TOWARDS A DEMENTIA-INCLUSIVE SOCIETY



Corporate Details

Alzheimer's Disease Association (ADA)

The Association was formed in 1990 as a result of a growing concern for the needs of persons with dementia and their families.

Vision

Towards a dementia inclusive society

Mission

- To provide quality care and support
- To promote research, education and training for dementia intervention and prevention
- To be a voice for persons with dementia and for their families
- To be the leader in dementia care
- To enable persons with dementia and their families to continue to live with dignity

Our Core Values

- Compassion
- Commitment
- Innovation
- Professionalism
- 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 a 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

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 and Social Activities
- 'Family of Wisdom' programme in Bendemeer and Tiong Bahru
 - Weekly short-duration (3 hours) daycare involving both the caregiver and their loved one with dementia
 - Hands-on training of caregivers
 - Exercise, games, singing sessions, cookery; arts and craft, other cognitive stimulation activities
- Caregiver Support Services through the Caregiver Support Centre
 - Dementia Helpline: 6377 0700
 - Information and Referral
 - Counselling for Caregivers
 - Caregiver Support Groups (English, Malay & Mandarin)
 - Application for the NCSS Safe Return Card
 - Training Workshops on Dementia Care
 - Eldersit Respite Care Service
 - Person Centred Home-Based Intervention
- Training and Consultancy through the ADA Resource and Training Centre
 - Training Workshops on Dementia Care
 - Resource Library
- Pilot Projects
- Research / Publications
- Public Education
- Volunteering Opportunities
- Academic attachments for Nursing, Medical, Social Work, Psychology and Gerontology students

President's Message

t has been another good year for us as the housing of ADA's Resource & Training Centre (ARTC) and our Caregiver Support Centre under one roof at Luzerne Building on Bendemeer Road, has improved the Association's responsiveness and service flexibility as well as increasing outreach in every aspect of our operations: Training, Eldersit, Home Based Intervention, Caregiver Support Groups, and our Helpline.

Some other milestones worth mentioning are: the launch of our Family Caregiver Training Programme in ARTC; the launch of an innovative Family Of Wisdom Programme at ARTC and Tiong Bahru Social Service Hub; the official launch of our Facebook page; and the successes we have had so far in our advocacy efforts locally and internationally, such as at the G8 Dementia Summit.

Our Family of Wisdom programme is modelled after Taiwan Alzheimer's Disease Association's idea to offer a bridging solution to families that are unable to fit into day-care or home-intervention programmes. Thanks to the generosity of REDAS (Real Estate Developers' Association of Singapore) and the donors of the 2013 Pitch to Win event organised jointly by Marina Bay Sands and National Volunteer & Philanthropy Centre, we were able to start this programme in Bendemeer and Tiong Bahru respectively. By offering short three-hour sessions in which caregivers accompany their loved-ones with dementia to engage in cognitive stimulation, we help family caregivers to bond with their loved ones, network with other caregivers to receive peer support, and receive training in person-centred dementia-care which they can impart to other family members who cannot attend the programme. ADA is currently the only welfare organisation that offers such a programme in Singapore.

Other highlights this year were the setting up of Alzheimer's Disease International's Asia Pacific Regional Office, and the successful piloting of our Dementia Café programme.

The ADI Asia Pacific Regional Office will pave the way for enhanced knowledge transfer and information sharing at a multinational level. The timing of this move is opportune as we head towards our 25th Anniversary next year—all the pieces will be in place for ADA to tap on its depth of experience to take on higher roles within the community and also beyond our shores.

The Dementia Café (later renamed Memories Café) programme was successfully piloted in February 2014 at a social enterprise cafe called Crossings Café in Waterloo Street. This programme, which was started in Europe about 10 years ago, provides an opportunity for caregivers and persons with dementia to gather, interact and have fun in a supportive environment within a public place (i.e. a café or restaurant). This gives

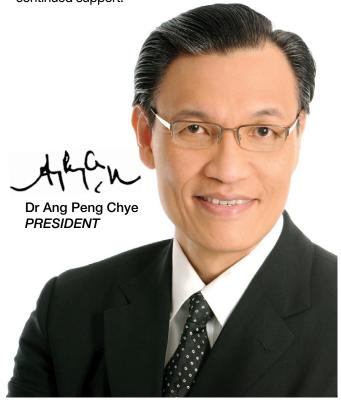
them some normalisation in their lives and provides a fresh change of environment for caregivers who have long been attending support groups held in more formal settings such as hospitals or daycare centres.

