



caregivers alliance
— limited —

**Presentation by
Dr Sally Thio**

AGENDA

Overview of CAL

Our Strategy & Services

Programmes

OVERVIEW OF CAL

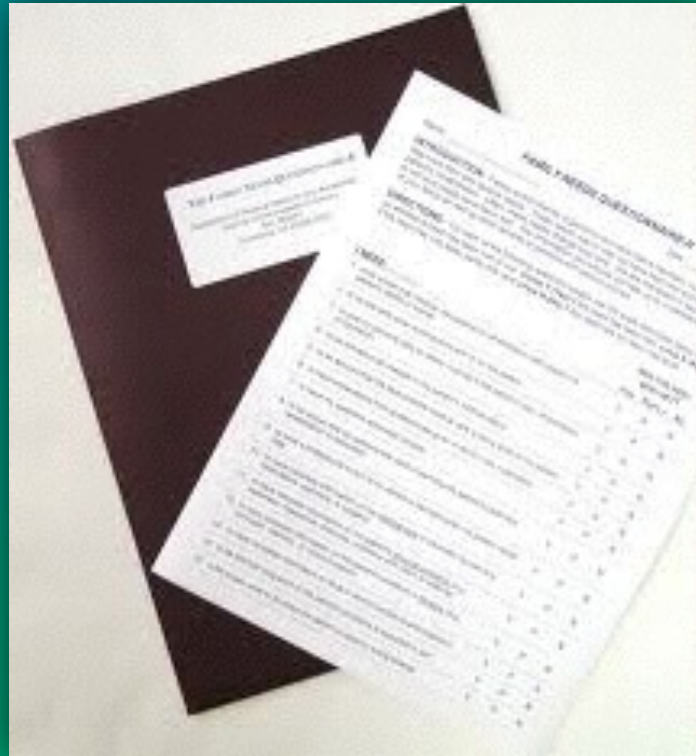
SERVICE GAP



There are existing mental health organisations helping persons with mental illness but no professional organisation solely dedicated to caregivers.

CAREGIVERS NEEDS SURVEY

- In order to find out the needs of caregivers for persons with mental illness, a survey was conducted and compiled in Sep 2011.



CAREGIVERS NEEDS SURVEY

Total Number of Caregivers who participated in survey	196
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<i>Percentage of Caregivers interested in attending training</i>	78%
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<i>Percentage of Caregivers who needed support</i>	84%
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CAL'S VISION

To improve the lives of family members and caregivers of persons with mental illness through education, outreach, support, referral and advocacy.



