



Alzheimer's Disease Association (ADA)

The Association was formed in 1990 as a result of growing concern for the needs of people with dementia and their families. We provide the following services and programmes:

- Dementia day care service through New Horizon Centres (NHCs) located in Toa Payoh, Bukit Batok, Tampines and Jurong Point
 - Dementia and Rehabilitation Care
 - Occupational Therapy and Physiotherapy Sessions
 - Respite Care
 - Social Activities
- Caregiver Support Service
 - Dementia Helpline : 6377 0700
 - Information and Referral
 - Counselling for Caregivers
 - Caregiver Support Groups (English, Malay & Mandarin)
 - Safe Return Card Application
 - Training Workshops on Dementia Care
 - Eldersit Respite Care Service
 - Person Centred Home-Based Intervention
- Pilot Projects
- Training and Consultancy
- Research / Publications
- Public Education
- Resource Library
- Volunteering Opportunities
- Attachment for Nursing, Medical, Social Work and Psychology students

Our Vision

- Working towards greater dementia awareness, acceptance, prevention and integrated care in Singapore

Our Mission

- To provide quality care and support
- To promote research, education and training for dementia intervention and prevention
- To be a voice for people with dementia and their families

Our Core Values

- Compassion
- Commitment
- Creativity
- Dedication
- Integrity

Our Objectives

- To increase the quality and quantity of care for the elderly with dementia
- To increase the number of services for the elderly with dementia and to be a model for other organisations to follow and learn from
- To increase families' abilities to cope with and continue caring for their elderly with dementia
- To manage and support Centres for the elderly with dementia
- To increase opportunities for research, the teaching and training of psychogeriatrics for personnel caring for the elderly

President's Message

The Alzheimer's Disease Association (ADA) made history in 2011 when it became the first organisation to be awarded the Outstanding VWO Award 2011 (Innovation) – 'Winner of the NCSS Pitch' that was organised by the National Council of Social Service (NCSS). This was a testimony to the organisation's tenacity and resoluteness in setting the trend and keeping pace with the changes while reaching out to persons with dementia via the creative use of iPads. This Award comes after winning the Outstanding VWO Award 2010 (Collaboration).

We continued to initiate or expand our programmes in dementia Person Centred Care (PCC). Our PCC Steering Committee had been active in promoting PCC to the elder-care sector through training workshops conducted by them. As part of the pilot project 'Extension of Day Care Hours', our New Horizon Centre (Bukit Batok) implemented a monthly Saturday programme at its Centre in 2010. This has now been extended at our New Horizon Centre (Toa Payoh) since June 2011 and we hope in due course, that the Saturday programme will be available at all our New Horizon Centres in responding to the needs of family caregivers for respite care.

Another initiative is in the area of Arts & Dementia where our New Horizon Centre (Bukit Batok) participated in the Tour to the Peranakan Museum project in collaboration with the docents of the Peranakan Museum. We hope to expand this programme with other arts activities involving our clients in story-telling, ceramics and photography in our New Horizon Centres.

We continued also in our efforts to reach out to family caregivers and persons with dementia. The responses from caregivers to our Caregiver Support Services increased over the last year from the number of calls we received through our Dementia Helpline and attendance at our Caregiver Support Groups and training workshops. Our Caregiver Support Centre (CSC) had also completed Phase 2 of all the pilot projects that were launched last year; the Person Centred Home-Based Intervention, Eldersit Respite Care Service, and Extension of Day Care Hours. A research study on the Person Centred Home-Based Intervention is ongoing whilst a ramp up of this programme and the Eldersit Respite Care Service will be embarked on over the next 5 years.

In line with our vision of working towards greater dementia awareness, we have reached out and educated more than 5,000 individuals on dementia-related matters via our Public Education efforts such as World Alzheimer's Day (WAD) 2011 Public Forums, the Memory Walk event, public talks and exhibitions. A creative effort by ADA to create greater awareness on dementia was the holding of a photography competition 'Faces of Dementia' to encourage the community to present a more positive image of dementia and to show their care and concern for people with dementia and their caregivers.



Over the year, our staff strength grew and new positions were also recruited for the ADA's headquarters for Corporate Services and Community Partnerships. In the next financial year 2012/2013, we will embark on our next 3 years Strategic Planning as we review our mission, vision, objectives and directions of the ADA.

