



# TAKE-A-BREAK

A respite care programme for caregivers of persons with disabilities

Administered by:



Supported by



## WHAT IS TAB?



Take-A-Break (TAB) is a respite care programme that provides caregivers temporary relief from their caregiving responsibilities.

Based on their needs, caregivers may choose from a range of home-based respite care services and decide how often they wish to use the services over a specific duration.

### Scope and duration of service

TAB offers subsidised respite services to meet:

- (i) urgent respite needs of up to 2 weeks
- (ii) ad-hoc or regular respite care arrangements for up to 6 months

## OUR SERVICES



- ★ **Escort Service**  
Point-to-point escort for activities related to supporting care recipients
- ★ **Home Personal Care**  
Assistance with personal care tasks and activities of daily living and light housekeeping
- ★ **Social Activities**  
Engage care recipients in activities that foster interaction, companionship, physical or mental wellness

### CONTACT US FOR MORE INFORMATION

Email: [tab@spd.org.sg](mailto:tab@spd.org.sg)  
Phone: 6579 0796



# ELIGIBILITY

- ★ Caregiver or care recipient is a Singapore Citizen or Singapore Permanent Resident
- ★ Caregiver of persons with any one or more of the following disability types:  
Autism, Intellectual, Physical and Sensory (deafness and vision loss)
- ★ Caregiver experiencing challenges due to:
  - Extenuating circumstances, e.g. transitions of caregiving, home leave of domestic helper
  - Caring for more than one care recipient with disability
  - Caregiver stress/burnout
  - Caregiver managing own medical needs
  - Care recipient needs assistance in day-to-day care
  - Care recipient has more than one disability

Applications will be considered on a case-by-case basis if the care recipients have fluctuating or challenging behaviours, and respite care providers may not be able to reasonably manage them. In these cases, caregivers' presence may be required during the sessions.

# CO-PAYMENT

TAB is a subsidised respite care service based on means-testing. Applicants can submit a valid national Means-Test document or income statement/payslips of all members living in the same household, to determine the level of subsidy they are eligible for under TAB.

If subsidy is approved, the caregiver is to pay the remaining fee (after deducting subsidy) directly to the service provider.

Per Capita Household Income Tier	Singapore Citizen (SC) Subsidy	Permanent Resident (PR) Subsidy
\$0 to \$800	90%	65%
\$801 to \$1,200	90%	50%
\$1,201 to \$2,000	75%	30%
\$2,001 to \$2,800	50%	15%
\$2,801 and above	0%	0%

# APPLICATION

The caregiver can approach their respective social worker to apply.

## Referral

The social worker is to submit the caregiver's application and means-test results to TAB administrator for assessment and approval.



## Approval

Once application is approved, family will be informed of suitable service providers who match the care recipient's needs.



## Contact

Service provider will contact caregiver to discuss the respite arrangements.



## Co-payment

If subsidy is approved, the caregiver is to pay the remaining fee (after deducting subsidy) directly to the service provider.