



OG Department Stores – Mr Tay Tee Peng Distinguished Undergraduate Student Award (DUSA) NG Wan Zhen Janice, Biological Sciences and Psychology

Care2Connect (28 October 2023)

A Project to **Care** for Caregivers for chronically ill children, and encourage **Connection** within child-caregiver dyads

25 participating dyads of chronically ill children and their caregivers (50 participants)
sourced from NTU Welfare Services Club Regular Service Portfolio Operation Hope's partner organisations

Bonding Games

- Station Games and Mass Games emphasising dyadic teamwork provided a common activity for dyads to **Connect** over and facilitated ice-breaking.
- Photographs taken were used in scrapbooking activity.



Dyadic Scrapbooking

- Dyadic-based Scrapbooking activity encouraged dyads to **Connect** by reflecting on their time together in the games and their relationships and creating a scrapbook page together.
- Dyads were also encouraged to share their reflections and scrapbook pages with one another.



Caregiver Care Package

- Care Packages for caregivers were curated and packed for distribution to caregivers at the end of the event alongside refreshments for them to practice self-Care after the event.
- Items include a self-designed self-care guide, journaling prompts, journals, writing materials, and other self-care items to help caregivers start exercising self-care (e.g. candles, essential oils, steam eye masks) alongside small refreshments.



Post-Event Feedback

- 17 of 25 participating dyads responded.
- Majority of respondents enjoyed the event and found the activities and care packages to be relevant and meaningful.
- Most respondents looked forward to similar events being held in future, especially for craft activities.
- Areas for improvement include more breaks and earlier refreshments due to the physical exertion from the games.
- Future directions could include scaling up the event to reach more dyads, or caregivers of other demographics (e.g. elderly)



Thank you for the generous gift from OG Department Stores, and the efforts from dedicated volunteers for making this event possible.