The coming years will be challenging for ADA as we cope with the demands of an ageing population for dementia care services amidst challenges for manpower resources especially social workers, occupational therapists and care staff. Internally, our challenge is also to source for premises to meet the expansion of our staff members in the ramp up services at our Caregiver Support Centre, the expansion of ADA's headquarters and the initiation of new programmes in dementia care training, residential care and day care. One of the projects we hope to realise soon is the establishment of a Dementia Resource, Training & Consultancy Centre in providing a one stop formal and informal training for caregivers (professionals, families and domestic helpers).

ADA recognises that we would not have been able to pursue our mission without the continued support, donations and collaborations from our valued partners and stake-holders – our committed staff members, donors, dedicated volunteers, educational institutions, friends from the media and well-wishers. I wish to place on record my deepest appreciation to all those who have helped us to pursue our mission and vision in one way or another.

DR ANG PENG CHYE
PRESIDENT

New Horizon Centres

The four main highlights from our New Horizon Centres (NHCs) during the year were;

- The implementation of the pilot project 'Extension of Day Care Hours' on Saturday at NHC (Toa Payoh) in June 2011. The project took off very well seeing a total of 23 registered clients. This project was first piloted in June 2010 at NHC (Bukit Batok).
- A pilot project starting with NHC (Toa Payoh) on the application of Person Centred Care (PCC) approaches and implementation through staff participation and feedback.
- The accreditation of NHC (Tampines) as a Day Rehabilitation Centre in October 2011 by the Agency For Integrated Care (AIC) and Ministry of Health (MOH).
- More clients at the Centres are now using the iPad as part of the Centres' activities. One of the initiatives is compiling a Life Story of clients with photographs loaded in the iPad for reminiscence.

At the end of March 2012, our four NHCs had a total of 309 clients on their muster. All the Centres, except for Jurong Point, have reached their maximum daily capacity intake of clients. And from the 260 referrals received, 140 were admitted as new cases. The sources of referrals were from Polyclinics, General Practitioners, Medical Centres, the Agency for Integrated Care (AIC), Tsao Foundation / Hua Mei Clinic, National Neuroscience Institute (NNI), Institute of Mental Health (IMH), Private and Community Hospitals such as St. Luke's Hospital, as well as the main hospitals in Singapore – Alexandra Hospital (AH), Changi General Hospital (CGH), Khoo Teck Puat Hospital (KTPH), National University Hospital (NUH), Singapore General Hospital (SGH) and Tan Tock Seng Hospital (TTSH).

The reasons for non-admission included: full capacity at our Centres, families withdrew their applications due to the lack of interest in their elderly to attend day care, the need for nursing care at a nursing home, families not requiring the offered services as they were able to cope with the caregiving needs at home by themselves or with the help of their domestic helpers and advanced stages of dementia.

A total of 131 clients were discharged from our NHCs. These were due to admission to nursing homes or another dementia-day care centre nearer to their home, employment of a domestic helper, and inability to attend day care due to deterioration of medical condition and deaths. In the case of our Day Rehabilitation Centre at NHC (Tampines), clients were discharged when they had successfully attained their rehabilitation goals and achieved greater independence in their Activities of Daily Living.

During the year, our Centres provided Community Service Order placements for 53 youths referred by the Ministry of Community Development, Youth & Sports (MCYS). We had also provided training attachments for 296 individuals and students, and would continue to do so, for the Nursing, Neuroscience, Gerontology, Medical, Social Work and Psychology students from various institutions such as the Institute of Technical Education (East College), Nanyang Polytechnic (NYP), National University of Singapore (NUS), Hua Mei Training Institute and care staff from the eldercare sector.



Communal dining for clients at NHC (Toa Payoh) as part of the Centre's approach to PCC



Guided by these students, clients from NHC (Bukit Batok) are trying their hands on the iPad



Clients from NHC (Tampines) trying their best to knock down all the bottles as part of their morning exercises



Deejays from Radio 100.3FM spreading cheer and joy in a Chinese New Year party at NHC (Jurong Point)

New Horizon Centre (Toa Payoh)

The milestone for NHC (Toa Payoh) was the extension of its day care hours to operate one Saturday every month. Initiated by our CSC, the programme is volunteer-led as a pilot service model. Since its inception on 25 June 2011, 25 clients have registered and the monthly average attendance is 14 clients.

