

# Relationship Between Social Prescribing and Caregiver Well-Being: A Mixed Method Study in Singapore Hospitals with Selective Optimisation with Compensation Caregiver Coping Strategies

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## Abstract

Singapore is becoming a super aged society by 2026, on the back of increasing longevity and declining total fertility rate. There are gerontological considerations with these demographic challenges confronting Singapore and other societies worldwide. Such as, demands on caregivers with the need for better caregiving support to ensure their health and well-being, and building a more sustainable caregiving eco-system through social innovation like social prescribing. Social prescribing has been implemented in SingHealth Community Hospitals, Singapore Health Services (SingHealth) since 2020. A pioneer study was conducted amongst 77 caregivers to understand the relationship between the well-being of the primary caregiver and inpatient social prescribing through a mixed methods approach applying Zarit Burden Interview and Selective Optimisation with Compensation (SOC) surveys. This was a novel application of SOC developed by Baltes & Baltes (1990) for caregiving studies, and applied research on SOC strategies with respect to social prescribing as an intervention and SOC coping strategy to support caregivers. The results found that the relationship between social prescribing and caregiver well-being was complex and required further exploration into the phenomena and implementation of social prescribing for caregivers. There are implications from inpatient social prescribing to caregiving for practice, policy and research on caregivers and the sustainability of caregiving.

**Keywords:** Caregiver, social prescribing, coping, selective optimisation with compensation, sustainability