



FORWARD SG

Adrian

Greg

#MyFSGPledge

“Both of us are caregivers and understand the struggles of caring for a sick family member 24/7. So we created a safe space for caregivers to relax, find support and be educated on everything from psychological first-aid to lasting power of attorney matters. We are committed to building a kinder and more generous Singapore.”

Adrian Tan, 37 & Greg Tan, 42

Founders of social enterprise SG Assist & Forward SG participants



GREG'S POV

It all started when Adrian and I commiserated over the challenges of caregiving for our aged parents during a lunch break while on reservist. We talked about things such as having to bring them to hospital appointments but there are schedule clashes with work, for example.

ADRIAN'S POV

I've been my mum's main caregiver for the past 17 years; she was diagnosed with breast cancer when I was 20.

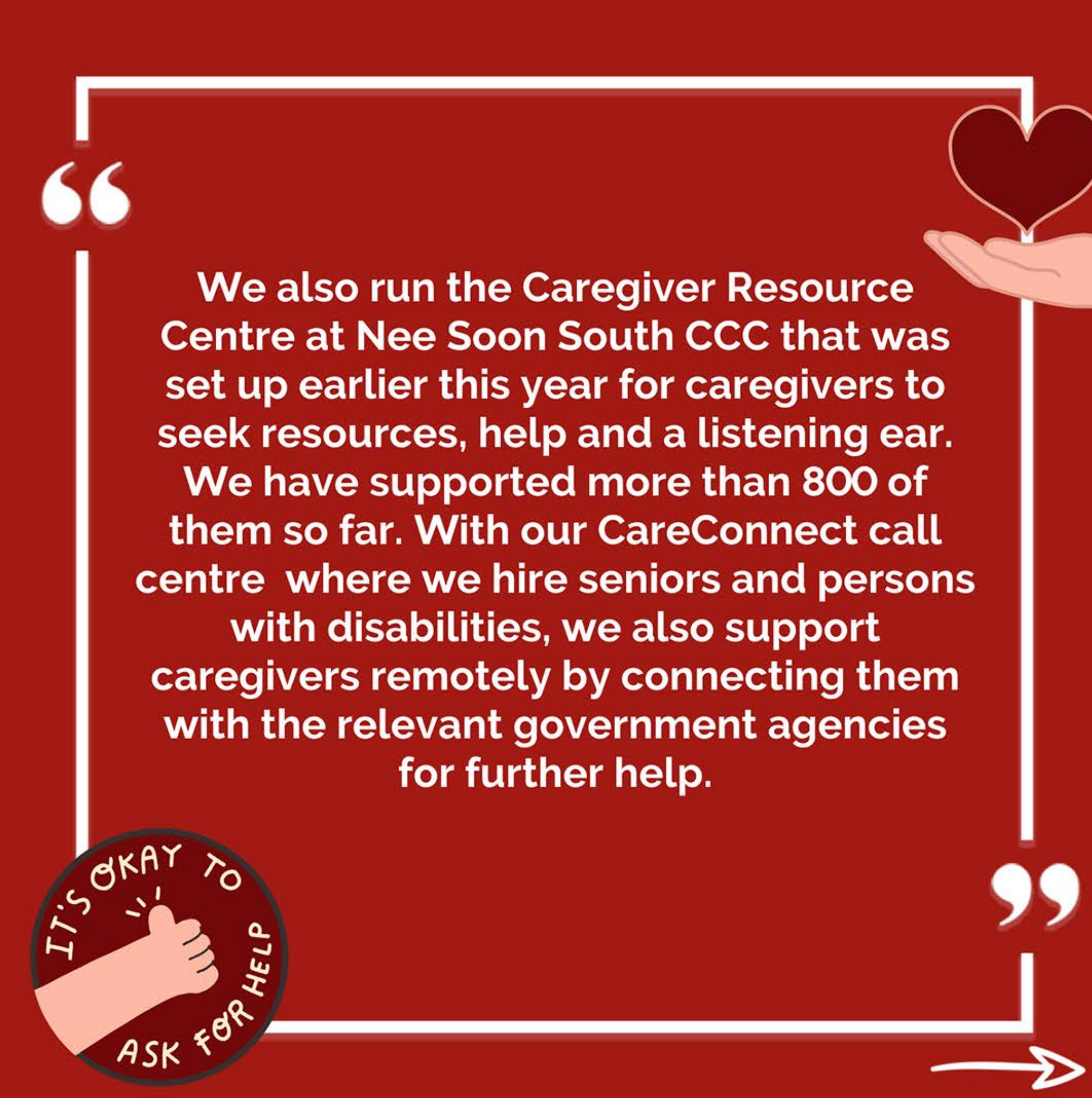
So I know the struggles of making ends meet to pay for hospitalisation bills, stressing out about cleaning a parent's chronic wound properly, supporting them emotionally when they feel suicidal, and all the while feeling guilty that I'm not doing enough. Caregiving is very close to my heart.



SUPPORT

“That's when we realised we're not alone in facing these challenges in caregiving, they're universal issues. I was also very ill for a period of my life, so I understand the helplessness that one feels when they are chronically sick.”