Having a programme in a public place also creates public awareness about dementia and reduces the social stigma and negative stereotypes associated with dementia. With this in mind, Canon Singapore had agreed to provide funding for this programme later in 2014 via their "Reams of Hope" project.

Further, in line with our corporate mission, we will step into the next quarter century with three key regional objectives: to be the de facto consultancy and advisor for dementia service providers to obtain help and glean best practices and innovative solutions from; to play a prominent advocacy role for the rights of persons with dementia to live optimal and near-normal lives; and to be the "Brain Centre" where quality dementia training and cutting edge dementia care concepts are always accessible and affordable.

The roadmap for this next phase of ADA's development has to be carefully strategised and charted, and we shall be needing sizeable and sustainable funding in order to blaze a trail that unifies worldwide communities to tackle dementia more effectively.

So, to all donors past, present and future; and to our staff, volunteers and valued partners — we thank you sincerely for your continued support!



NewHorizon**Centres**

n our quest to provide quality care and support for elderly with dementia as well as for their caregivers, ADA continued to collaborate with various community partners to develop more support programmes. This year, with partners such as the National Arts Council (NAC), The Peranakan Museum, passionate and talented volunteers, clients from our four day-care centres (New Horizon Centres) had the opportunity to enjoy the arts.

On 22 May 2013, five clients from NHC (Jurong Point) were selected to participate in the pilot run of a newly-developed course called the 'Photography Tours'. With NAC's support, ADA developed this sixweek photography course around the Person-Centred Care (PCC) philosophy. Through reminiscence tours of familiar landmarks, and through the use of easy-to-use cameras, participants benefited from the therapeutic effects of expressing their artistic self in spite of their limited cognitive capabilities.

The first session took place in a professional studio. Together with a team of passionate volunteer photographers from the ClubSNAP Photography Community, the photographers guided clients on the basics of nature-, street- and portrait-photography. The casual and interesting ambience encouraged clients to recount their life stories and facscinating anecdotes of their youth.

Following a successful first run, the Photography Tour continued another run in September 2013 with six clients from NHC (Tampines). Due to the tangible benefits, ADA hopes to receive continued support of the programme.

Similarly, the success of previous tours to the Peranakan Museum ensured that ADA's PCC team could continue such tours for NHCs this year. The programme, which was first launched on 7 February 2012, involves visits to the museum of Peranakan culture, engaging participants with an interactive experience of learning and sharing, and treating them to Nonya cuisine to spur reminiscence and dialogue. It is hoped that such cultural tours, when well-integrated into dementia day-care schedules, can stimulate clients to reconnect with their personal history, self-identity, and sense of personhood. In total, 8 tours were organised, with 56 clients across all four NHCs in attendance.

This year, Phase 2 of the Expressive Art Therapy programme led by an art therapist, was also well received among clients of NHCs. Our Centre Managers concur that their clients feel relaxed when expressing themselves through their paintings. The 10-session art intervention programme which was first introduced to NHCs in October 2012, provides clients with the



Volunteers from Eisai (Singapore) entertaining clients of NHC (Toa Payoh) with song and dance at a Lunar New Year celebration

therapeutic benefits of art, and ample opportunity to reminisce within psychologically-safe space. In this programme, some clients were selected for individualised (one-to-one) art therapy. The course spurred creative expression, elicited interesting life stories from participants, and helped them to regain a sense of achievement and connection.

To support ADA's New Horizon Centres in their operational procedures and processes to observe best practices and maintain excellent service standards, the Service Development Department (SDD) was set up in May 2013. The SDD also provides staff support for ADA's Technology and Daycare Centre Workgroups; works with community partners on service collaboration and research projects, coordinates visits by overseas organisations, and coordinates ADA's compliance with corporate governance regulations stipulated by the Charities Act and Regulations, Institutions of a Public Character.

During the year, our NHCs received a total of 276 referrals. The main sources of referrals were the Agency for Integrated Care (AIC), local hospitals such as Singapore General Hospital (SGH), National University Hospital (NUH), Tan Tock Seng Hospital (TTSH), Changi General Hospital (CGH), Khoo Teck Puat Hospital (KTPH), National Healthcare Group (NHG), SingHealth Polyclinics and the National Neuroscience Institute (NNI). Out of the 276 referrals received, 155 cases were accepted to join our day-care centres. Where possible, the remaining applicants were held on our wait list.