Communal dining for clients in our Early Dementia Programme was introduced as part of the Centre's approach to PCC. At least 84% of the clients were able to participate in communal dining. We observed that clients enjoyed their lunch more while communicating and socialising with one another at the same time. The Centre also embarked on a PCC journey through a pilot project where care staff and members of the PCC Steering Committee worked on enhancing the environment and improving on language and communications at the Centre.

NHC (Toa Payoh) continued to provide training attachments for students pursuing the Advanced Diplomas in Neuroscience, Nursing, and Gerontology, the Certificate and Professional Diploma in Social and Community Services and courses in Eldersit. A total of 51 students had completed such attachment sessions by end March 2012. Apart from this, the Centre had also received many individuals and corporate visitors, from both local and overseas agencies.

During the year, a total of 65 referrals were received, of which 32 were admitted. This was a slight increase from the 56 referrals received the previous year. There were also a total of 30 discharges over the year. As at 31 March 2012, the overall muster of clients stood at 84.



A lunch treat outing from Dignity Kitchen.



With enthusiasm, clients participated and played many interesting and engaging games via the use of iPads

New Horizon Centre (Bukit Batok)



With the aim to engage persons with dementia through cultural tours and creative arts, six clients from the Centre were invited to tour the Peranakan Museum.



Slowly but surely, our clients trying their best to fit the given alphabets into the mat as part of a cognitive exercise.

The Centre was selected to initiate a pilot run of the Arts & Dementia project by ADA's PCC Steering Committee. Six clients were selected for a PCC tour of the Peranakan Museum on 7 February 2012 to actively engage persons with dementia through cultural tours and creative arts. Prior to the visit, much preparation took place in involving the Museum docents and our clients in familiarising with each other and engaging in conversations on Peranakan culture.

The Occupational Therapy programme at the Centre was further enhanced with the employment of a full time Occupational Therapist as opposed to part-time contract service previously. The Extension of Day Care service at the Centre is now in its 2nd year and has a registered muster of 21 clients for this programme.

NHC (Bukit Batok) continued to receive dedicated support from Hillgrove Secondary School, situated just across the street. The Centre received a donation from the school's collection of over \$3,000 from its 'Green@Hillgrove Conservation and Recycling Initiative 2011' and was invited to its Chinese New Year Concert.

As at 31 March 2012, the Centre's muster of clients was at 68. There were 82 referrals, 40 admissions and 40 discharges. The Centre provided training attachments for 58 students pursuing courses in Advanced Diploma in Gerontology, Neuroscience, Mental Health and Eldersit, as well as for 28 NUS Social Work undergraduates.

New Horizon Centre (Tampines)

One year and six months have passed by since the Centre moved to its new location at Block 362, Tampines Street 34. Our clients adapted very well to the new environment and always looked forward to their morning walks and exercises at the park located just next to the Centre.

The milestone for NHC (Tampines) was the accreditation of the Centre as a Day Rehabilitation Centre for two years, with effect from October 2011. It was awarded by AIC and MOH respectively. As the Centre provides both dementia and rehabilitation care, it is able to provide a wider scope of training attachment for nursing students. During the year, 131 nursing students from Nanyang Polytechnic and Institute of Technical Education were placed at the Centre. And amongst the four day-care Centres run by ADA, NHC (Tampines) received the second highest number of visitors from various medical and government agencies and individuals.

Besides the daily activities at the Centre, clients were also treated to outings funded by AIC's Elderly Outing Fund and to various festive and other celebrations, such as Mother's Day Lunch, Mid-Autumn Festival Celebration, Christmas and Chinese New Year lunch treats.

The Centre also provided many opportunities for students, such as from Hwa Chong Institution, United World College Southeast Asia and the Prefect Council of East Spring School to carry out their community service involvement programmes.



NHC (Tampines) provides both dementia and rehabilitation care to its clients.



The Centre Manager, Stephen Chan accompanying clients in their daily morning walk and exercise at a nearby park.

During the year, the Centre received a total of 58 referrals through AIC, of which 38 were admitted. The ratio of after-stroke to dementia clients stood at 30:70. As at 31 March 2012, the overall muster of clients was at 97.

