

# INFOCUS



INFOCUS is a monthly publication that provides advice and tips to help employers build a positive working relationship with their migrant domestic workers

## Your helper must have one rest day a month that cannot be compensated away



Dear Employer,

From 1 January 2023, all migrant domestic workers (MDWs) must be given **at least one rest day a month that cannot be compensated away**. This allows MDWs to rest and recharge from work and form networks of support outside the household. Start your conversation with your MDW early and plan for alternative caregiving arrangements if required.

### Plan Early:



Your MDW's rest day can be taken as one full day or two half days on any day of the week. It can be deferred by a maximum of one month.



Use the **MDW Rest Day Guide for Employers** to discuss with your MDW and come to a mutual agreement on the rest day arrangements.



Update MOM via the **MDW eService** if there are changes to your MDW's rest day arrangements.

### Alternative caregiving services are available (if required)

**Home Personal Care service** is provided by trained care professionals to assist individuals with Activities of Daily Living (ADLs).

Some **Day Care Centres** provide respite care during weekends.

**Community-based care services** support the household if a family member has fallen sick and needs medical help or care as they recover at home.

Contact Agency for Integrated Care (AIC) at 1800 650 6060 or SG Enable at 1800 858 5885 for more information.



### Did you know?

If you need assistance to reach an agreement with your MDW on her rest day arrangements, contact your employment agency or seek free mediation services from Foreign Domestic Worker Association for Social Support and Training (FAST) at 6509 1535 / 1800 339 4357 or [socialsupport@fast.org.sg](mailto:socialsupport@fast.org.sg).