As at March 2014, our NHCs had a total of 337 clients on their muster list and had offered 177 training opportunities to students and professionals from various tertiary institutions and training centres such as the Institute of Technical Education (ITE), Nanyang Polytechnic (NYP), Temasek Polytechnic (TP), Ngee Ann Polytechnic (NP), National University of Singapore (NUS), Hua Mei Training Academy.



Art therapy sessions at NHC (Toa Payoh) allowed clients to express themselves and to share emotions creatively, without words

Staff and students from Nanyang Polytechnic's Nursing Department enjoying a popiah-making session with clients at NHC (Bukit Batok)

New Horizon Centre (Toa Payoh)

To the casual eye, Mr Neo Han Keong's painting consists of five curvy lines in red and blue. But to Mr Neo, a participant in Phase 2 of the Expressive Art Therapy programme at the Centre, his drawing symbolised how life flows like a river. He says: "Life has to go on no matter how tough the journey may be. Keep on moving forward, don't give up, be flexible, though old, just keep moving and there will always be a way."

Art therapy sessions provided clients with an avenue to express themselves creatively. This is also a form of intervention to allow persons with dementia to share emotions which are beyond words. Maria Kung, Centre Manager of NHC Toa Payoh, observed that her clients always feel happy to be able to share a little of their life story with the group of people that they feel safe with and belong to. At the end of each session, clients were observed to be more relaxed.

During the year, NHC (Toa Payoh) had an overall muster list of 97 clients and received 61 referrals from organisations such as TTSH, KTPH, CGH, NNI, Ren Ci Hospital & Medicare Centre. Out of the 61 referrals, 50 were admitted. The Centre also provided training opportunities for students and staff of medical institutions such as NYP, NP, NUS, TTSH, CGH and Jurong Health Services Pte Ltd.

Due to plans to shorten the turnaround time for its wait list, the Centre is slated for renovation to increase its capacity next year.

New Horizon Centre (Bukit Batok)

The Centre continued its participation in PCC tours to the Peranakan Museum, with a total of 14 clients and two family caregivers touring the museum on 30 April 2013 and 17 September 2013. The tours were personalised and thus more meaningful for clients as docents from the museum used clients' bio data to weave significant trigger points into the visit to encourage story-telling and connection to the people around them.

On 5 July 2013, 16 clients from the Centre had the opportunity to ride in the sky train and enjoy the sights and sounds of Singapore Changi Airport. The outing was organised by the School of Health Sciences from Ngee Ann Polytechnic. On 26 October 2013, the Centre accepted an invitation from Silver Lining (TSL) Community Services Ltd., wherein 12 of its clients attended a big carnival at the Singapore Expo.

The Centre was fortunate to receive the support of many individual and corporate philanthropists sponsoring and organising lunch outings and festive celebrations throughout the year. NHC Bukit Batok was once again, the beneficiary of Hillgrove Secondary School's Green@Hillgrove community project, which raised funds through the involvement of more than 200 students from the school.

The Centre provided an invaluable experience for 83 students seeking community service involvement. They were from Hwa Chong Institution, Lianhua Primary School, Singapore Polytechnic and School of Science and Technology Singapore. As at 31 March 2014, NHC Bukit Batok had offered 95 training attachments to students from tertiary and professional institutions and had 89 clients on their muster.

NewHorizon**Centres**

New Horizon Centre (Tampines)

October 2013 marked another significant milestone for NHC (Tampines). The Centre was once again accredited as a Day Rehabilitation Centre for the next 2 years by the Agency for Integrated Care (AIC) and Ministry of Health (MOH) respectively. As the Centre continued to provide both dementia and rehabilitation care, students in Nursing and Community Care were able to benefit from a wider training scope in their practical attachments.

Six clients in the early stage of dementia were chosen to participate in the second run of the Photography Tours from September 2013 to Dec 2013. In a pre-tour session, the organising team connected with clients to find out what subject matter they preferred for the programme. Our clients actively shared their past preferences of landmarks and favourite memories, thus helping the organisers to add a person-centred touch in the planning process. The culmination of the tour was a graduation ceremony where each client received a glossy coffee table book containing highlights of their six weeks of artistic effort.

On 31 March 2014, eight clients of Peranakan heritage were selected to participate in the eighth run of PCC Peranakan Tours. It was also the last run for the year. This time, the tour had a smaller group setting, allowing spontaneous participation from clients. Clients were treated to a Peranakan lunch, wherein many came dressed in their colourful sarong kebayas.

