

Club Rainbow (Singapore)



# TO YOU: A GUIDE FOR CAREGIVERS



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# FOREWORD

Dear You,

Thank you for your courage, and your strength in coming this far. Here at Club Rainbow (Singapore), we acknowledge that it is not easy. We see you, and we admire your abilities. In this booklet, you'd see that there are information about the various disorders and illnesses. You might be familiar with some, and even discover something new. Nonetheless, this booklet is made for you. You'd find tips, activities, and even resources that can help you. As this booklet was designed with you in mind - we hope that it would benefit you as much as we enjoyed making this.

You are important, and we thank you for your perseverance.

Much love,  
Club Rainbow (Singapore)





# ABOUT CLUB RAINBOW (SINGAPORE)

Set up in 1992, Club Rainbow (Singapore) [CRS] is a non-profit organisation with a mission to provide compassionate relevant services to the families of children who suffer from a range of major chronic and potentially life-threatening illnesses.



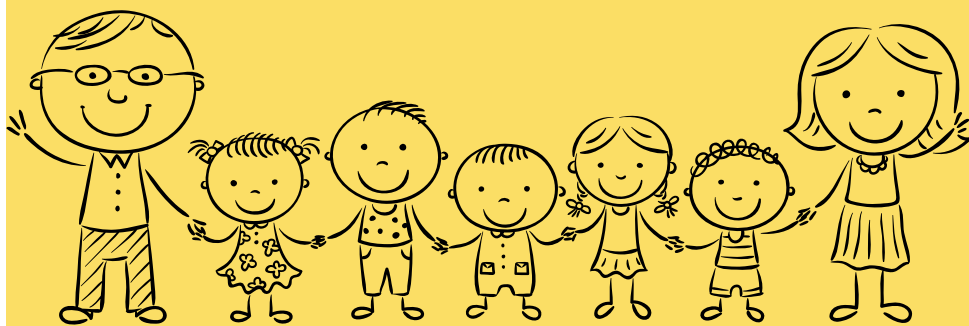
Children in Club Rainbow range from newborns to youths up to the age of 20. Many of them require frequent hospital visits for treatment or surgery, complicated therapy and long-term medication. Club Rainbow works closely with KK Women's & Children's Hospital (KKH), the National University Hospital (NUH) and the neonatal unit of Singapore General Hospital (SGH). On the recommendation of doctors, the children are referred to Club Rainbow for critical follow-up support.

## MISSION

We support and empower children with chronic illnesses and their families by providing compassionate relevant services in their journey towards an enriching life.

## VISION

To be the charity of choice that inspires hope and makes a difference in the lives of children with chronic illnesses and their families.



# TO KNOW

MEDICAL INFORMATION OF THE  
MAJOR ILLNESSES AFFECTING  
CLUB RAINBOW CHILDREN

# INTRODUCTION INTO DIFFERENT ILLNESS GROUPS

Here, we share more about the different illnesses affecting our Club Rainbow Children.

Understanding the illness is one way of providing better care for the child.



# BLOOD DISORDERS

Result from defects in the blood vessels or from abnormalities in the blood itself.

## Common types of blood disorders

Thalassemia Major

Idiopathic  
Thrombocytopenia

Marrow Failure e.g.  
pure red cell aplasia

Fanconi's Anaemia

Haemolytic Anaemia  
Chronic

## What are some symptoms that the child might be experiencing?

Malaise, or a general  
feeling of being unwell

Unexplained  
weight loss

Fatigue, or feeling  
constantly tired

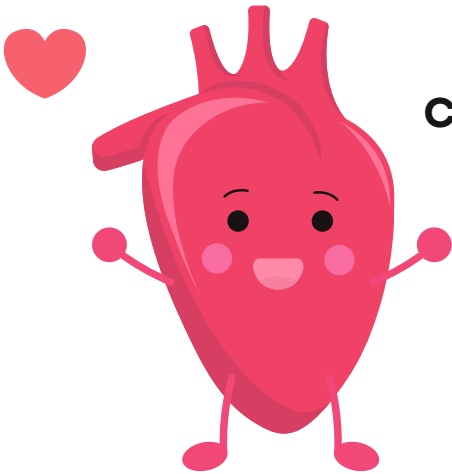
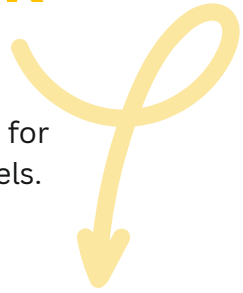
Chronic  
Infections





# CARDIOVASCULAR DISEASES

Cardiovascular disease is a general term for conditions affecting the heart or blood vessels.



## Common types includes:

Congenital Heart Disease (CHD)

Rheumatic Heart Disease

## Possible signs and symptoms of cardiovascular related illness

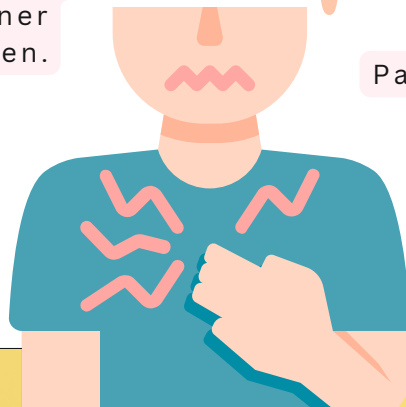
Getting out of breath with activity sooner than other children.

Palpitations – heart skipping a beat or beating abnormally.

Turning blue around the gums/tongue

Passing out.

Chest pain with exercise.



# DEVELOPMENTAL PEDIATRICS



Developmental paediatrics refers to developmental disorders such as learning disabilities, attention deficit, hyperactivity, intellectual disability, ASD, and Global Developmental Delay.

## What could the child be experiencing?



## What are the needs of a child with developmental delay?



To have a variety ways to learn, such as touching, looking and listening

Allow extra time to learn and practice new skills

To know that their efforts are valued

To use language that is appropriate to their understanding

To have tasks simplified

# GASTRO- ENTEROLOGY

Disorders of the digestive system such as oesophagus, stomach, small intestines, colon and rectum, pancreas, gallbladder, bile ducts and liver.

## Common types of Gastroenterology

Gastroesophageal Reflux Disease (GERD)

Pancreatitis

Intestinal Problems

Irritable Bowel Syndrome (IBS)

Crohns Disease

## Common signs of Gastroenterology:

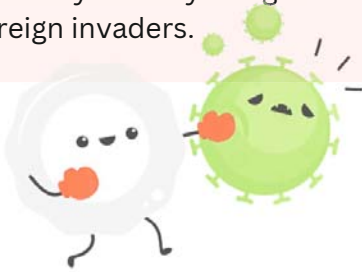
- Abdominal Pain
- Unintentional Weight Loss
- Loss of appetite
- Fatigue
- Diarrhoea
- Constipation
- Indigestion
- Nausea
- Vomiting



# IMMUNOLOGICAL DISORDERS

Immunological disorders refer to the abnormally low activity or over-activity of the immune system.