CAL'S OBJECTIVES

○ Identify and develop caregiver leaders



○ Outreach and provide training to caregivers



CAL'S OBJECTIVES



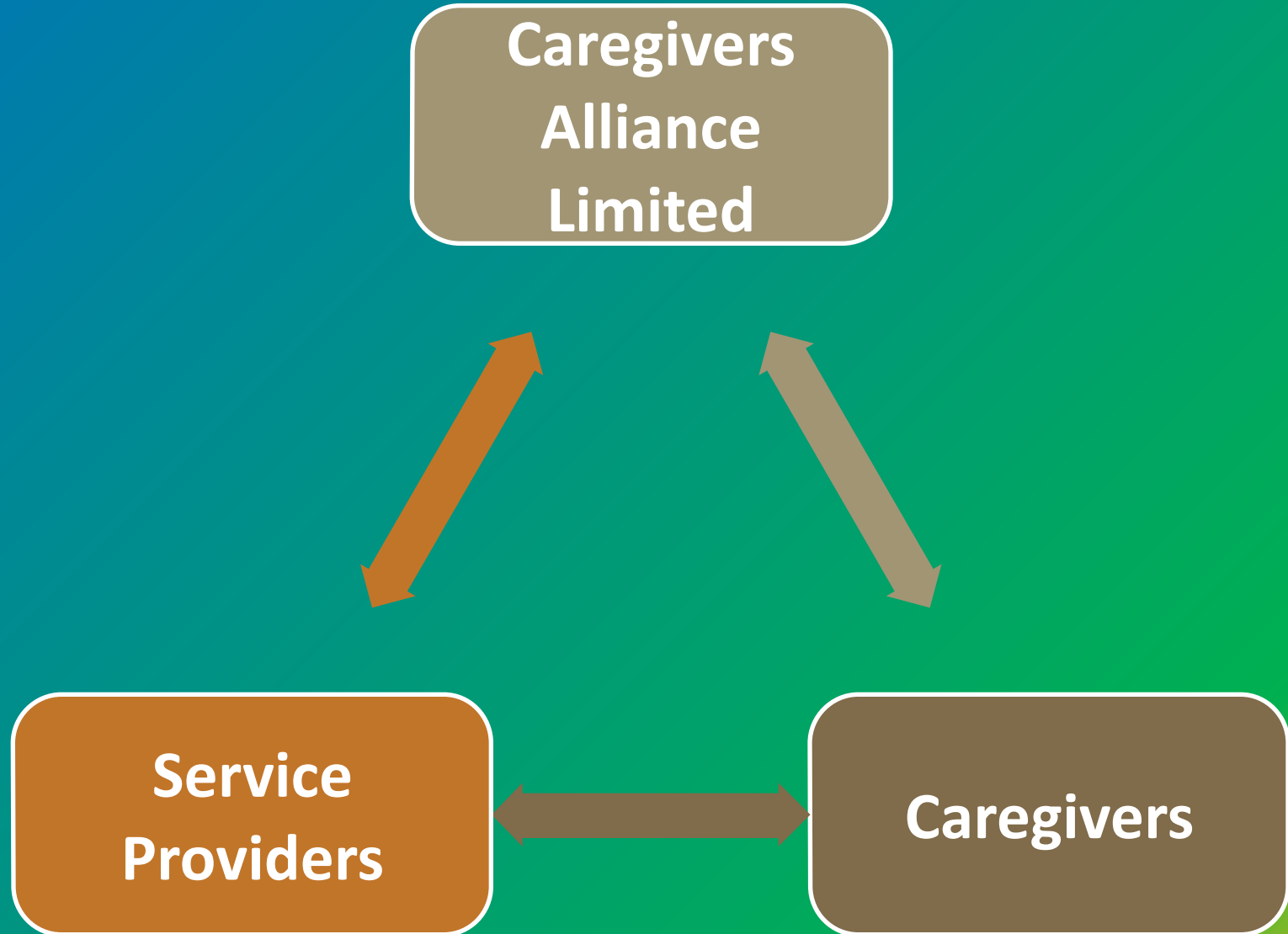
🌀 Raise awareness and enlighten community members