New Horizon Centre (Jurong Point)

In 2009, ADA broke new ground with the construction of its fourth NHC at Jurong Point Shopping Centre. Now into its third year of operation, NHC (Jurong Point) increased its muster to 60 clients as at 31 March 2012. The Centre received 55 referrals, of which 30 were admitted.

Ms Julaiha Bte Mohd Rashid joined the Centre as its new Manager in February 2012 taking over from Ms Fong Yoke Leng who left to complete her post-graduate studies. The Centre continues to focus on helping people diagnosed with early stage and early-onset dementia. Based on the philosophy of PCC, the Centre's intervention programme evaluates the individual client's care requirements, whilst maximising his remaining abilities.

As a recipient of AIC's Elderly Outing Fund, the Centre organised many mentally stimulating and interesting activities as well as social, recreational outings to encourage clients to connect and interact with one another. Examples of outings organised were: Kite Flying at Marina Barrage, shopping at a supermarket, Chinese New Year Celebrations at Chinatown and touring the leafy vegetable farm of Kok Fah Technology Farm.

NHC (Jurong Point) received the highest number of visitors from amongst the NHCs, mainly from the medical and educational institutions. The Centre also provided training attachments to 15 students namely from NYP, NNI, Nanyang Technological University and Monash University.



Clients and volunteers from the Centre touring the leafy vegetable farm of Kok Fah Technology Farm



Shopping time! Engaging clients in an interesting way to help them use their remaining cognitive ability to manage money in this 'Pasar Malam' scenario.

Caregiver Support Centre

The four main highlights from our Caregiver Support Centre (CSC) during the year were;

- 3,854 telephone calls were received via the Dementia Helpline.
- Phase 2 of all its pilot projects had been completed: the Person Centred Home-Based Intervention, Eldersit Respite Care Service, and Extension of Day Care Hours.
- The participation rate of caregivers attending the Caregiver Support Group (CSG) increased by 36% over the previous year from 714 to 968 attendees.
- Complimentary Eldersit service was piloted at our CSGs and training courses as a value added enhancement to the programmes.

During the year, many caregivers of persons with dementia continued to receive assistance in their caregiving journey from the CSC. 3,854 telephone calls were received via the Dementia Helpline, an increase of 98% over 2011. Assistance provided via the Helpline included: provision of information on support services, guidance on dementia-care management and counseling.

The CSC had also completed Phase 2 of all of its pilot projects, namely, the Person Centred Home-Based Intervention, Eldersit Respite Care Service and Extension of Day-Care Hours. A total of 188 clients had benefitted from these three programmes and given positive feedback. With this success, the CSC was granted new funding from MOH to ramp up the Eldersit and Home-Based Intervention programme for the next 5 years.

The Centre's outreach efforts continued to lead us to further enhance and develop new and improved modules in the training workshops for domestic helpers. With this revamped training workshop, the number of participants rose from 295 to 417 participants this year. Some of the feedback received from participants were:

- 1) "I have learnt new strategies on food refusal and non-stop eating in the training"
- 2) "The trainer presented well and coached us on how to handle a person with dementia. I felt much rewarded attending this workshop and sharing session."
- 3) "The role play in the training workshop as a group was fascinating, as it taught us not to take things for granted."
- 4) "The experiential learning puts me in the shoes of the person with dementia, my mother. It enables me to understand the challenges she faces every day."
- 5) "Every talk and training is a continuing education for me to understand more about caring for a person with dementia."

Our CSGs (held in English, Mandarin and Malay) had also expanded in the number of support groups held and in the attendances. By end-March 2012, the Centre had organised a total of 40 support groups and attracted a total of 968 caregivers. A total of 82 caregivers benefited from the complimentary Eldersit services provided at our CSGs in Tiong Bahru and Toa Payoh and at the training sessions held at our CSC (Bukit Timah).

The Centre also provided training attachments for three Diploma students, in Psychology and Gerontological Management from the Temasek Polytechnic, and would continue to do so.



Sharing useful information such as the services offered by CSC with Minister for Health, Mr Gan Kim Yong and his entourage at the Memory Walk 2011.



One of the Caregiver Support Groups and sharing sessions held in Mandarin at CSC (Tiong Bahru)



As part of the 'Extension of Day Care Hours', clients are brought to various interesting places such as the Turtle Farm in the west.