Having low activity of the immune system or experiencing a deficiency of the immune system decreases the body's ability to fight foreign invaders.



Thus making the body vulnerable to infections. When the immune system overreacts or is hyperactive, it attacks and destroys its own healthy cells and tissues by mistake.



## Common types of Immunological Disorders

- Juvenile Chronic Arthritis
- Systemic Lupus Erythematosus
- Autoimmune Disease
- Multiple Sclerosis

**What are the signs of immunological disorders?**

Skin Problems

Swollen Glands

Redness

Swelling

Joint Pain

Fatigue

Abdominal Pain

Digestive Issues

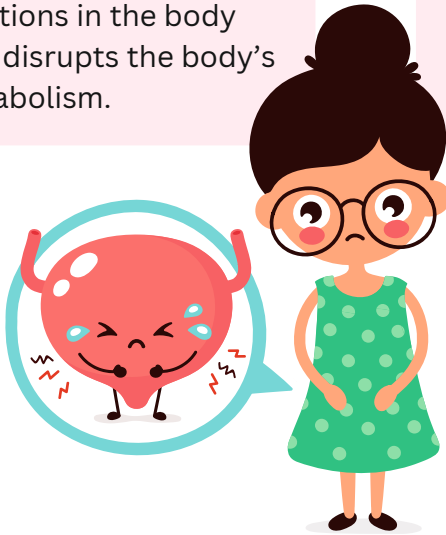
Recurring Fever



# METABOLIC DISORDERS

Refers to the abnormal changes of the chemical reactions in the body that disrupts the body's metabolism.

Affects how well the body can break down large molecules for energy or cause problems with energy regulation.



Children may require long-term daily treatment and frequent health checkups to monitor their body's metabolism. However, despite treatment, both short and long-term complications may still arise.

## Common types of Metabolic Disorders

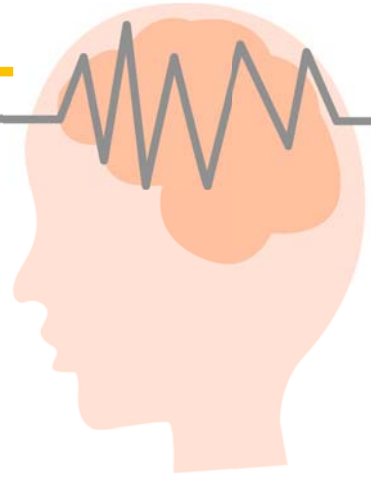
- Diabetes Mellitus
- Thyrotoxicosis
- Hypothyroidism
- Adrenal Insufficiency

## What might be the child experiencing?

- Poor appetite
- Lethargy
- Seizures

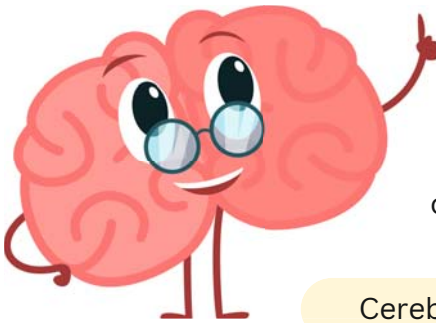
# NEUROLOGICAL DISORDERS

The dysfunction of the brain or the nervous system results in psychological or physical symptoms - depending on the area of the brain involved, leading to disorders.



## Common types of Neurological Disorders

Neurological disorders have a wide spectrum and can have various complications, symptoms and results.



Cerebral Palsy

Epilepsy & Seizures

Muscular Dystrophies / Myopathies

Spina Bifida

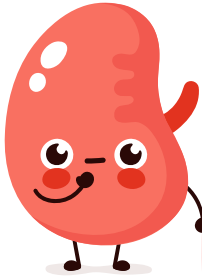
## Signs & Symptoms

- Abnormal muscle tone at birth
- Seizures
- Subtle staring, or unresponsive episodes
- Slow language and/or motor skills
- Decrease in developmental milestones

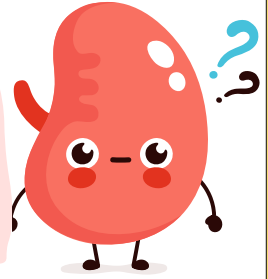


# RENAL DISORDERS

Refers to the failure of the kidney, or the gradual loss of kidney function.



When the kidneys fail to excrete unwanted toxic metabolites and excess water at a sufficient rate, both fluid and dangerous waste products accumulate in the body.



## Common types includes:

- Kidney Failure
- Nephrotic Syndrome
- Kidney stones
- Urinary tract infections (UTIs)

## Some Symptoms of Renal Disorders:

- Decreased urine output, although occasionally urine output remains normal.
- Edema, Fluid retention, causing swelling in your legs, ankles or feet.



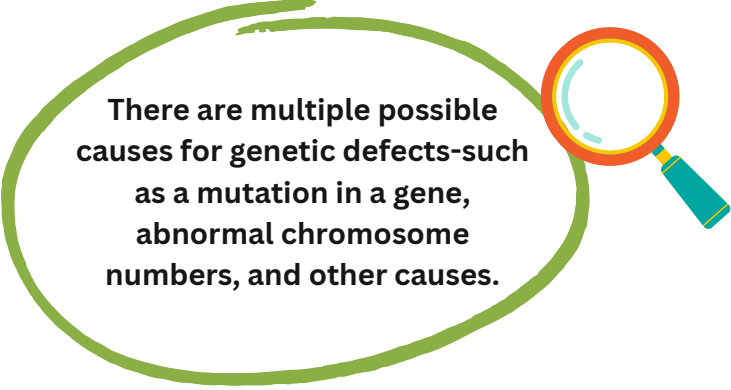
Treatment includes lifelong dialysis unless a kidney transplant can be arranged. If left untreated, it can lead to death.



# RARE SYNDROME & GENETIC DISORDERS



Caused by abnormal expression of one or more genes in a person.



**There are multiple possible causes for genetic defects-such as a mutation in a gene, abnormal chromosome numbers, and other causes.**

The vast majority of these disorders are quite rare, which affects one in several thousands or millions.