As at 31 March 2014, the overall muster list consisted of 89 clients. There were 25 admissions and 18 discharges. NHC Tampines continued to provide

Our client from NHC Tampines and a volunteer experimenting with their assigned digital camera during our Photography Tour

training attachments to 70 nursing students from the Institute of Technical Education (ITE) and Nanyang Polytechnic, and one postgraduate student from UniSim who was pursuing a Masters degree in Gerontology.

New Horizon Centre (Jurong Point)

The main highlight for NHC Jurong Point this year was its participation in the inaugural PCC Photography Tour. Five clients who were in their early to moderate-stage of dementia were selected for this programme.

Easy-to-use compact digital cameras with bright lenses were chosen for the six-week programme. The first tour took place on 22 May 2013 at a photography studio where clients were coached to compose and capture images. The next four tours were held outdoors. Besides taking interesting shots as part of street and story-telling photography, clients were able to reminisce and share the good old times they had with their family members at the venues. At the end of the programme, clients felt good and expressed that their quality of life had been enhanced, as observed from the Dementia Care Mapping tool administered before and after the tours.

NHC Jurong Point was one of the beneficiaries of Jurong Point's 18th Anniversary celebrations, in which the mall's management pledged to raise funds for all the Voluntary Welfare Organisations housed in the shopping mall. In the Christmas fund-raising drive, Singapore Turf Club had generously sponsored horseshoes to be issued to various personalities such as local artistes and corporate partners, to be decorated and auctioned off to raise funds. Our



Staff Ivy (in red stripes) and James enjoying a lo-hei lunch with clients and caregivers sponsored by the Jurong Point Mall Management

client Mdm Chan Swee Lan was selected to decorate a horse-shoe, and she chose a Family theme which was displayed in the mall for public viewing and auction. Proceeds from the auction were added onto the mall's charity fund.

During the year, the Centre's muster list had 62 clients. There were 57 referrals, 27 admissions and 12 discharges. The Centre also provided Community Service Order placements for eight youths referred by the Ministry of Social and Family Development.

Familyof **Wisdom**Programme

he Taiwan Alzheimer's Disease Association (TADA) runs a programme translated literally to mean "School of Wisdom", to provide regular cognitive stimulation to persons with mild dementia. The programme's success led to the launch of an innovative pilot project, translated to mean "Family of Wisdom".

The aim of this programme is to impart caregiving aptitude or "wisdom" within the family, by encouraging family caregivers to congregate with their loved-oneswith-dementia in a conducive setting. There, they can network with peers, enjoy some social respite, and still pick up useful caregiving techniques and support.

Inspired by this programme, ADA subsequently embarked on a similar mission to fill a niche in Singapore's dementia-care sector: pockets of people who were unable to fit into a standard day-care programme; those on waiting lists but eager to enrol in a bridging programme to improve their coping skills while waiting; and target groups of persons with dementia whose full-time family caregivers can benefit from some weekly training, support and networking.

ADA's Family of Wisdom (FOW) programme seeks to provide cognitive stimulation activities, physical maintenance activities and individualised activities for persons with dementia, through the active participation of caregivers in a shared, guided caregiving environment run economically by volunteers and skeletal staff. FOW is a weekly three-hour session that is attended by both the persons with dementia and their caregivers. It can be viewed as a variant or bridge of ADA's day-care and Caregiver Support programmes, in that it supplements the shorter 1.5-hour sessions of our Eldersit programme, but complements the longer hours that our dementia day care programmes offer.

The programme FOW aims to:

- a) Promote mutual self-help amongst caregivers
- b) Reduce the waiting list to dementia day care centres
- c) Promote volunteerism through shared caregiving
- d) Increase social interaction and meaningful activities for caregivers and persons with dementia
- e) Empower caregivers by equipping them with skills and knowledge to cope better in caregiving
- f) Provide respite and emotional support for caregivers and persons with dementia

The FOW centre in Bendemeer (ADA Resource & Training Centre) was launched in September 2013, and took in 23 clients with early to moderate dementia. The FOW centre in Tiong Bahru was launched in January 2014, and it has taken in 17 clients on their muster list.