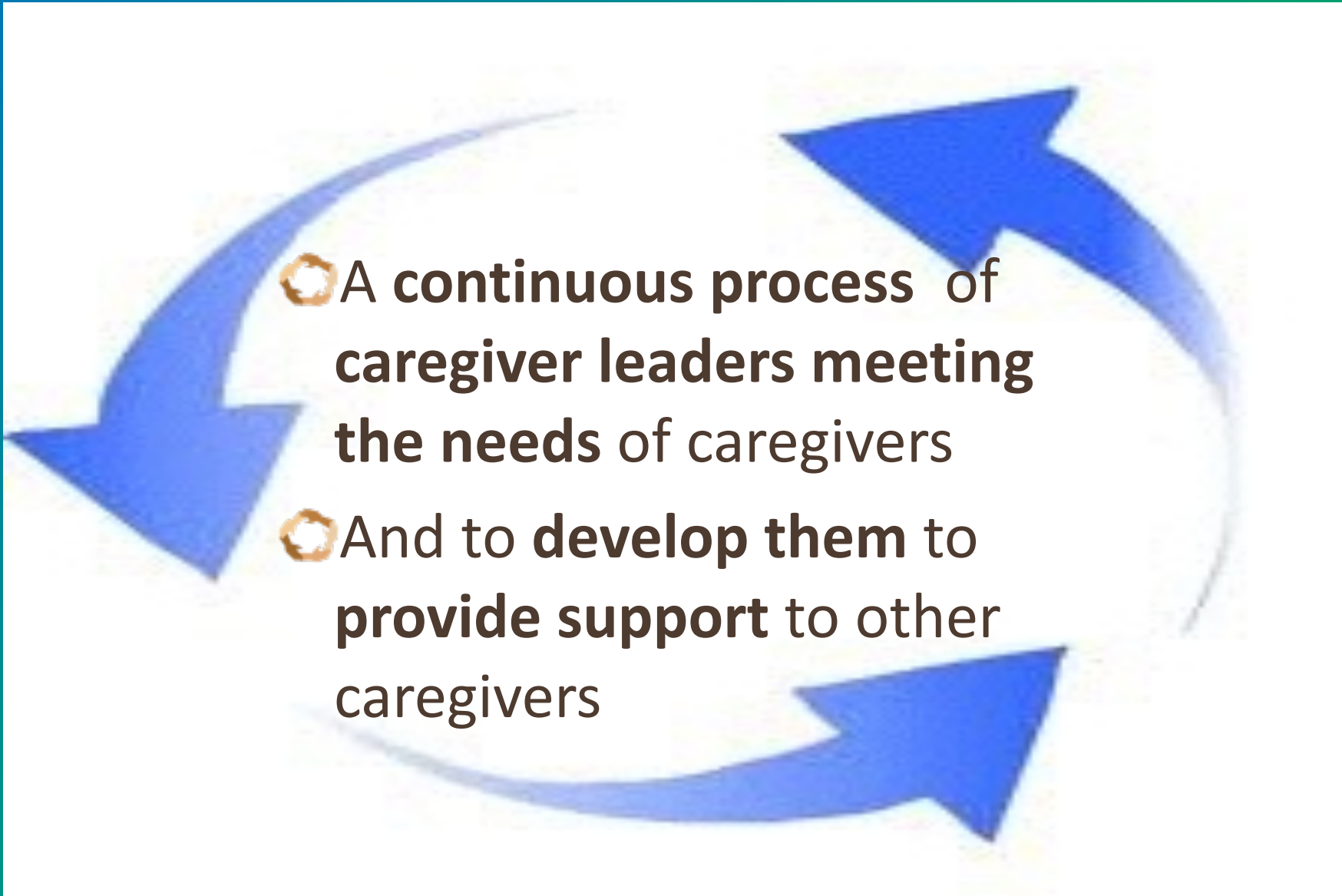
🌀 Advocate on behalf of caregivers of persons with mental illness