**Common types of Rare Genetic Disorders includes:**

- Williams Syndrome
- Achondroplasia
- Prader-Willi
- Velocardiofacial Syndrome

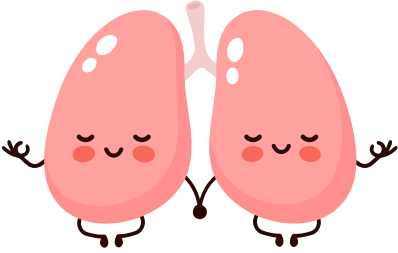
## **What could the child experience?**

- Behavioural changes or disturbances
- Cognitive deficits-when the brain is unable to process information as it should
- Developmental delays that includes challenges with speech or social skills
- Eating or digestive issues (eg. difficulty swallowing, or inability to process nutrients)
- Movement disorders due to muscle stiffness or weakness
- Neurological issues (eg. seizures or stroke)



# RESPIRATORY DISEASES

A type of disease that affects the lungs and other parts of the respiratory system.



Respiratory diseases may be caused by infection or by breathing in secondhand tobacco smoke, radon, asbestos, or other forms of air pollution. With medical advancement, most cases can be controlled with medication.

## Common types of Respiratory Diseases

Asthma, chronic obstructive pulmonary disease (COPD), pulmonary fibrosis, pneumonia, sleep apnea, and lung cancer.


## What can the child experience?

Symptoms include episodes of wheezing, coughing, chest tightness and shortness of breath.

# VERY LOW BIRTH WEIGHT



Prematurity is a common problem in Singapore. The incidence of infants born with very low birth weight (less than 1500g) is about 1 to 1.2% of all live births.

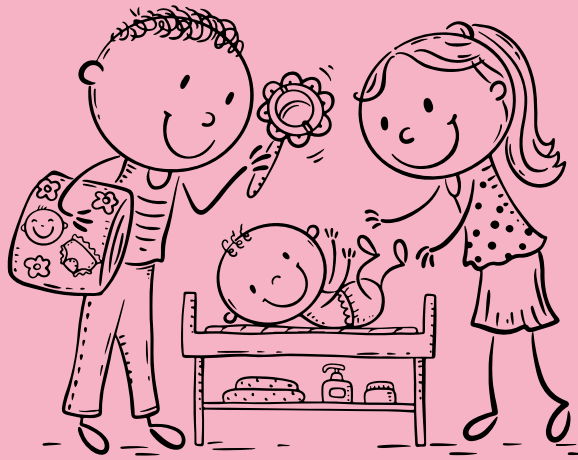


**A newborn is considered premature if born before 37 weeks of gestation. With the advent of medical sciences, babies as early as 24 weeks of gestation can be saved.**



However, the more premature they are, the more complications they will face as their organ systems are not sufficiently developed to allow them to face life on the outside world. Most of these babies will encounter various combinations of respiratory, cardiovascular, neurological, visual and nutritional problems.





# TO LOVE

IT TAKES A VILLAGE TO RAISE A  
CHILD, WE ARE THANKFUL TO BE  
A PART OF THAT VILLAGE!

# CARING FOR YOUR CHILDREN



Here are some useful tips that can help in caring for children with chronic illnesses.

With chronic illnesses, the child might be in pain that is ongoing and persistent.



# GENERAL TIPS

- Listen to the children and acknowledge their concerns
- Understand the children's condition, the accompanying emotions and feelings
- Understand behavioural and health changes in the child.



- Plan early for long-term finances (SNTC, <https://www.sntc.org.sg/>)
- Be connected with an organization that supports the child's condition



- Ask the doctor what to look out for
- Know the medication and its potential side effects
- Keep notes of symptoms to share with the doctor



# TIPS FOR CAREGIVERS CARING FOR A CHILD WITH PEG/NG TUBE

It is normal to feel nervous about your child having a PEG/NG Tube inserted into their nose or belly. It is important that you feel comfortable taking care of it.

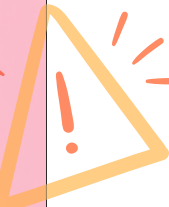


1

Always wash your hands thoroughly before caring for the tube.



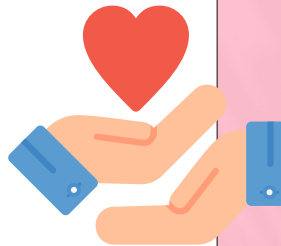
Always keep the feeding set tubing out of the way of infants and children. There is a risk that the feeding set tubing can get wrapped around a child's neck, which could lead to strangulation or death.



2

3

Get support from other caregivers. It can help to connect them or ask your child's doctor about a support group, or look for it online.



Talk with a social worker. Some kids with tube feeding worry about how the tube looks and how others might react.

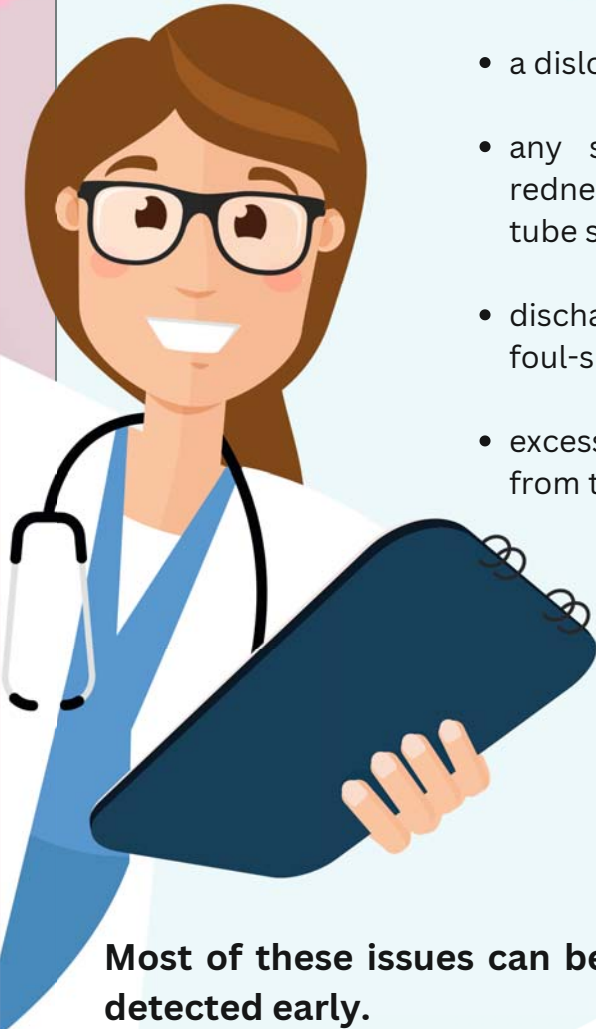
4



# IMPORTANT!

**Call your doctor if your child encounters any of these when they are using tube feeding:**

- a dislodged tube or a blocked tube
- any signs of infection such as redness, swelling, or warmth at the tube site;
- discharge that's yellow, green, or foul-smelling; fever
- excessive bleeding or drainage from the tube site



**Most of these issues can be treated quickly when detected early.**

# PRESSURE & BED SORES

## Causes of Pressure Sores

Having too much pressure on the same area can cause pressure sores (also called ulcers). Pressure causes a loss of blood flow and oxygen to the area, which can cause the skin and tissue cells to die.