Our client Mr Chong trying his hand at making lanterns out of hongbao



Collage craft at FOW (Tiong Bahru) by Mdm Lui and daughter (in stripes) programme making sandwiches



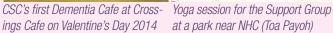
Clients in the FOW (Bendemeer)



Client Mr Li particularly enjoyed stirring the tuna filling to a fine paste

CaregiverSupportCentre (CSC)







at a park near NHC (Toa Payoh)



Burmese client Mr Koko poses with staff Eileen at an outing



Client Mr Lee and wife in Lunar New Year mood at NHC (Toa Payoh)

he year 2013 was a fruitful one for ADA's Caregiver Support Centre (CSC) as it has achieved an array of accomplishments. Four major highlights attained during the financial year were:

- An upsurge in the number of calls received through its Dementia Helpline: 5,568 this year compared to 4,641 in the previous year
- A total 1,208 attendees participated in our Caregiver Support Group sessions. We received a 4.29 rating (out of a maximum rating of 5) in the Client Satisfaction Review
- Caregiver Support Centre conducted a research Person-Centred exercise bolster the Home-Based Intervention service into a holistic programme after Phase 3
- Eldersit Respite Care Service received a 90 percent satisfactory rating from family caregivers

Dementia Helpline

The total number of calls that ADA received in FY2013/2014, shows that the community is increasingly cautious and concerned about dementia. Thus, more people were calling ADA's helpline to find out more about the resources available for caregivers.

As at 31 March 2014, CSC had received 5,568 telephone calls, consisting of 4,344 calls seeking information about dementia and ADA's services, 385 calls directed by referral from other agencies, and 839 counselling calls. The helpline number (6377 0700) continued to play an essential role in the community by providing callers with consultations in dementia care and referrals to other institutions or government agencies which can support family caregivers in their journey.

Caregiver Support Groups (CSG)

CSG offer caregivers a conducive setting in which they

can learn about dementia and obtain practical tips and strategies on optimal caregiving as well. Here, they are able to voice their concerns and share their success stories with other caregivers. From April 2013 until Mar 2014, 1,208 family caregivers attended the insightful CSG sessions, for example, Strategies for Managing Caregiver Stress, Mentally Stimulating Activities for People With Dementia, Medications in Dementia. The overwhelming response this year saw a surge to 57 sessions, 11 more compared to FY2012/2013. CSG received a rating of 4.29 out of 5, collated from 235 participants.

Home-Based Intervention

Person-Centred Home-Based Intervention programme reached Phase 3 in May 2013, at the same time as its research component. The research concluded on the need to enhance the service structure. The facelift saw the addition of a geriatric consultant into the newly-formed team, to offer medical consultation to caregivers and also to enhance the training of the team.

CSC received 124 referrals—conducted 61 screening home visits and accepted 56 cases into our care after a thorough screening process. CSC also made 177 home intervention visits for these cases.

Eldersit Respite Care Service

The Eldersit Respite Care Service piloted a new feature—creative care in a small group setting—which adapted local themes in its creative care sessions. Aside from this, CSC conducted 37 complimentary Eldersit sessions with 296 attendees, out of which 70 were unique clients.

The Centre also welcomed two students pursuing a Diploma in Psychology from Temasek Polytechnic for training attachments. During the six-month attachments, the students received on-the-job training, where they worked closely with the team of social workers and dementia practitioners.

Alzheimer's Disease International

n 21 October 2013, Alzheimer's Disease International (ADI), in partnership with its members, set up its first Asia Pacific regional office in Singapore. The office, which is synergistically housed in the premises of Alzheimer's Disease Association Singapore, will help to build capacity in the region, promote information and resource sharing, and disseminate training and educational materials to members within the region.

Heading the operations is Regional Director Mr Francis Wong, who presented his work plan to members at a business meeting during the 16th Asia Pacific Regional Conference in Hong Kong. The conference was jointly organised by ADI in collaboration with the Macau Alzheimer's Disease Association and the Hong Kong Alzheimer's Disease Association, from 11 to 15 December 2013.

At the conference, many insightful and interesting presentations on dementia and developments in dementia care were presented. Some highlights were on further developments in Person-Centred Care, and new ideas such as Dementia Friendly Environment/Community projects piloted by the Taiwan Alzheimer's Disease Association.

Concurrently on 11 December, the United Kingdom hosted the first G8 Dementia Summit

dedicated to tackling dementia globally. ADI was invited to attend the meeting in London, wherein it stressed the need for national dementia plans that promote early diagnosis



and intervention. While funding for research remains crucial, the provision of good quality care and support for caregivers is equally important.

In addition to hosting the official G8 meeting, Alzheimer's Disease International held an auxiliary event on 10 December 2013, inviting key policy makers and dementia experts from all around the world to reinforce the need for an international dialogue on dementia.