Our Strategy & Services

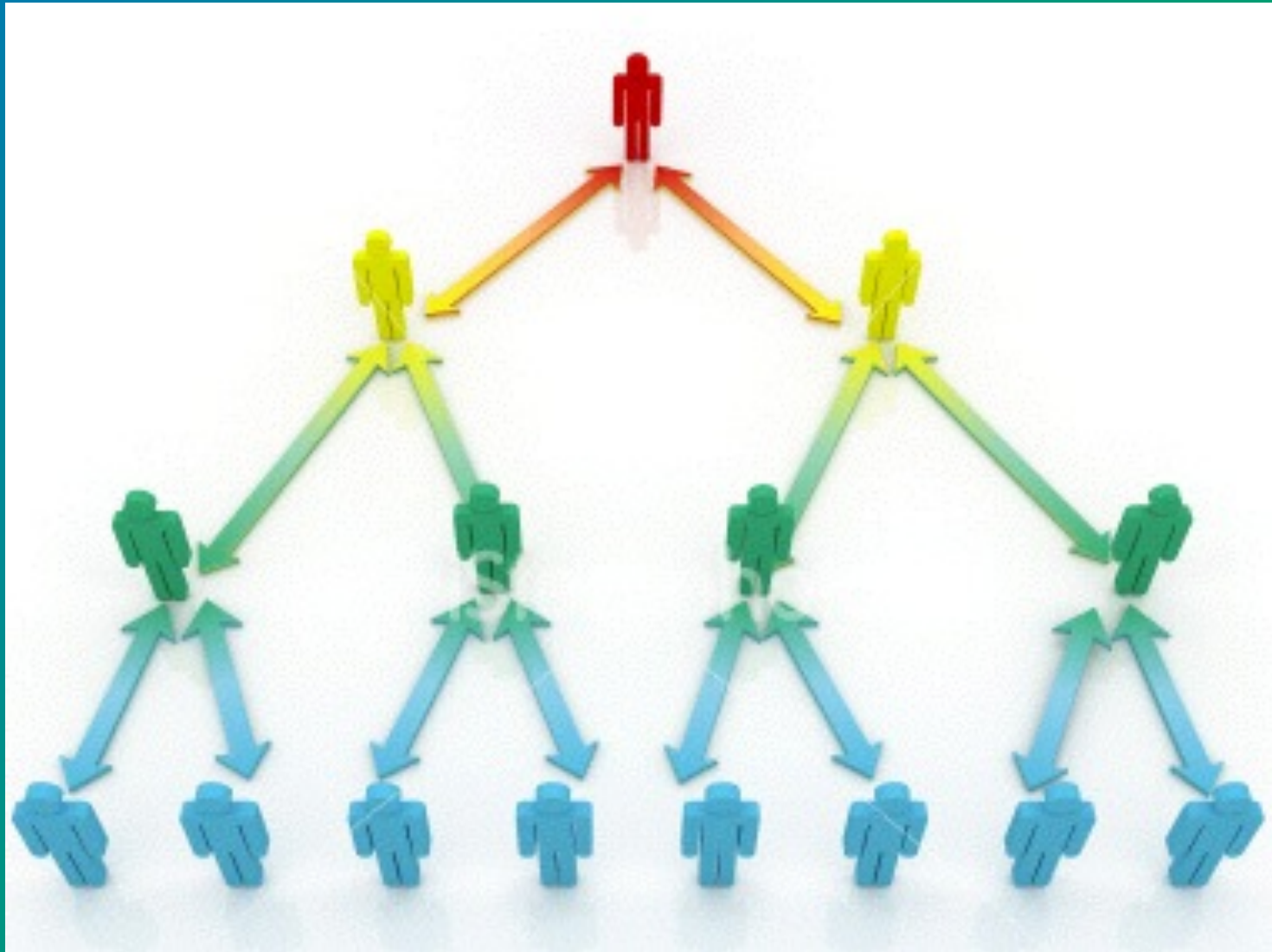
PARTNERSHIP



CAL'S UNIQUE APPROACH

- 
- A continuous process of caregiver leaders meeting the needs of caregivers
 - And to develop them to provide support to other caregivers

CAL'S SERVICE MODEL



***Caregiver-to-
Caregiver Education
Programme (C2C)***

OBJECTIVES OF C2C EDUCATION PROGRAMME



Provide Comprehensive Training
in Skills & Knowledge

Promote Experiential Learning
and Emotional Healing



Encourage continuous Caregiver-to-
Caregiver Support

OVERVIEW OF C2C EDUCATION PROGRAMME

🌀 11 lessons of 2.5 hours each by trained Caregiver Leaders



1. Introductory Lesson
2. Schizophrenia & Crisis Mgt
3. Mood & Anxiety Disorders
4. The Brain
5. Problem Solving
6. Medication
7. Empathy Workshop
8. Communication
9. Self Care
10. Recovery and Rehabilitation
11. Advocacy
12. Graduation Ceremony

TRAINING LOCATIONS & COLLABORATIONS



OUTCOME OF C2C EDUCATION PROGRAMME

449
Applied

98.

4%
387
of
(86.2%)
Completed
Caregivers

ers

**gained
knowle
dge**

and

**Reported figures are valid as of 30 Sep 2014*

OUTCOME OF C2C EDUCATION PROGRAMME

706

Befriended

88% of

Caregivers
felt
emotionally
supported
by Caregiver

**Reported figures are
valid as of 30 Sep 2014*

FEEDBACK FROM PARTICIPANTS

I have learnt how to care for myself and how to better communicate and empathise with my loved one.

