



# TAKE-A-BREAK

A respite care programme for caregivers of persons with disabilities (PwDs)

Administered by:



Supported by



# WHAT IS TAB?



Caring for a loved one with disabilities can be fulfilling but also demanding. TAB gives caregivers temporary and periodic subsidised respite care, so you can take a well-deserved break—whether to run errands, attend appointments, or simply recharge with a peace of mind.

## Scope and duration of service

Eligible caregivers will be provided up to 200 hours of subsidised respite services within a one-year period from 1 Apr 2026 to 31 March 2027.

# OUR SERVICES



- ★ **Escort Service**  
Point-to-point escort for activities related to supporting care recipients.
- ★ **Assistance with Personal Care Tasks and Activities of Daily Living**  
Light housekeeping support is provided only for simple tasks that help maintain the well-being of the PwD.
- ★ **Social Activities**  
Supervise and/or engage care recipients in social activities that foster interaction, companionship, physical or mental wellness.

## CONTACT

Email: [tab@spd.org.sg](mailto:tab@spd.org.sg)  
Phone: 6579 0796  
Mon- Fri, 9am - 5pm



# 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)
- ★ Children and young persons with developmental needs and/or in EIPIC

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 will be required during the sessions.

# CO-PAYMENT

TAB is a subsidised respite care service, with co-payment fees after means-testing. Applicants must submit a valid national Means-Test document or income statements/payslips for all household members (to determine their subsidy eligibility).

If approved, you will pay the remaining fee (after subsidy) directly to the service provider.

Per Capita Household Income Tier	Singapore Citizen (SC) Subsidy	Permanent Resident (PR) Subsidy
\$1,500 and below	90%	60%
\$1,501 to \$2,600	75%	50%
\$2,601 to \$3,600	40%	20%
\$3,601 to \$4,800	20%	10%
\$4,801 and above	0%	0%

As of 1 April 2026

# APPLICATION

Application must be made through a social worker. You can contact [tab@spd.org.sg](mailto:tab@spd.org.sg) for further enquiries.

## Referral

Social worker submits the completed application form, survey form and means-test results.



## Approval

Once approved, you will be informed on the outcome.



## Contact

A matched service provider will contact you to make respite arrangements.



## Co-payment

Payment of the fee (after eligible subsidy) made directly to the service provider.