This occurs more often in children who are unable to move freely such as being bed bound or seated on a wheelchair for long. Other causes include poor nutrition and hydration, medical conditions affecting blood flow and lack of sensory perception.

## Signs of Pressure Sores

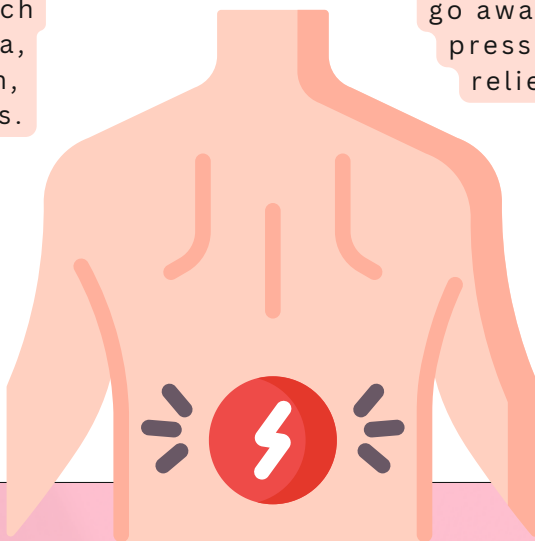
The patch of skin that feels warm, spongy or hard

Pain or itchiness in the affected area

Skin irritation such as a scraped area, break in the skin, blisters, or sores.

Skin redness that does not go away after pressure is relieved

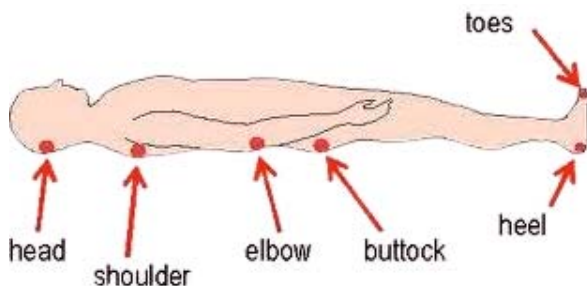
Skin discolouration or temperature (warmer or cooler than other skin areas nearby)





# TIPS TO PREVENT PRESSURE SORES

Pressure sores can occur in any area of the body, but bony areas are more likely to have problems, such as

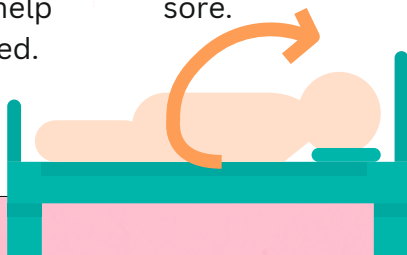


## Repositioning

- **Select cushions or a mattress that relieves pressure.** Choose pillows or a mattress that provides pressure relief. Avoid using doughnut cushions since they can focus pressure on surrounding tissue.
- **Adjust the elevation of the bed.** If the bed can be elevated at the head, only do it by a maximum of 30 degrees. This lessens the risk of shearing.
- **Shifting the weight frequently by repositioning.** Ask for help with repositioning if needed.

## Skin care

- **Keep skin clean and dry.** Use a mild cleanser to wash the skin, then pat it dry. Use this cleansing process frequently on the surface of the skin.
- **Protect the skin.** Use creams with moisture barriers to shield skin from urine and stools. If needed, frequently change their clothes and bedding.
- **Inspect the skin daily.** Pay attention to the skin for indications of a pressure sore.



# NUTRITION TIPS

As the child is developing, a regular and well-balanced diet is important for promoting good health and development.

Here are some good nutrition options for children in general. Do follow the doctor's instructions too, if any.



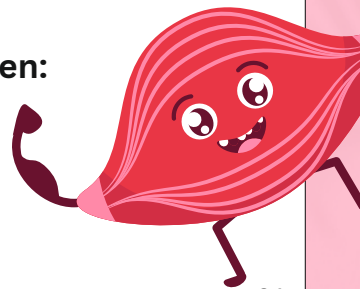
## PROTEIN



High protein food such as meat, poultry, fish, seafood, eggs, milk, milk products and tofu.

### Benefits of a high-protein diet for children:

Protein-rich food is essential for the child's growth and muscle development. These foods have important minerals such as omega-3 fatty acids, calcium and potassium.





# FRUITS & VEGETABLES

High in vitamins, antioxidants, minerals and fibre. Children should be encouraged to eat a colourful variety of fruits and vegetables.

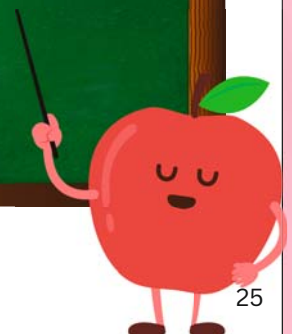
## Benefits of Fruits & Vegetables:

- Promote good health and strengthen the child's immune system.
- High-fibre content in fruits and vegetables aids in the proper function of the digestive system and prevents constipation.



## Things to note:

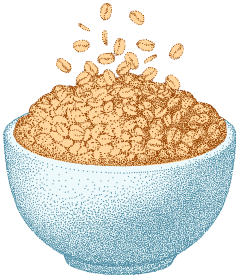
- Potential choking hazards for fruits with seeds, or if it's being served too big
- Remember to wash your hands and keep food preparation area clean, especially when preparing fruits and vegetables.



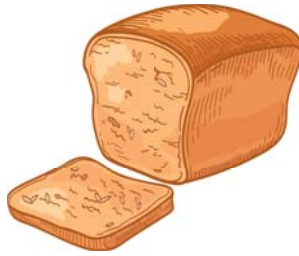
# WHOLE-GRAIN FOOD

Whole-grain food gives children the energy they need to learn and grow.

## Examples of Whole-Grain Food:



Oatmeal



Whole wheat Bread



Quinoa



Whole wheat Pasta



Brown Rice

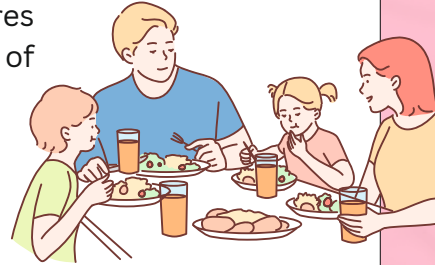
Whole grains are rich in iron, nutrition minerals and fibre which help with digestion and metabolism.



