



佛教慈濟慈善事業基金會(新加坡)  
BUDDHIST COMPASSION RELIEF TZU-CHI FOUNDATION (SINGAPORE)

## **MEDIA RELEASE**

### **GLOW (Nanyang) Launches Project Humanistic Hands & Heart, a Community Initiative Aimed at Supporting Caregivers and Reducing Their Stress**



*Through wellness activities and digital tools, Project Humanistic Hands & Heart provides care guidance and home-based respite to strengthen caregivers' resilience*

SINGAPORE, 7 April 2026 – According to The Straits Times, there are currently over 210,000 caregivers in Singapore who look after the elderly or people with disabilities. While caregiving is often driven by love and a sense of responsibility, it also comes with significant challenges that can take a toll on one's physical, emotional, and mental well-being. A study by Dover Park Hospice, conducted between October 2022 and January 2023 and involving 200 participants, revealed that over 40% of caregivers were at risk of depression.

In a bid to better support caregivers, GLOW (Nanyang), an Active Ageing Centre under Tzu-Chi Foundation (Singapore), has soft-launched Project Humanistic Hands & Heart on 1 April 2026. Developed in collaboration with digital enablement and community technology partner Healthy-Tec, it aims to strengthen caregivers' resilience while offering meaningful respite. Caregivers will receive support and guidance through a Phy-gital (Physical + Digital) Platform that encompasses the following:

- **Respite care:** Providing short-term care at home or at the centre, enabling caregivers to attend urgent appointments as well as bridge the waiting time for sending recipients to institutional care facilities
- **Micro job opportunities:** Offering flexible, income-generating roles such as facilitators for peer support groups to ease financial pressures
- **Holistic support services:** Access to professional counselling, peer support, caregiving training, as well as financial and food assistance
- **Evidence-informed stress relief:** Participation in programmes such as National University of Singapore's FITWISE, which involves home-based exercise interventions



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- **Corporate partner discounts:** Collaborations with organisations to offer caregivers everyday savings on essential purchases

### ***24/7 access to digital wellness activities***

There is also the P3H platform, which can be accessed on the tablets at GLOW or installed on one's personal phone or tablet. The platform is anchored in five categories of support as well as activities designed by clinical researchers and wellness professionals to reduce caregiver stress, improve well-being, and build healthy daily habits. They are as follows:

<b>Categories</b>	<b>Activities</b>
<b>Cognitive</b>	Caregivers are supported through structured tools such as <b>mindfulness meditation</b> , <b>psychoeducation lessons</b> on topics like burnout and grief, and guided <b>SMART goal setting</b> to build sustainable well-being habits. A <b>personalised sleep plan</b> further helps them establish routines that fit around caregiving demands, ensuring rest and resilience remain achievable.
<b>Physical</b>	<b>Stretching Exercises</b> , <b>Chair Yoga</b> , and a <b>Visual Breathing Guide</b> support relief from physical strain as well as promote calm. <b>Nutrition Quick Wins</b> offer easy, nourishing meal ideas, including healthier takes on familiar local favourites.
<b>Emotional</b>	<b>Quick Daily Mood Log</b> enables caregivers to record their feelings. It also tracks trends over time to surface concerning patterns early. <b>Guided Journal Prompts</b> provide a private space for reflection.
<b>Practical</b>	Caregivers can use the <b>Time Audit Tool</b> to carve out at least one moment of personal time each day, and the <b>Daily Symptom Log</b> to track physical symptoms while receiving practical self-care reminders.
<b>Social</b>	Through <b>Peer Support Groups</b> , caregivers can share experiences and encouragement. They can also take part in <b>Buddy Check-ins</b> for regular emotional support, and use the <b>Community Q&amp;A</b> to receive guidance from experts and peers.

### ***Encouraging long-term participation through gamification***

To motivate caregivers to engage with the programme, GLOW has implemented a Crystal Economy. Completion of an activity awards between 1 and 5 Crystals, with a daily earning cap of 5 Crystals. Certain activities offer bonus Crystals — for instance, logging mood for three consecutive days grants an additional Crystal on top of the regular reward.

Accumulating 30 Crystals entitles one to redeem a S\$5 FairPrice voucher, available for collection at the GLOW Centre. A S\$5 voucher can cover one to two wholesome meals or several days' worth of healthier groceries, making the reward practical yet modest, and reflective of the real cost of nutritious eating in the community.

Such a gamified system encourages consistent engagement, recognition among peers, and the development of positive routines, turning digital participation into tangible lifestyle benefits and reinforcing long-term commitment.



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*GLOW's Community Care team and Healthy-Tec team introduce caregivers to the benefits of the P3H platform at the soft launch event*

### **Empowered by the Income OrangeAid Caregiver Support Accelerator Grant**

Project Humanistic Hands & Hearts is supported by the Income OrangeAid Caregiver Support Accelerator Grant, a strategic partnership between Income Insurance Limited and National Council of Social Service. Tzu Chi is one of 10 social service agencies among the first cohort of grantees, receiving up to \$200,000 per year for the first two years, with a third year of funding up to \$100,000 subject to performance and financial sustainability.

GLOW targets to

- Year 1: Reach 700 caregivers (1,400 beneficiaries), establish programme foundations, and achieve at least a 10% significant reduction in Zarit Burden Interview (ZBI)<sup>1</sup> scores among participants.
- Year 2: Scale up to 900 caregivers (1,800 beneficiaries), strengthen programme consistency, and sustain or improve ZBI reduction outcomes.
- Year 3: Expand to 1,200 caregivers (2,400 beneficiaries), institutionalise best practices, and demonstrate sustained impact on caregiver burden and wellbeing, and sustain or improve ZBI reduction outcomes.

For media enquiries, please contact

Low Siang Ping  
Assistant Media Relations Manager  
Office: 6582 9958 ext 418  
Mobile: 8281 4130

Alden BOON Xian Yong  
Media Relations Editor (Part-time)  
Office: 6582 9958 ext 414  
Mobile: 9005 9471

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<sup>1</sup> The Zarit Burden Interview is a commonly used instrument in Singapore that measures caregiving stress.



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Email: [mediarelations@tzuchi.org.sg](mailto:mediarelations@tzuchi.org.sg)

## ABOUT TZU-CHI FOUNDATION (SINGAPORE)

The Buddhist Tzu Chi Foundation is a global non-profit humanitarian organisation founded in 1966 by a Buddhist nun named Dharma Master Cheng Yen in Taiwan. Its missions of charity, medicine, education, humanistic culture and environmental protection has brought relief to over 100 countries.

In 1993, Buddhist Compassion Relief Tzu-Chi Foundation (Singapore) was established, with the organisation's work starting with the Mission of Charity and the goal of relieving poverty, before gradually expanding into the Missions of Medicine, Education, Humanistic Culture, and Environmental Protection over the years. The heart of Tzu Chi is embedded in its name: in Chinese, "tzu" means compassion and "chi," relief.

Address: 9 Elias Road, Singapore 519937.

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