On 20 September 2013, ADI released its World Alzheimer's Report 2013 entitled "Journey of Caring. An Analysis of Long-term Care for Dementia".

The report is themed around long-term care and examines the latest global and regional trends of older people needing dementia care. It also provides an analysis of long-term care systems around the world. The report was presented to the print media and to the Ministry of Health for reference.



ADI's Regional Director (Asia Pacific) Mr Francis Wong (second from right) and ADI Chairman Dr Jacob Roy (centre) during their tour of ADA's Caregiver Support Centre (CSC) hosted by ADA CEO Mr Jason Foo (leftmost), ADA Executive Director Mrs Theresa Lee (rightmost), and CSC Centre Manager Ms Lin Aiting (second from left)





ADI's World Alzheimer Report 2013 provides a yearly analysis of long-term care systems around the world, and examines the latest global and regional trends in dementia care. The document is submitted to government bodies worldwide for reference, and can be found at http://www.alz.co.uk/research/world-report

TrainingProgrammes



Happy graduands of our FDW training (inaugural session for foreign domestic helpers of NHC clients) proudly holding their certificates



Participants being made to appreciate the loss of identity and dignity during an experiential exercise in Person-Centred Care training

Training of Foreign Domestic Workers

ADA's Foreign Domestic Worker (FDW) Training Programme endows participants with insightful training and coping strategies when caring for a Person With Dementia.

Employers of foreign domestic workers have an option to enroll their employee in either a one-day workshop ("Essentials of Dementia Care"), which equips her with coping skills while caring for a person with dementia; or an extensive workshop ("Caring For A Person With Dementia") consisting of seven extensive training modules. Both programmes are endorsed by the Agency for Integrated Care, and are conducted by experienced trainers from the geriatric and health care sector.

From April 2013 to March 2014, ADA conducted 33 runs of the programmes, benefiting 353 foreign domestic workers. Generally, the employers of the foreign domestic workers were very satisfied with their worker's newly acquired knowledge, attitude and coping skills.

This financial year also saw the launch of weekday training sessions (fortnightly basis) for FDWs of our clients from the various New Horizon Centres at the newly opened ADA Resource & Training Centre.

Family Caregiver Training Programme

This financial year also saw the launch of ADA's formalised training for family caregivers. Called the Family Caregiver Training Programme (FCTP), it is designed specifically for family caregivers who are caring for a person with dementia. The training empowers

attendees with an in-depth understanding of dementia-care, helps them to develop personalised caregiving skills, and guides them with coping strategies for self-care.

The Core Modules workshop covers four key topics such as "Understanding Dementia and Person Centred Care", "Understanding the Behaviour of Persons With Dementia", "Communicating with a Person With Dementia", and "Community Resources and Self-care for Caregivers".

The programme is highly interactive in nature, comprising group discussions, experiential learning and role play. As of 31 March 2014, 100 family caregivers had enrolled for the two-day Core Modules workshop.

So far, the FCTP programme has received good reviews—a 4.48 rating out of 5 for its service excellence, course structure, and trainers.

Person Centred Care

Besides the Arts & Dementia programme in our day-care centres, the PCC Steering Committee ran two "Transforming Dementia Care the Person Centred Way" workshops for nine hospitals and nine eldercare and related agencies in May and Nov 2013.

In July 2013 and Feb and Mar 2014, PCC training workshops were held for TTSH-Ang Mo Kio Polyclinic and CGH.

Under the funding from MOH-AIC for Visiting Experts, a Basic Dementia Care Mapping (DCM) course was conducted in August for three hospitals and three nursing homes.

PublicEducation

nnually on 21 September, Alzheimer's Disease International (ADI) commemorates World Alzheimer's Day (WAD) for which it coordinates with 84 national and 20 local Alzheimer's associations throughout the globe (including Singapore), to organise events which unite policy makers, medical professionals, key influencers, family and professional caregivers and members of the public. In the last few years, support for WAD was strong and because the 21st sometimes falls on a week day, it was decided that we should move to a month-long campaign: and thus WAM (World Alzheimer's Month) was born.

The theme for WAM 2013 was Dementia: a Journey of Caring. It was a timely call for us to focus not just on persons with dementia, but also on the undying commitments, sacrifices and challenges encountered by caregivers.