One of the training workshops by CSC for caregivers on mind activities for persons with dementia

Commemorating World Alzheimer's Day

The global theme for WAD 2011 was 'Faces of Dementia'. The aim was to promote the recognition of the signs of dementia, and to show recognition for those who have committed their time and efforts in improving the lives of people with dementia and their caregivers on a local, regional, national and international level. To commemorate WAD, the Association collaborated with various corporate partners to organise a series of Dementia Awareness events and activities. The activities included Public Forum, Photography Competition and Memory Walk held from August 2011 to October 2011.

Public Forum: On 17 September 2011, over 400 people who were interested to find out more about dementia and how they could support persons living with dementia attended the annual WAD 2011 Public Forum. Themed 'Faces of Dementia – Knowing the PERSON', the forum was organised by ADA and supported by the Health Promotion Board (HPB). Delivered in three different languages (English, Mandarin and Malay), it provided caregivers with a platform to acquire practical and valuable knowledge on dementia care. The event came to a heart-warming close when family caregivers Ms Faizah Hanoum Ariffin, Ms Judy Tan and Ms M. Kaaveri, shared personal accounts of their caregiving journey. Overall, the forum was a success. Close to 90% of the feedback received from participants said that they had benefited from it, and 73% felt that the topics addressed in the forum had helped them to better understand the disease, the importance of being proactive in seeking knowledge and help, as well as building support networks and self-care.

Memory Walk: This year, more than 4,000 participants from all walks of life and ages participated in the 2.1km 'Walk for Dementia' event at the East Coast Park on 9 October 2011, organised jointly by ADA and HPB. This annual event was organised to promote greater awareness of dementia and possible ways to reduce the risks of dementia. Fringe activities held after the Walk included mass exercise, memory and carnival games, entertainment and public messages via catchy and creative posters and exhibition. The Guest-of-Honour was Mr Gan Kim Yong, Minister for Health.

Photography Competition: Still holding on to the theme, 'Faces of Dementia', ADA organised a photography competition, jointly sponsored by Eisai (Singapore) Pte Ltd, Lundbeck (Singapore) Pte Ltd and Novartis (Singapore) Pte Ltd. The focus of the competition was to encourage the community to present a positive image of dementia and at the same time to create an opportunity for people from all walks of life to show their care and concern for people with dementia and their caregivers. A total of 72 photo entries were received and the best three entries from each category (Open and Student) were selected. The photo entries were also displayed at the WAD 2011 Public Forum for public viewing.



Participants in the Malay Forum listening very attentively to Dr Noorhazlina Ali.



Submitted photographs to the 'Faces of Dementia' Photography Competition 2011 were also being displayed at the Forum for participants' viewing



Participants taking part in the 'Conductorcise' activity.



Participants are encouraged to solve various memory games at the booths along the walk

Dementia Awareness

During the year, working in partnership with Grey Group Singapore Pte Ltd (Grey), the 'Sort Me Out' Campaign was launched. In this campaign, Grey developed a software application to provide netizens a first-hand experience of the effects of Alzheimer's Disease. The application was activated when a Facebook user logs in to accept and install the application. The user then witnessed his/her Facebook content being slowly 'erased', starting with the wall posts, followed by friends list, personal profile and lastly, their memorable photos. All these were done to create a sense of helplessness and anxiety amongst netizens to help drive awareness of the effects of the disease.

We continued to collaborate with HPB and various radio stations in Singapore on dementia-awareness projects. Family caregivers shared their experiences and challenges, with the hope of increasing awareness of dementia, de-stigmatising the condition and educating the community on the warning signs of the disease. They were aired on radio stations such as Gold 90.5FM, Capital 95.8FM, Warna 94.2FM, Oli 96.8FM, Radio 100.3FM and Yes 93.3FM.

ADA also received strong support and coverage from national print media (The Straits Times, Berita Harian, Lianhe Zaobao, Lianhe Wanbao and Tamil Murasu) and television such as News 5 Tonight on Channel 5, Berita on Channel Suria, News on Channel U and Vansantham, as well as on Channel News Asia. All these media coverage helped ADA create greater awareness on dementia.

Other public education efforts included giving educational talks on 'Understanding Dementia' to the general public, through schools and private organisations, and participation in exhibition booths at events held by community partners, for example, the TTSH NNI Dementia Awareness on 21 November 2011 and TTSH's Occupational Therapist Day on 11 January 2012.