# GETTING CHILDREN TO EAT RIGHT

1

Be a good role model and lead by example. Children see their parents as influential figures and imitate the behaviours of their parents.



2

Think of creative ways to make healthier foods more attractive to children. Add a pop of colour or even kebab it!



3

Choose to make healthy snacks available for children by keeping a variety of bite size healthy snacks such as fresh fruits and vegetables around the house that are ready to be consumed.



# GETTING CHILDREN TO EAT RIGHT

4

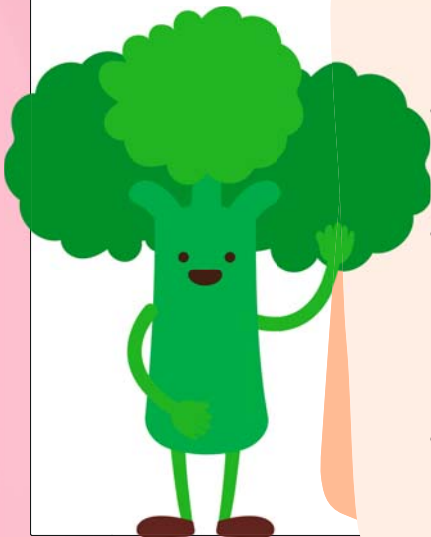
Offer a variety of choices to children. This is to provide them with the freedom and autonomy to choose.



For example, you can give your child the option to choose between a banana or an apple. This would empower the child to exercise autonomy while at the same time getting the needed nutrition.



## IMPORTANT!



- Remember to eat all food in moderation
- Consider the child's chewing and swallowing abilities
- Do consult the doctor or nutritionist to see which food options the children should eat more of, or should avoid.
- "Nutrition Tips" should not be a substitute to professional medical advice on nutrition options

# ENTERAL NUTRITION

The doctor may recommend tube feeding where the child is fed through tubes to get the nutrition they need. Nutrition is delivered using a flexible tube through the nose, or directly into the stomach or small intestine.

Here are the two common tube-feeding that some of our Club Rainbow children have:



## Nasogastric (NG) Tube

This is a thin, soft tube that is passed through your child's nostril, down the back of their throat, through the oesophagus (food pipe) and into their stomach.

## Percutaneous Endoscopic Gastrostomy (PEG) Tube

It is inserted through the belly that brings nutrition directly to the stomach.



# ENTERAL NUTRITION

Some of our children have medical conditions that make it hard for them to get adequate nutrition by consumption of food through their mouth.

Here are some reasons as to why someone may need tube-feeding

Congenital problems of the mouth, esophagus, stomach, or intestines

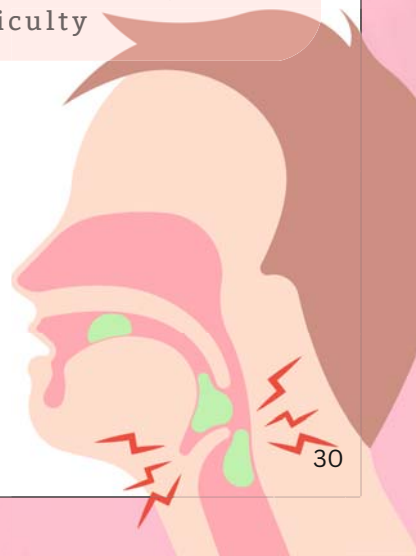
Extreme problems with taking oral medications

Failure to thrive (when a child can't gain weight and grow normally)

Children with significant behavioral concerns, like sensory disorders, severe anxiety, or avoidant restrictive food intake disorders, may have difficulty

Dehydration from vomiting/diarrhoea and not drinking enough

Sucking and swallowing disorders (due to premature birth, injury, developmental delay or other condition)





# PHYSICAL EXERCISE TIPS

Physical activity and exercise is important for children. It helps to improve mood, sleep quality and cognitive health. Get started on some of these simple exercises with your children to stay active.



## Aerobic Exercise

Helps to increase overall fitness. Examples include brisk walking, swimming and many other sports!



## Balance Exercise

Helps to improve balance and stability, especially for infants and toddlers. Examples of exercises include heel-to-toe walking, backwards walking.




## Flexibility Exercise

Helps to promote blood flow and circulation, stretches muscles, improve flexibility which allows the child's body to move through a full range of motion, and decreases the likelihood of muscle injury.




Examples of exercise include hamstring stretches, cobra pose, seated toe touch.

# TIPS TO HELPING THE CHILD TO EXERCISE




Wear appropriate attire when exercising.




Do warm-up and cool-down stretches before and after each physical exercise.

Drink adequate amounts of water before, during and after exercising.



Ensure that your child has adequate rest before and after exercising.

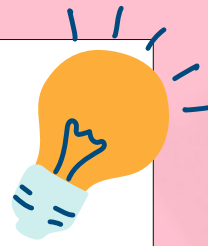
## IMPORTANT!



Always consult the doctor or physiotherapist for suitable exercises for the child. "Exercise Tips" should not be a substitute to professional medical advice on suitable exercises for the child.

Do not overexert the child. Stop physical exercise if the child experiences pain or discomfort in the body, breathlessness, dizziness, muscle pain or cramps, or excessive sweating. Seek medical assistance should any of these symptoms appear.

# COGNITIVE WELLNESS TIPS



Cognitive well-being refers to the ability to explore, figure things out, think clearly, learn and remember information.

Having strong cognitive function is important as it helps the child to think about and understand the world around them.



## BRAIN ENERGISERS

To help promote cognitive well-being:

Reading



Telling jokes/riddles



Arts and Crafts Activities



Playing games such as:

Jenga Blocks, Puzzles and Board Games!



# HEALTHY SLEEP REGULATIONS

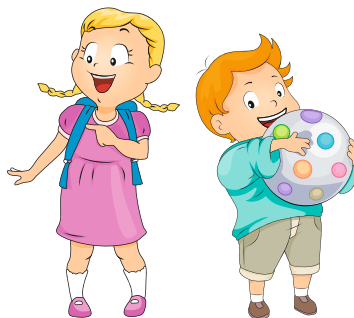
Sleep plays a crucial role for children to grow and develop. Healthy sleep patterns has also been proven to minimise attention and behavioural problems

## Take note!

- Avoid giving caffeine
- Limit screen time for TV and mobile phones before bed



For toddlers (1-2 years):  
11-14 hours (including naps)



Pre-Schoolers (3-5 years):  
10-13 hours (including naps)



Primary Schoolers  
(6-12 years):  
9-12 hours



Secondary Schoolers  
(13 -18 years):  
8-10 hours

# SOCIAL WELLNESS TIPS

All of us are social beings. It is important for children to remain socially connected with other people around them.