ADA successfully collaborated with various strategic corporate and community partners such as Tan Tock Seng Hospital (TTSH), Singapore General Hospital (SGH), Eisai (Singapore) Pte Ltd, Lundbeck (Singapore) and Novartis (Singapore), to commemorate WAM 2013 on 7 September 2013, with a Public Symposium in three languages – English, Chinese and Malay. Aligned

with the emphasis by the Ministry of Health and ADI's guide, the Symposium focused on empowering the 450 attendees with thought-provoking topics such as "Caring for our Ageing Society: Current Healthcare Policies and Future Plans in Dementia Care"; and "What You Need to Know about Dementia: What To Do, and What You Should Expect".

The last segment was a sharing session where three caregivers, Ms Judy Tan, Mr Richard Ashworth and Mdm Noorhayati bte Sujaie shared accounts of their caregiving journey with the audience, touching on the challenges of caregiving, the benefits and enrichment from attending training workshops and caregiver support group sessions, and the importance of a person-centred approach.

At the end of the sharing session, the three caregivers also highlighted the importance of the community's involvement to bust the stigma of dementia, in making Singapore into a dementia inclusive society. The moderated Question and Answer sessions were a dynamic, interactive affair.

ADA also participated in the WAM events organised by SGH's Department of Neurology on 14 September 2013, and the carnival organised by TTSH at the Ang Mo Kio Central Stage on 21 September.



Volunteer Manjit Kaur helping participants to piece together the WAM "Journey of Caring" jigsaw board containing well wishes



Our speaker Ms See Yen Theng from AIC guiding participants through the landscape of national healthcare policies



Staff Jocelyn Neo giving a public education talk on ADA Services to academics and staff at the Glaxo-SmithKline office premises



Dr Seng Kok Han of IMH sharing the finer points of dementia caregiving with our Chinese-speaking participants

PublicEducation

Media Coverage

UFM100.3FM

Deejay Huang Wen Hong interviewed two family caregivers about their thoughts on dementia caregiving, the challenges that they faced, and how dementia had changed or affected their lives and outlook in life.

Two volunteers and one ADA staff were also interviewed. They related why they chose to work or volunteer at ADA, their greatest hurdles encountered, and anecdotes of client-care incidents that had left a deep impact on them. UFM 100.3FM also worked with the management of Jurong Point Mall (JPM) to raise funds for the voluntary welfare organisations housed in the mall. ADA staff were invited to speak about our mission, vision and core values, as well as our myriad services to support caregivers and persons with dementia. They also appealed to the public to call our helpline should they come across anyone who exhibits the early signs and symptoms of dementia. The interviews were broadcast on 22 October 2013.

On 20 March and 21 March 2014 UFM 100.3FM again interviewed ADA on air, with two volunteers, two staff and two caregivers.

Community Chest

NHC (Toa Payoh) was featured in Community Chest's "Christmas Give" promotional video canvassing donations for its beneficiaries. All proceeds collected were channelled into the common donation fund for all ComChest beneficiaries.

Facebook

ADA successfully jumped onto the social media bandwagon on April 2013, when it officially launched its Facebook page. The social media platform allows ADA to reach out to 3.2 million Facebook personal profiles in Singapore, of various age groups and ethnicities. Facebook is a great platform where ADA followers congregate and understand more about dementia-care, healthy ageing, mental health and caregiving issues. It is a solid platform for ADA to disseminate information about its programmes, activities and outreach online.

Public Education Talks

Elsewhere through FY2013/2014, ADA's Public Education (PE) unit had intensified its community engagement programmes with a slew of activities



UFM100.3FM DJs (in white) helped in ADA's public education outreach with radio interviews and collaborations with NHC (Jurong Point)



Speaker Dr Noorhisham Main of Alexandra Hospital explaining dementia in Malay to his audience at the WAM 2013 Public Symposium

such as PE talks and community event involvements. The PE talks, conducted by staff from our Corporate Communication and Community Engagement (CCCE) and Caregiver Support Centre (CSC) departments, provide basic information on dementia to the public.

Just two months into the beginning of the financial year, ADA had already reached out to a total of 300 members of the public. At the end of the financial year, ADA's PE unit had reached out to 1,437 attendees—an additional 43.7% over last year's achievement. This notable feat was achieved with the support of community partners such as Salvation Army Family Support Services (Beo Crescent), Queenstown Chinese Methodist Church, Darul Makmur Mosque, GlaxoSmithKline, IPP Financial Advisers Pte Ltd, Wan Min Community Services (Woodsville Close), Toa Payoh West Community Club and St Paul's Church, among many other organisations.

Beside this, ADA also organised PE talks to empower its newly-recruited volunteers with adequate knowledge and awareness of dementia and ADA's Volunteer Code of Conduct, before they committed to contribute their time with us.