I am not alone

I felt more hopeful, and is inspired to be part of the CAL.

feedback

CAREGIVERS SUPPORT GROUP

- Monthly meeting to facilitate on-going support, networking for caregivers.



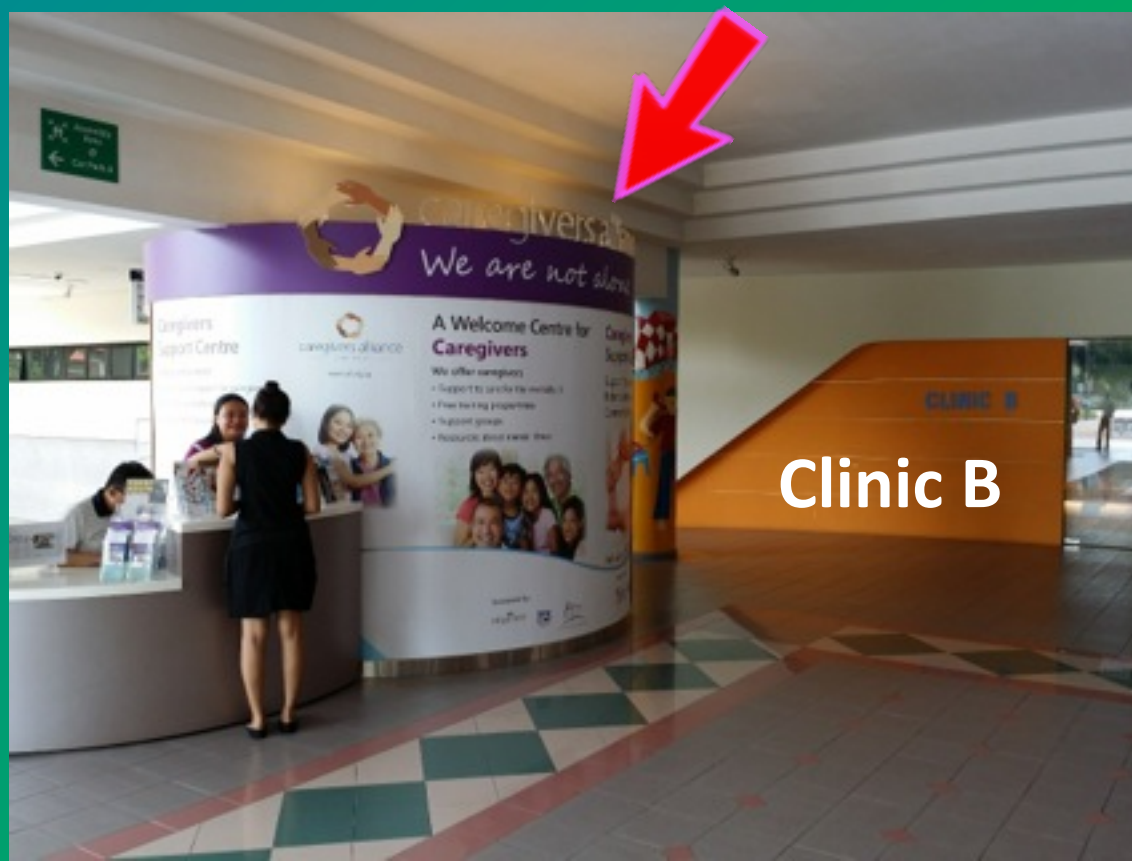
CAREGIVER LEADERS (2012 TO 2014)

Caregiver Leader Roles	Number
Caregiver Trainer	68
Caregiver Support Leader	88
Others (eg Befriender, Events)	123
Total	279