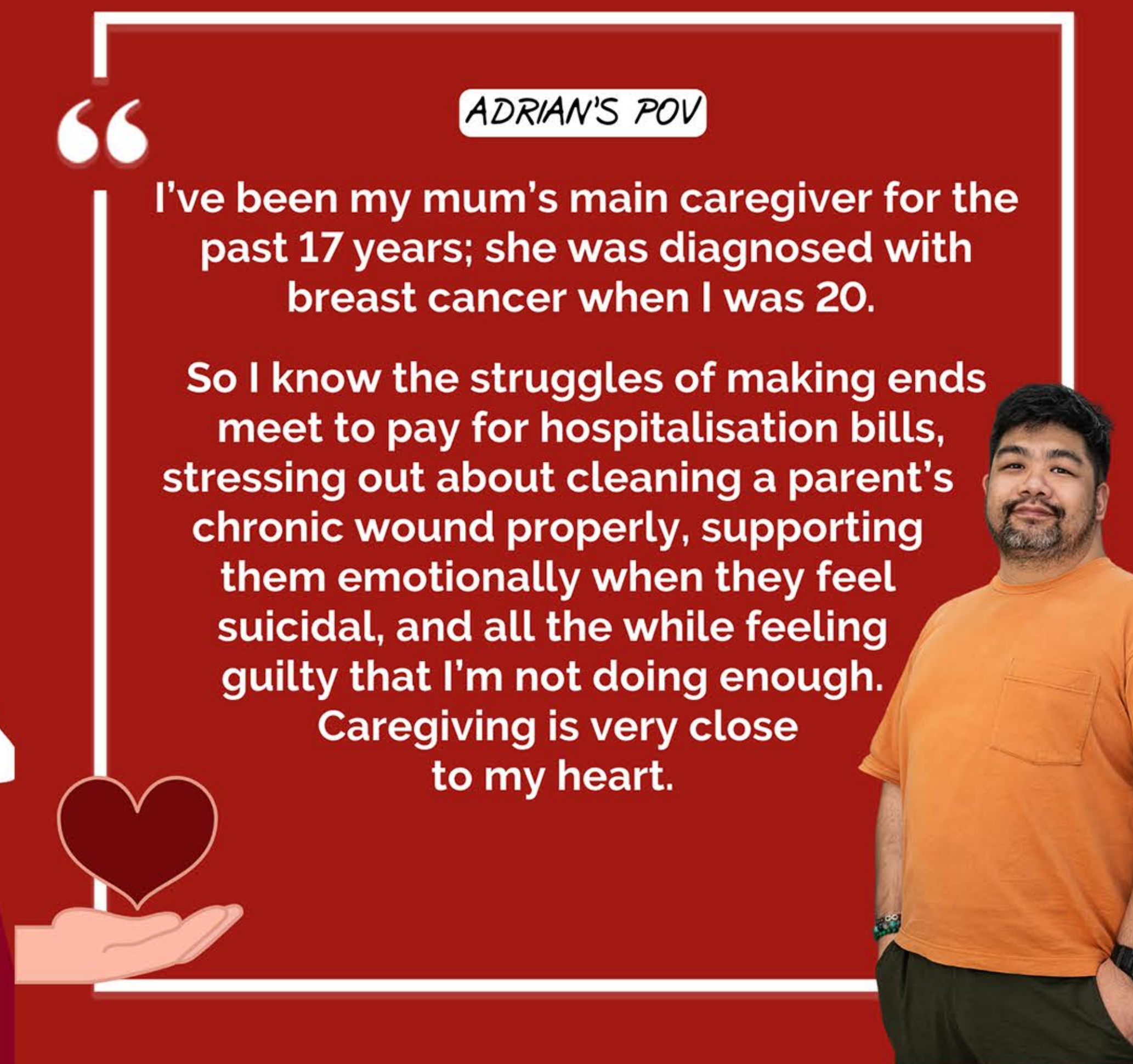
We decided to set up a social enterprise to help ourselves and others in similar situations. Since 2019, with our SG Assist app, we have connected more than 6,000 screened volunteers with beneficiaries who need help with simple tasks such as picking up of meals, to accompaniment to medical appointments.



We also run the Caregiver Resource Centre at Nee Soon South CCC that was set up earlier this year for caregivers to seek resources, help and a listening ear. We have supported more than 800 of them so far. With our CareConnect call centre where we hire seniors and persons with disabilities, we also support caregivers remotely by connecting them with the relevant government agencies for further help.



“Adrian and I attended three Forward SG sessions, including the one held at the National Library Board in July 2023. I'm glad we could share best practices with others in the people and public sectors. Forward SG also got the conversations going amongst the larger public on how Singaporeans can do more for their communities. This could be something as simple as just saying “Hi, how can I help you?” when we see persons with disabilities.”



“I am passionate about my work at SG Assist; it is an outlet for me to help others and heal in the process, after those difficult years I went through. When we share our experiences with the other caregivers, I believe it helps them feel less alone.”



“Greg and I were facilitators at the Forward SG engagements at Nee Soon. At these sessions, we heard from the citizens, academics, charities, corporates and the government. It gave me a greater awareness of the good work that others are also doing in the community.”

To me, a social compact is about the people, public and private sectors working together to pool resources and know-how to give back to the community.



“All of us have a role to play for a kinder Singapore. The Forward SG sessions were also great opportunities for direct engagement with the government. In the future, I hope the civil society can lead more of such conversations.”

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