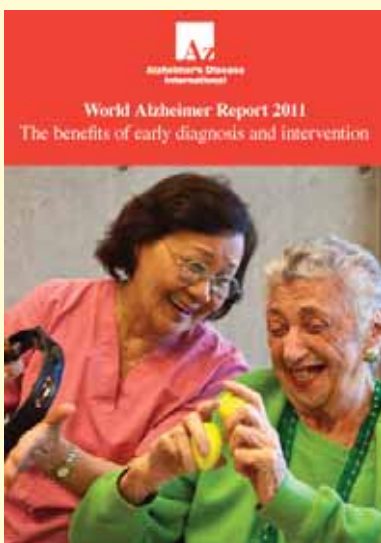


Mr Ramli Kasmuri, a family caregiver sharing his experience at MediaCorp's studio with the listeners of Warna Radio 94.3FM



Senior Social Worker, Ms Lau Yu Cheng from ADA's Caregiver Support Centre sharing the 10 Warning Signs of Dementia with listeners of radio 100.3FM

Alzheimer's Disease International (ADI)



Launched on 21 September 2011 by the ADI, the World Alzheimer's Report 2011 showed that interventions in the early stages of dementia were possible, some of which might be more effective when started earlier, and that there was a strong economic argument in favour of early diagnosis and timely intervention. ADA had presented a copy of this report to the print media.

Annually, the ADI organises an International Conference for professionals, care staff and volunteers of Alzheimer's Associations, persons with dementia and family caregivers to learn, share expertise on dementia and to network. The 27th International Conference of ADI was held in London from 7 - 10 March 2012. Themed 'Science Fact Fiction', the ADI International Conference delivered an extensive series of sessions, workshops, symposia and social events. The paper presentations and the World Alzheimer's Report 2011 can be found on ADI's website at www.alz.co.uk. The 28th International Conference with the theme 'Dementia: Action for Global Change' would be held in Taipei, Taiwan from 17 to 20 April 2013.

Our Staff Members

Our staff strength increased from 52 to 57 as at 31 March 2012. A Corporate Services and Community Partnerships Department was newly created to handle Corporate Communications, Volunteer Coordination, Public Education and Community Partnerships. Four of our staff members received their Long Service Award at ADA's Annual Staff & Volunteers Appreciation Lunch 2011. They were:

5 years service:	
New Horizon Centre (Toa Payoh)	Oh Ah Moy
10 years service:	
Alzheimer's Disease Association	Theresa Lee
New Horizon Centre (Toa Payoh)	Seng Tian Teck
15 years service:	
New Horizon Centre (Bukit Batok)	Mary Lim



On 30 July 2011, staff, clients and their family caregivers, as well as volunteers enjoyed themselves eating durians at a Durian Farm in the 1- day trip to Johore Bahru

Mary Lim receiving her 15 years Long Service Award from Mr Chua Eng Chiang, Honorary Secretary of ADA

Training And Development



Two of our staff from the Caregiver Support Centre attended the 27th Alzheimer's Disease International Conference in London

During the year, staff members attended training courses, workshops and conferences organised by the Social Service Training Institute (SSTI), Agency for Integrated Care (AIC) Learning Institute, the Singapore General Hospital Post Graduate Allied Health Institute, Changi General Hospital, Tsao Foundation, The Law Society, Singapore Medical Association and ADA. These were on Person Centred Care such as the 'Sparks of Life Approach', 'Transforming Dementia Care', 'Mental Health First Aid', 'Using Creative Arts in Therapy', 'Medication Safety and Common Geriatric Complaints', 'Culinary Skills Training', 'Management of Constipation', 'Infection Control', 'Charities Accounting Standard', 'Communicating with the Elderly', 'Workplace Health and Safety', 'Initial Assessment in Physiotherapy', and 'Post Stroke Rehabilitation'.

Four in-house training workshops were conducted namely on 'Communication in Dementia,' 'Team building through Art Therapy', 'Conductorcise' and 'Laughter Therapy'. Classroom and on-the-job training were also provided for the Eldersitters recruited for our Eldersit Respite Service.