***Caregiver Support
Centre (CSC)***

CAREGIVERS SUPPORT CENTRE

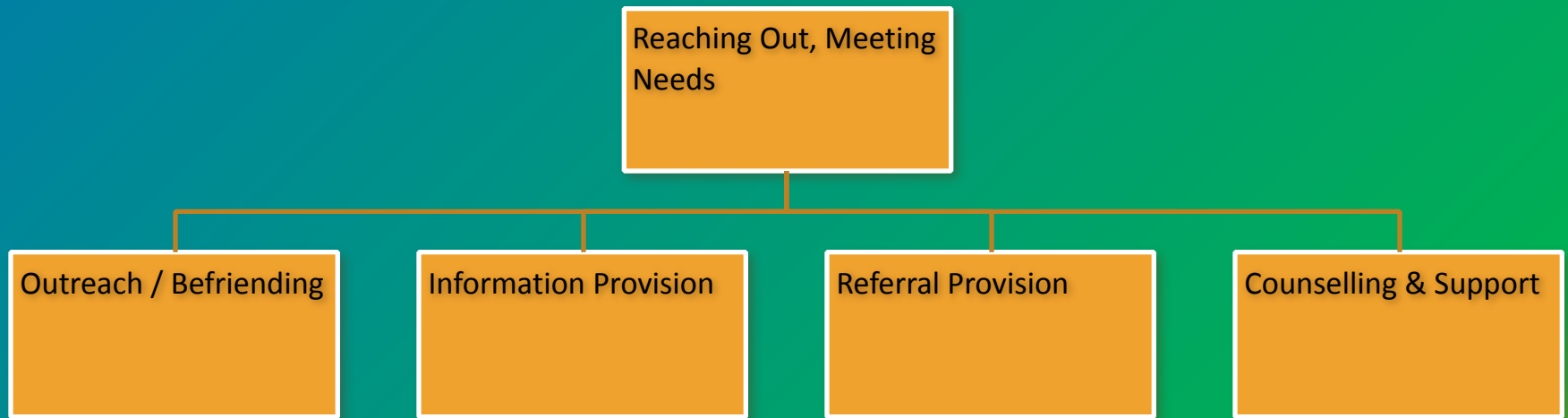
- IMH, NCSS & CAL collaborated and set up the **Caregivers Support Centre (CSC)** at the Institute of Mental Health to reach out to caregivers



