

Carer On Board

Caregiver Information Booklet



**A programme designed for caregivers to be part of
the team for your loved one's recovery journey**

Carer On Board

Carer On Board is a care partnership programme that involves family caregivers as members of the patient's care team. It enables caregivers to learn, practise, and build confidence in caregiving skills during the hospital stay, preparing them to support their loved one's recovery safely at home. This early preparation facilitates a smoother transition from hospital to home.



Hospital Admission



Carer On Board is an initiative to equip you with the practical skills of assisting your care recipient with his/her daily tasks such as bathing, dressing and eating, starting in the hospital.



CarePal

Access the CarePal app to find any relevant caregiving resources



Discharge Home



Community

Explore caregiving courses and support schemes through Agency for Integrated Care (AIC)



Interested in joining? Speak to any member of your care team!

Carer On Board Caregiver Guide Book

An overview of the Carer On Board Journey

1. Introduction to the Care Team

- Meet the on-duty healthcare team
- Ward orientation and routine activities

2. Carer On Board – Getting started

- Carer Learning Roadmap
- Learning necessary caregiving skills

3. Collaboration with healthcare team

- Early caregiver training
- Assisting your loved one with essential care tasks
- Plan discharge together with our healthcare team

Your daily caregiving roadmap

Morning 8am



- Support personal hygiene, dressing and movement as advised
- Assist during breakfast after receiving safe-feeding guidance
- Learn about your loved one's medication routine

Afternoon 12pm



- Assist during lunch as appropriate
- Practice relevant caregiving skills with guidance
- Support your loved one's comfort

Night 8pm



- Support comfort measures as advised
- Inform the nurse when you leave so that the team can continue the necessary care

Mid Morning 10am



- Encourage movement as recommended by the care team
- Assist with skin or wound care
- Support comfort, toileting, repositioning and hydration as appropriate

Evening 5pm



- Assist during dinner as appropriate
- Help your loved one settle comfortably for the evening



Learning Roadmap

Click below or speak with our staff to learn more.

Need help? Approach our trained staff! 😊



Hand Hygiene

Wash your hands well to keep clean.
Here are 7 steps to keep hands clean.

[Click to learn more](#)



Standard Fall Prevention

Watch your loved one well to prevent fall.
Hold your loved one well to stop a fall.

[Click to learn more](#)



Let's walk!

Hold your loved one correctly when they walk and transfer from bed to chair.



Prevent Deconditioning

Do simple bed exercises for your loved ones correctly.

[Click to learn more](#)



Eating

Feed your loved ones safely to prevent choking.

[Click to learn more](#)



Showering & Toileting

Safely shower your loved one in the hospital (N/A if not required).

[Click to learn more](#)



Bed-bath

Use correct steps to wipe your loved ones clean when they can't shower in the bathroom. (N/A if not required)



Changing for your loved ones

Use the correct way to clean their private parts when changing diaper. (N/A if not required)

Male

[Click to learn more](#)

Female

[Click to learn more](#)

Skills you may learn

Safe transfers and mobility



[Click to learn more](#)

Safe Lifting

[Click to learn more](#)

Assisting with Safe Mobility

Feeding, bathing, dressing, toileting



[Click to learn more](#)

Safe Feeding

[Click to learn more](#)

Safe Showering

Fall Prevention



[Click to learn more](#)

Fall prevention

Home Safety



[Click to learn more](#)

Home modification resources by AIC

[Click to learn more](#)

You can sign up for training courses through Agency of Integrated Care (AIC)

[Click to learn more](#)

For more resources visit our Health Library

Skills for specific care needs

Tube management

- Nasogastric tube, Urinary catheter care

Click to
learn
more

**Nasogastric
Tube
Feeding**

Click to
learn
more

**Urinary
Catheter
Care**

Wound care

Click to
learn
more

**Caring
for your
wound**

Click to
learn
more

**Know your
wound
dressings**

Click to
learn
more

You can sign up for training courses through Agency of Integrated Care (AIC)

Click to
learn
more

For more resources visit our Health Library

Carer On Board FAQ

1. What is Carer on Board?

Carer On Board is a care partnership programme that integrates family caregivers as active members of the patient's care team. It enables caregivers to learn, practise, and build confidence in caregiving skills during the hospital stay, preparing them to support their loved one's recovery safely at home.

2. Who can join?

Any family member, loved one, or caregiver involved in the patient's care

3. When can I join?

You may join at any time during the hospital stay. Starting earlier provides more opportunities to observe, learn and practice your loved one's daily care routines with guidance from the healthcare team.

4. What will I learn?

Skills relevant to the patient's care needs, taught by nurses and therapists through demonstrations, practice, videos and CarePal resources.

5. Is participation compulsory?

Participation is voluntary and encouraged to help caregivers build confidence, support their loved one's recovery and prepare for a smoother transition from hospital to home.

Approach our friendly care team to find out more!

Helping you care with confidence

CarePal – A caregiving resource portal

Navigating caregiving can be tough. CarePal is here to help.

Find essential resources such as training videos, hotlines & contacts and caregiver wellness tips to guide you along.

Before December 2026:



Access CarePal on the
NHG Health App

Go to 'More' > 'My Programmes'

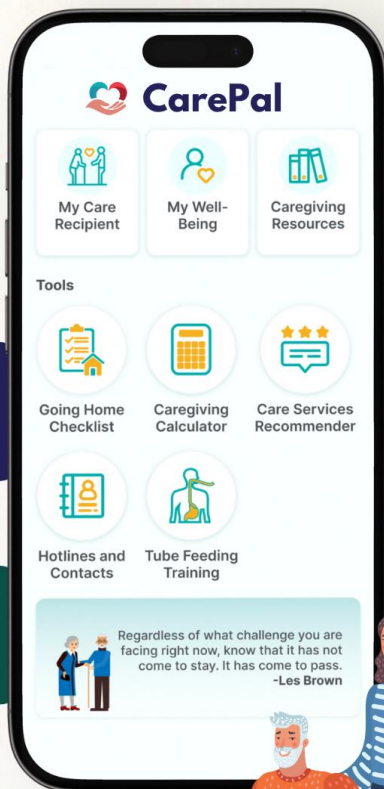
From December 2026 onwards:



Access CarePal on the
Health Hub App

Go to 'Explore' > 'NHG Health 15M'

Click to download the app



Notes

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