Three of our staff members were awarded the Health Manpower & Development Programme (HMDP) by AIC. They were Mr Stephen Chan, Centre Manager, New Horizon Centre (Tampines) to pursue a Masters in Gerontology at SIM University, Ms Lin Aiting, Centre Manager and Ms Lau Yu Cheng, Senior Social Worker both from the Caregiver Support Centre to attend the 27th Alzheimer's Disease International Conference as well as a study trip of dementia care facilities in London.

Conferences attended by staff members included the 14th Asia-Pacific Regional Conference of Alzheimer's Disease International in Bangkok, the 2nd Singapore International Neurocognitive Symposium and the NCSS Members' Conference.

Our Person Centred Care Steering Committee continues to conduct training in Dementia Person Centred Care in collaboration with AIC Learning Institute for the Intermediate & Long Term Care sector. The coming year would focus on increasing our staff competencies in this area.

MEMBERSHIP

As at 31 March 2012, the association has 109 members comprising:

Life Members	: 94
Ordinary Members	: 14
Corporate	: 1

Membership is open to all persons interested in the care of the elderly with dementia. The application form for membership can be downloaded from ADA's website at www.alz.org.sg.

Corporate Governance

In compliance with the Code of Governance for Charities and Institutions of Public Character, ADA is required to disclose its reserves policy and annual remuneration of its key executives.

ADA's policy for maintaining reserves are:

- The setting up of new Centres for persons with dementia
- Funding the operations of ADA and existing Centres
- Funding new projects undertaken by ADA for the benefit of persons with dementia and caregivers

For the year ended 31 March 2012, the annual remuneration of our key executives which includes salaries, bonus and employer's Central Provident Fund contribution:

\$100,000 to \$130,000 : 1

\$ 50,000 to \$100,000 : 4

Attachment to our New Horizon Centres (Bukit Batok, Jurong Point, Tampines, Toa Payoh) and Caregiver Support Centres

Caregiver Support Centres, Alzheimer's Disease Association	30 Eldersitters
Hua Mei Training Institute, Tsao Foundation	24 Students from the following courses: - Certificate in Community and Social Services (Senior Services) - Higher Certificate in Community & Social Services (Senior Services) - WSQ Professional Diploma in Community & Social Services
Institute of Technical Education (College East)	58 Students from NITEC Certificate in Enrolled Nursing
Ministry of Community Development, Youth & Sports (Probation Services Branch)	53 Youths on Community Service Order Placement
Monash University	1 Medical Student
Nanyang Polytechnic- Advance Diploma in Gerontology	175 Students from the following courses; - Diploma in Nursing - Advance Diploma in Neuroscience - Advance Diploma in Mental Health
Nanyang Technological University	1 Medical Student
National Neuroscience Institute	1 Medical Student
National University of Singapore (Department of Social Work)	28 Social Work Students
Tan Tock Seng Hospital (Geriatric Medicine)	5 Medical Students
Temasek Polytechnic	3 Students from the following courses: - Diploma in Psychology - Diploma in Gerontological Management

Visitors

Agency For Integrated Care – Community Mental Health Division and Care Integration Division
Alexandra Hospital – Medical Social Service
Ang Mo Kio Community Hospital – Medical Social Service
Apex Harmony Lodge
Centre for Enabled Living – Mr Henry Quake, Chief Executive (Designate) and staff members
Global Boundaries
Institute for International Socio – Economic Studies (Japan)
Just Kids – A Nursery School
Khoo Teck Puat Hospital – Geriatric Medicine
Ministry of Community Development, Youth and Sports – Elderly Policy
Nanyang Polytechnic
Nanyang Technological University
National Council of Social Service – Elderly Policy Dept and Adult Disability Services Dept
National Neuroscience Institute
National University Hospital – Geriatric Medicine and Medical Social Service
National University of Singapore – Undergraduates and Research Students
North East Community Development Council
Radio 100.3 FM - Deejays
St Andrew's Community Hospital – Dr Loh Yik Hin and staff members
SASCO Day Care Centre
Shannxi Xian Jiao Tong University (China)
Singapore General Hospital - Neurology Department
St. Peter's Hospital (Hamilton, Canada)
Tan Tock Seng Hospital - Memory Clinic and Geriatric Clinic
Tokaqi University of Medicine (Japan)
Yan Chai Hospital (Taiwan) – Social Department



A lecturer and students from the Occupational Therapy (OT) faculty of Nanyang Polytechnic visited NHC (Toa Payoh) to understand more about reminiscence therapy from Ms Lim Hwee Er, Consultant Occupational Therapist, NHC (Toa Payoh)



A brief introduction of ADA and its services to Professor Hidezo Mori and wife when they visited NHC (Toa Payoh) in May 2011

Volunteers

Volunteers are the heartbeat of ADA. From all walks of life and ages, our volunteers comprising students, homemakers, caregivers, retirees and working adults, came forth and gave their best to help us serve the dementia community and ADA to achieve its mission and vision.