Having a good support system and a social network is helpful in achieving children's social needs, such as enjoying a sense of belonging.

## Some ways to build strong social connection:



Eating and having conversations together as a family



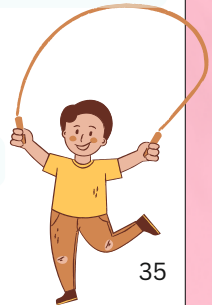
Encouraging the child to participate in community activities and be open to making new friends



Modeling good social skills for the child



Follow their interests





# TO CARE

IT IS IMPORTANT TO TAKE CARE  
OF YOURSELF FIRST BEFORE YOU  
CARE FOR YOUR LOVED ONE.

# CARING FOR YOURSELF

We have all experienced a certain degree of stress in our lives, and stress itself may not always be bad. It is a normal aspect of life, and occasionally it provides us with that extra push to complete something.



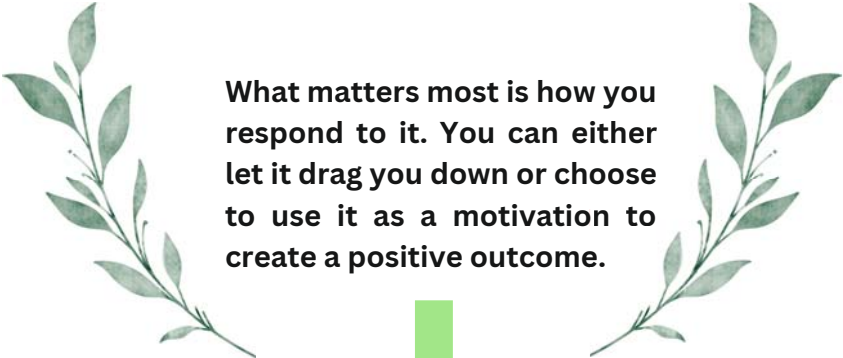
In fact, many people believe that they perform at their best under stress!

**You are as important as your loved ones.** Throughout your caregiving journey, you may experience stress that can affect your mental wellness. We hope you are able to utilise some of the tips that are shared in this booklet.

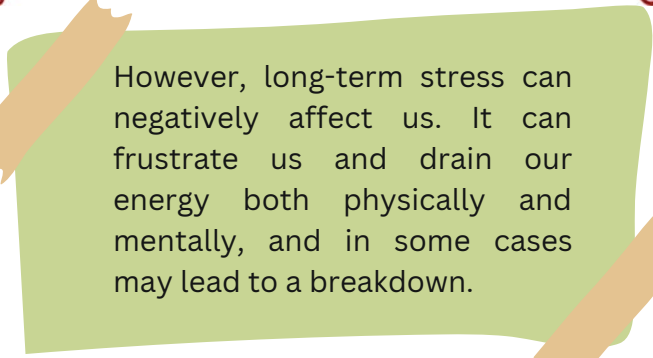


# CAREGIVER STRESS

Throughout your caregiving journey, you may experience physical and emotional strain; that is caregiving stress and it is normal to feel that way.




**What matters most is how you respond to it. You can either let it drag you down or choose to use it as a motivation to create a positive outcome.**



However, long-term stress can negatively affect us. It can frustrate us and drain our energy both physically and mentally, and in some cases may lead to a breakdown.



# SOME SIGNS OF CAREGIVER STRESS



“Don't disturb me!”

“I am so tired!”

“I haven't been sleeping well.”

“I got no time at all!”

“Why me?!”

“Everything is not ok!”

“Am I good enough?”

“I want to cry.”

# SOME CAUSES OF CAREGIVER STRESS



Being Unappreciated

Stress Triggers

Dealing with Grief

Unrealistic Expectations

Inadequate Personal Space and Time

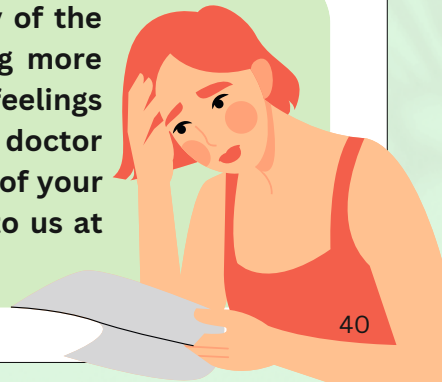
Relationship Issues

Multi-Tasking

## In the last two weeks, have you been...

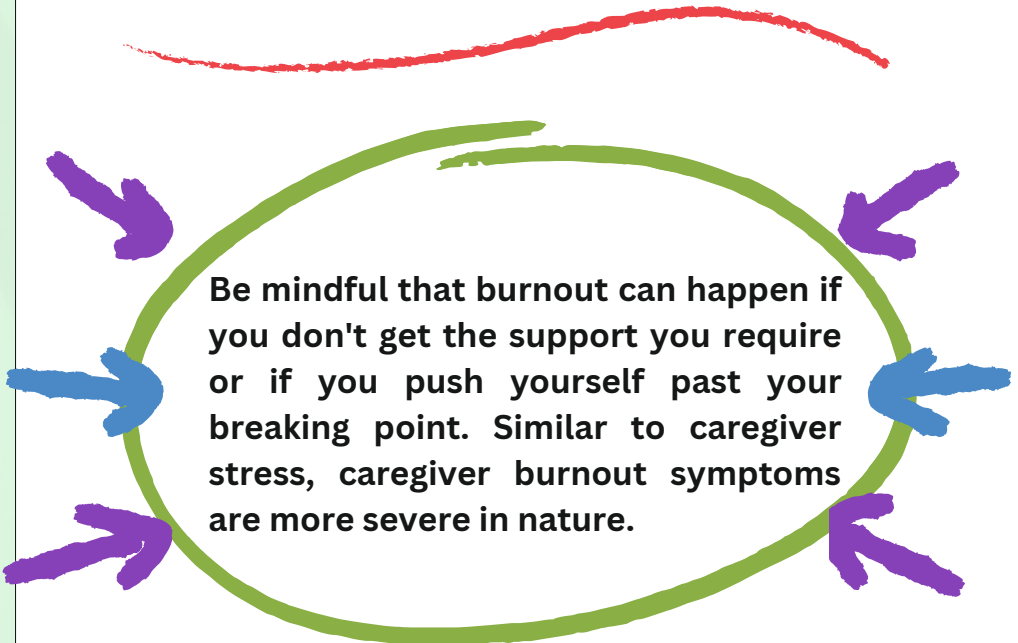
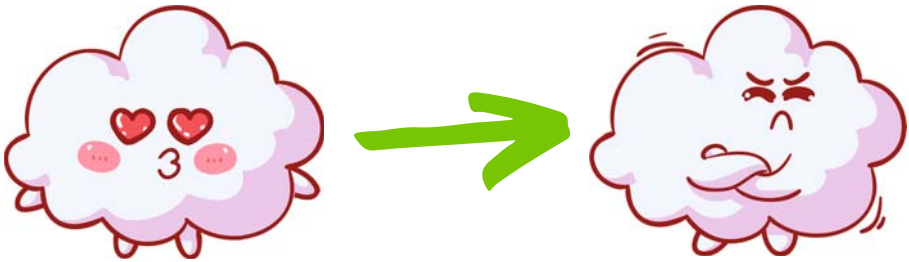
Feeling more annoyed than usual?	Yes / No
Feeling more unhappy or resentful about looking after your child?	Yes / No
Dragging yourself more to complete your daily tasks?	Yes / No
Having less interest in participating in social events?	Yes / No
Having less interest in your favourite activities?	Yes / No
Getting frustrated very quickly?	Yes / No
Experience fatigue most of the time?	Yes / No
Spending less time on yourself as compared to before?	Yes / No
Feeling less energetic to get up in the mornings?	Yes / No

