/mohresource](https://caring.sg/mohresource)

### THINGS TO PACK



Daily medication and supplements for 3 weeks



Communication devices (e.g. AAC, PECS book + social story)



Favourite foods



Electronic gadgets, chargers & an extension cord



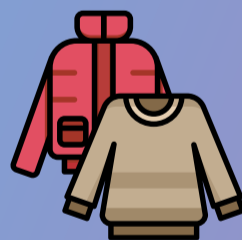
Sensory regulation / calming tools, activities or toys



Things to calm yourself down



Cleaning & dishwashing liquid, sponge, cloth, wet wipes



2 sets of sports or casual attire (for exercising)



Clothes hangers & pegs, laundry detergent, & toiletries

### HELPLINES

#### For Urgent Help

MOH Emergency Line:	1800-333-9999	(24 hours)
National Care Hotline:	1800-202-6868	(8am to 12am daily)
SOS Hotline:	1800-221-4444	(24 hours)

#### For Non-Urgent Help

CaringSG Limited Support for special needs caregivers	Email: <a href="mailto:contact@caring.sg">contact@caring.sg</a> WhatsApp: 8023 3150	(Monday to Friday 9am to 6pm, excluding public holidays)
Caregivers Alliance Singapore (CAL) Support for caregivers of persons with mental health issues	West Cluster: 9720 7590 9770 7996 Central Cluster: 9729 8628 9826 7115 East Cluster: 9736 9170	(Monday to Friday 9am to 6pm, excluding public holidays)