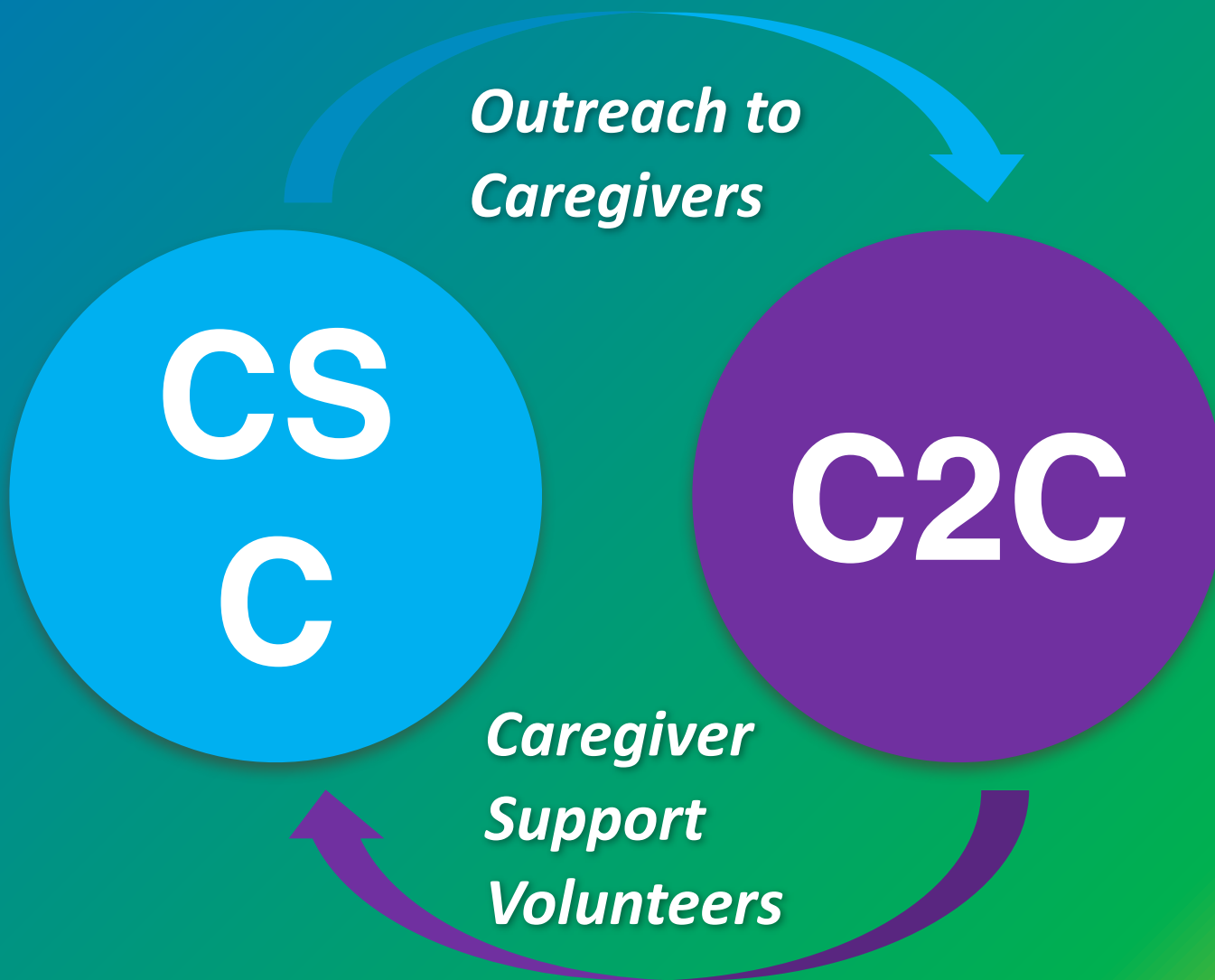
Clinic B

SERVICE MODEL FOR CSC

Caregivers to be outreached to, supported and connected to a support network and services



SUSTAINABILITY & REPLICABILITY



MALAYSIAN MENTAL HEALTH ASSOCIATION

○ Replicability in Malaysia



LOOKING FORWARD

- Provide individual training and support to caregivers who might have difficulty joining the regular C2C education programme
- Work towards collection of evidence based data

TOWARDS EVIDENCE BASED

CAL's Caregivers Peer Specialist Evaluation Form
Confidential

Dear Caregiver,

To meet the needs of caregivers, we have established a Caregivers Peer Specialist system where we provide support and befriending service to caregivers. By providing your valuable feedback, it will enable us to improve our services. We appreciate you taking time to complete this brief and confidential evaluation form.

Name: _____ Date: _____
Email Address: _____ Mobile No: _____

S/n	Please tick accordingly					
	As a result of working with my Caregiver Peer Specialist, how true is each of the following statements?	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
PART A – KNOWLEDGE & SKILLS ATTAINED						
A1	I can better understand mental illness is, what causes it, and its symptoms.					
A2	I can better understand and support my loved one in his/her recovery journey.					
A3	I feel more able to cope with my loved one's symptoms and behaviours.					
A4	I know how to respond when my loved one is going through a relapse.					
PART B – MY CAREGIVING JOURNEY						
B1	I am more able to cope with my emotions in my own journey of recovery.					
B2	I am better able to take care of myself as a caregiver.					
PART C – SUPPORT RECEIVED FROM CAREGIVER PEER SPECIALIST						
C1	My Caregiver Peer Specialist was able to understand and help me with my needs.					
C2	I am better able to cope with my caregiving needs with the advice and support received from the Caregiver Peer Specialist.					
C3	I am satisfied with the services provided by the Caregiver Peer Specialist.					
PART D – RECOVERY JOURNEY OF LOVED ONE						
D1	While being supported by the Caregiver Peer Specialist in the past 3 months, my loved one's condition has improved.					
D2	While being supported by the Caregiver Peer Specialist in the past 3 months, the need for my loved one to be warded at a hospital or sent to the Emergency Department has reduced.					