**\*If you answer yes to more than any of the five points, you are probably feeling more stressed than usual. Should these feelings persist, seek advice from your family doctor or professionals involved in the care of your care recipients. You may reach out to us at [contact@clubrainbow.org](mailto:contact@clubrainbow.org)**



# CAREGIVER BURNOUT

When a person reaches this point of complete physical, emotional, and mental exhaustion, caregiver burnout occurs. Anyone who is experiencing burnout may, in general, notice a shift in attitude, from positive and caring to negative and unconcerned.



# MANAGING CAREGIVER STRESS/BURNOUT



Recall the last time when your child had a rough day and you managed to soothe them and counsel them. How did you manage to do it?

As a caregiver, you are a 'pro' at managing their stress levels, but what about your own stress then?

---

## Are you aware of your own stress?

Or do you belong to the majority of caregivers, who feel guilty about taking care of themselves because you feel that it compromises the care and time for your child. If so, you're not alone! Such emotions are common, and most caregivers experience them at some point during their journey.

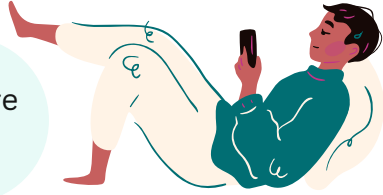


**Stop! Stop feeling guilty and start taking care of yourself. If you do, you will have more bandwidth to provide care for your child! It is important to take care of yourself first before you care for your children.**

# MANAGING CAREGIVER STRESS/BURNOUT

1

Acknowledge and be aware that you are stressed



2

Set realistic goals: Prioritise and break tasks into smaller ones.



3

Accept help from others: prepare a list of areas that require help, eg. talk to your loved ones, go for a walk, shop for groceries or cook a meal. Do not feel guilty asking for help.

4

Focus on what you can provide: no one is a perfect caregiver. It is normal to feel guilty sometimes. Remember you are doing your best.



5

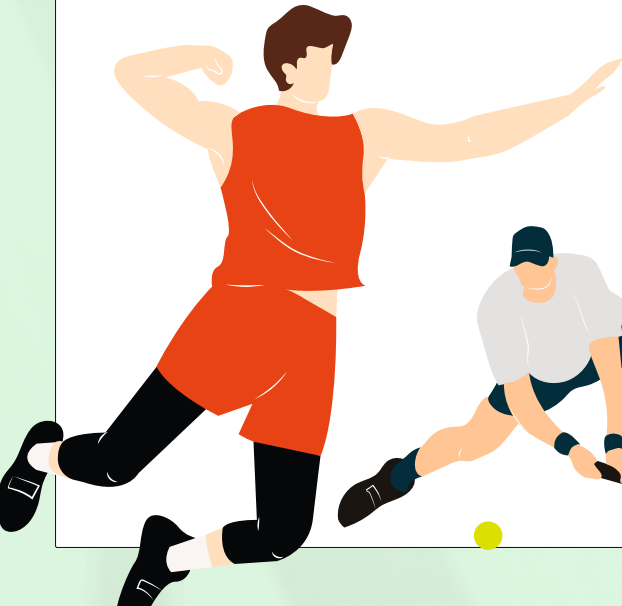
Stay updated: Find out about community resources eg. respite care or daycare services and caregiver classes from AIC and NCSS



# DISCOVER NEW HOBBIES!



**BAKING, COOKING  
SPORTS, OR ARTS CAN HELP YOU  
RELAX TOO!**



# MANAGING CAREGIVER STRESS/BURNOUT



## Compassionate Body Scan

Time: 5 - 10 minutes

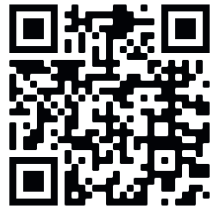
Gently, shift our attention away from any negative thoughts and emotions. Deepen the connection with our body and mind.



Read:



Listen:



Source Credit: City of Hope



## Imagery Relaxation

Time: 5 - 10 minutes

Transport our mind and spirit to a place of calmness and warmth. Focus your thoughts on relaxing imagery, and briefly escape from the world.



Read:



Listen:



Source Credit: Mindful Self-Compassion



# 3-STEP SELF-COMPASSION BREAK



A break best taken when relaxed

## Step 1: Identify the situation

"What is the incident I am stressed about?"

A large, empty, rounded rectangular box with a brown border, intended for writing the answer to the question above. A green arrow on the right side points from the top box down to the bottom box.

"What emotions did I have during the incident?"  
"How did my body feel or react during the incident?"  
Was it uncomfortable?"

A second large, empty, rounded rectangular box with a brown border, intended for writing the answer to the questions above. A green arrow on the right side points from the top box down to this box.



# 3-STEP SELF-COMPASSION BREAK



A break best taken when relaxed

## Step 2: Acknowledge & Connect with Yourself

"How do I feel now, after writing about the incident?"

A large, empty, rounded rectangular box with a brown border, intended for the user to write their response to the question above. A green arrow on the right side of the box points downwards towards the next question.

"What can I say to myself to acknowledge the situation?"

A rounded rectangular box with a brown border containing three example phrases for acknowledging a situation. A green arrow on the right side of the box points downwards towards the explanatory text below.