ADA recruited a Programme Executive (Volunteer Programme) in November 2011 to enhance the recruitment, management and sustenance of volunteers. This year, the total number of volunteers increased to 156 from 116 in 2011. We also saw more volunteers who used to be living and working overseas.

Many of ADA's programmes and activities would not have been possible without our volunteers' selfless contributions. This was especially so when it came to our Saturday's Extension of Day Care Hours at New Horizon Centres (Bukit Batok and Toa Payoh) where volunteers took the lead in the programme planning and implementation. Regular volunteers for this programme assisted in activities such as befriending, arts and crafts, balloon sculpting, cooking and serving meals, group exercises and games, playing music, sing-along sessions and bringing the clients out on outings. What was heartwarming to see was how our clients have become attached to and enjoyed the company of our volunteers.

This year, we also saw an increase in the number of Corporate Volunteers. One of our new Corporate Volunteers is GlaxoSmithKline (GSK). One of GSK's research arms in Singapore had chosen ADA as its Corporate Beneficiary. They would be organising various activities at our New Horizon Centres as part of their 'Orange Day' where their staff members volunteer in community service for a day. Another new initiative of Corporate Social Responsibility (CSR) came from the Singapore Lyrical Society where singing lessons were provided to our clients to encourage them to perform at our annual Staff Volunteer Appreciation event.

Other volunteers assisted ADA through their involvement as members in our 'ALZnewz' Newsletter Editorial Committee and the Person Centred Care/ Dementia Care Mapping Steering Committee, as facilitators and providing logistics support in our Caregiver Support Groups, as photographers, and helping out in many other various ways at our public education events. Community Involvement Programme School Volunteers continued to give their strong support, time and energy volunteering and spreading cheer at our Centres.



Students from CHIJ Primary (Toa Payoh) visiting NHC (Toa Payoh) for Community Involvement Programme



Sister Rosa Lim, a volunteer with NHC (Tampines), guiding a client in sandwich making



Mr David Pattisellano, a regular volunteer with NHC (Jurong Point), would often entertain clients with melodious tunes using his harmonica.

Community Service Groups

CHIJ Primary (Toa Payoh)
CHIJ Secondary (Toa Payoh)
Dell Global B.V. (Singapore Branch)
East Spring Secondary Prefect Council
Eisai (Singapore) Pte Ltd
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New Horizon Centre (Toa Payoh)

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Eva Cheung Koon Poh	Staff Nurse
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Eisai (Singapore) Pte Ltd and a client from NHC (Toa Payoh) celebrating Chinese New Year together



One of our clients from the NHC (Jurong Point) enjoying her Mooncake Celebration Lunch treat by Kentucky Fried Chicken



Clients who are avid readers look forward to their reading sessions, all thanks to the donated books by the National Library Board

Corporate Information

Registered Name

Alzheimer's Disease Association

Registered Address

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Singapore 310157
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Email : adahq@alz.org.sg
Website : www.alz.org.sg

ROS Registered Number

142/90 WEL

Date Established

31 December 1990

Constitution

Society

Charity Registration Number

0902

Charity Registration Date

21 September 1992

IPC Registration Number

IPC 000304

IPC Registration Date

3 September 1993

UEN Number

S91SS0018J

Auditor

Kreston David Yeung PAC

CENTRES**New Horizon Centre (Toa Payoh)**

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Dementia Helpline: 6377 0700
Email : infocsc@alz.org.sg

Member of



The 10 Warning Signs of Alzheimer's Disease

- Memory Loss
- Difficulty performing familiar tasks
- Problems with language
- Disorientation to time and place
- Poor or decreased judgment
- Problems with keeping track of things
- Misplacing things
- Changes in mood or behaviour
- Changes in personality
- Loss of interest in hobbies and personal activities

ALZHEIMER'S DISEASE ASSOCIATION

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