*"This hurts"*  
*"This is stress."*  
*"I accept that it was terrible."*

This acknowledgement is a form of mindfulness—of noticing what is going on for you emotionally in the present moment, without judging that experience as good or bad

# 3-STEP SELF-COMPASSION BREAK



A break best taken when relaxed

## Step 3: Offer Self-Compassion

Offering self-compassion is not always easy, but it gets easier with practice.

Here are some phrases we can say to guide us in our self-compassion habits:

**"I will love myself, with all my faults."**

**"I don't have to be perfect. I am me."**

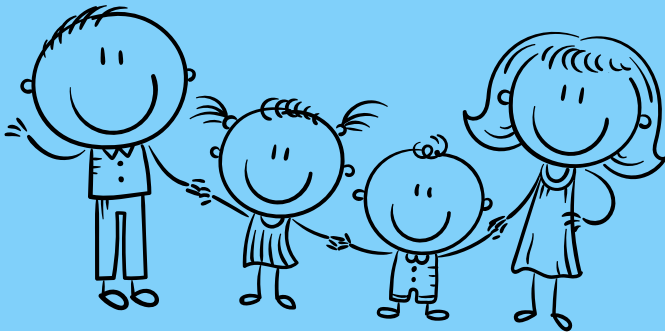
**"I accept myself for who I am."**

**"I allow myself to learn from my mistakes."**

**"I have my weaknesses and my strengths. That makes us human."**

Try writing a few self-compassion phrases:

A large, empty, rounded rectangular box with a dark brown border, intended for the user to write their own self-compassion phrases. The box is positioned below the text and is partially framed by decorative floral illustrations on the left and right sides.



# TO SERVE

THE COMMUNITY RESOURCES  
THAT CAN ASSIST IN YOUR  
CAREGIVING JOURNEY.

# CLUB RAINBOW SERVICES

Club Rainbow (Singapore)



Club Rainbow (Singapore) supports and empowers children with chronic illnesses and their families in the following 5 Core Pillars.



**Social Work  
Intervention**



**Therapy  
Intervention**



**Education  
Support**



**Arts  
Development**



**Vocational  
Development**

## Key Thrusts

**Living with  
Dignity**  
Building resilient  
families

**Maximising Developmental  
Potential**  
Developing independent  
adolescents

**Achieving Full  
Potential**  
Empowering  
individuals to be  
active contributors

# RESOURCES

There are services in the community who can support you and your children through the various challenges you face in caregiving and in life.

## Resources for Caregivers

### **Club Rainbow (Singapore)**

Hotline: 6377 1789

Email: [contact@clubrainbow.org](mailto:contact@clubrainbow.org)

Website: <https://www.clubrainbow.org/>

Blk 538 Upper Cross Street

#05-263/269

Singapore 050538

Mondays to Fridays, 9.00am to 5.00pm

### **AWWA Centre for Caregivers**

Hotline: 6511 5200

Email: [contactus@awwa.org.sg](mailto:contactus@awwa.org.sg)

Website: <https://www.awwa.org.sg/>

9 Lorong Napiri,

Singapore 547531

**TOUCH Caregivers Support**

Hotline: 6804 6565

Email: [tcs@touch.org.sg](mailto:tcs@touch.org.sg)

Website: <https://www.touch.org.sg/>

Blk 444, Ang Mo Kio Avenue 10,

#01-1603,

Singapore 560444

**One Hope Centre**

Hotline: 6547 1011

Email: [help@onehopecentre.org](mailto:help@onehopecentre.org)

Website: <https://www.onehopecentre.org/>

8 New Industrial Road

#04-04B

LHK3 Building

Singapore 536200

# Resources for Children

## **Special Needs Trust Fund**

Hotline: 6278 9598

Email: [enquiries@sntc.org.sg](mailto:enquiries@sntc.org.sg)

Website: <https://www.sntc.org.sg/>

#10-01 Central Plaza

298 Tiong Bahru Rd,

Singapore 168730

## **Dyslexia Association of Singapore**

Hotline: 6444 5700

Email: [info@das.org.sg](mailto:info@das.org.sg)

Website: <https://www.das.org.sg>

1 Jurong West Central 2

#05-01, Jurong Point

Singapore 648886

## **Muscular Dystrophy Association (Singapore)**

Hotline: 6259 6933

Email: [mdas@mdas.org.sg](mailto:mdas@mdas.org.sg)

Website: <https://www.mdas.org.sg/>

9 Bishan Place,

#06-04 Junction 8 (Office Tower)

Singapore 579837

### **Society for the Physically Disabled**

Hotline: 6579 0700

Website: <https://www.spd.org.sg/>

2 Peng Nguan Street,  
SPD Ability Centre,  
Singapore 168955

### **MINDSville@Napiri**

Hotline: 6362 9021

Email: [mv@minds.org.sg](mailto:mv@minds.org.sg)

Website: <https://minds.org.sg/for-children/special-student-care-centre/raintree/>

7 Lorong Napiri,  
Singapore 547533

### **Autism Resource Centre (Singapore)**

Hotline: 6323 3258

Website: <https://www.autism.org.sg/>

5, Ang Mo Kio Avenue 10,  
Singapore 569739

### **Rare Disorders Society Singapore**

Hotline: 6402 2898

Email: [contact@rdss.org.sg](mailto:contact@rdss.org.sg)

Website: <https://www.rdss.org.sg/>



**Cerebral Palsy Alliance Singapore**

Hotline: 6585 5600

Email: [hqadmin@cpas.org.sg](mailto:hqadmin@cpas.org.sg)

Website: <http://cpas.org.sg/>

65 Pasir Ris Drive 1

Singapore 519529

# Resources for Family Support

## Family Service Centres (FSCs)

Website:

<https://www.msf.gov.sg/dfcs/familyservice/default.aspx>

## SG Enable

Hotline: 1800-8585-885

Email: [contactus@sgenable.sg](mailto:contactus@sgenable.sg)

Website: <https://www.sgenable.sg/>

20 Lengkok Bahru (Enabling Village)

#01-01 Singapore 159053



**Club Rainbow (Singapore)**



### **Our Locations:**

#### **Club Rainbow (Singapore)**

Blk 538 Upper Cross Street  
#05 - 263/269,  
Singapore 050538  
T: 6377 1789

#### **Club Rainbow (Singapore) @KKH**

KK Women's & Children's Hospital  
PEC, Women's Tower, Level 1  
100 Bukit Timah Road,  
Singapore 229899  
T: 6394 5045

#### **Club Rainbow (Singapore) @NUH**

National University Hospital,  
Main Building, Level 4  
5 Lower Kent Ridge Road,  
Singapore 119074  
T: 6774 1148

#### **Club Rainbow (Singapore) @Sandbox**

12 Aljunied Road  
#04-01  
Singapore 389801  
T: 65470235

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