CommunityEngagement

Attachments to New Horizon Centres, Caregiver Support Centre and ADA Resource & Training Centre

Institute of Technical Education (College East)	13 students from the NITEC Certificate in Enrolled Nursing course
Jurong Health Services	1 staff from the Psycho-Geriatrics Department
Nanyang Polytechnic	134 students from the following courses; – Diploma in Nursing – Advanced Diploma in Neuroscience – Advanced Diploma in Mental Health – Advanced Diploma in Gerontology
National University of Singapore	19 undergraduates from the Department of Social Work 1 staff from the Department of Psychology
Ngee Ann Polytechnic	1 student from the Diploma in Psychology course
SIM University	1 student from the Master of Gerontology course 1 student from the Masters in Social Work course
Singapore General Hospital	3 residents from the Department of Family Medicine & Continuing Care Dept 1 resident from Family Medicine Residency Program
Temasek Polytechnic	2 students from the Diploma in Psychology Studies course 1 student from the Diploma in Gerontological Management Studies
Tan Tock Seng Hospital	1 staff from the Department of Family Medicine



Intern Ee Hwee from Temasek Polytechnic helping out with admin work at our Caregiver Support Centre



Ngee Ann Polytechnic intern Goh Qian Ci helping a client with picture composition at the Photography Tour

Staffing&Governance

ur staff strength increased from 70 to 88 as at 31 March 2014. Five of our staff members received their Long Service Award at ADA's Annual Staff & Volunteers Appreciation Lunch 2013. They were:

5 years of service:

Tay Siew Tin of New Horizon Centre (Bukit Batok) Li Kam Fong of New Horizon Centre (Tampines)

10 years of service:

Thia Ee Sung of New Horizon Centre (Jurong Point) Leow Chee Keong of New Horizon Centre (Tampines)

15 years of service:

Tan Ah Tin of New Horizon Centre (Bukit Batok)

Training and Development

In our pledge to be the leader in dementia care, ADA is committed to provide and support development and training of all staff at all levels so that their knowledge and skills are relevant and current. And during the year, staff from all centres and departments had been attending numerous training courses.

Most of the attended courses were conducted by the Ministry of Health Holdings (MOHH), National Council of Social Service (NCSS), Social Service Training Institute (SSTI), Health Promotion Board (HPB), Institute of Mental Health (IMH), Goshen Consultancy and Rehabilitative Service, Singapore Association for Social Workers (SASW), Tsao Foundation, Changi General Hospital (CGH), AIC Learning Institute, Temasek Polytechnic, Fei Yue Community Service and HCA Hospice Care.

Staff Nurse Ms Ong Boh Tan of NHC (Tampines) was awarded the ILTC UP scholarship to pursue a degree in Nursing at UniSIM.

ADA also organised over 40 in-house training workshops to further encourage development of competencies in staff. Some of ADA's training workshops were organised in collaboration with partners such as HPB and Dr Vina Doshi (a geriatrician). Some of these training sessions focused on "Understanding Dementia", "Communicating and Engaging in Activities with People with Dementia", "Responsive Behaviour in Dementia and Strategies to Manage Them", "Caregiver Facilitator Training", "Delirium, Sleep Disorders, Hallucinations, Delusions", "Medications in Dementia", "Creating Comfortable & Safe Environments", "Hygiene

in Dementia" and "Dance Movement Therapy". Classrooms and on-the-job training sessions were also provided for the Eldersitters recruited for our Eldersit Respite Service.

During the year, ADA staff also attended conferences and study trips overseas. These trips included attending the 16th Asia Pacific Regional Meeting and Conference of Alzheimer's Disease International – Capacity Building in Dementia Care (Hong Kong and Macau), and the 28th International Conference of ADI – "Dementia: Action for Global Change" (Taipei).

Membership

As at 31 March 2014, the Association had 110 enrolled members comprising

Life Members : 87 Ordinary Members : 21 Associate Members : 1 Corporate Members : 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 the 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 day care Centres
- Funding new projects undertaken by ADA for the benefit of persons with dementia and their caregivers

For the year ending 31 March 2014, the number of key executives with annual remuneration exceeding \$100,000 each (which includes salaries, bonus and employer's Central Provident Fund contribution):

\$100,000 to \$150,000 : 1 \$150,001 and above : 1

KeyCommittees (2013/2014)

Management Committee

President	Dr Ang Peng Chye, BBM	(
Vice President	Dr Ng Li-Ling	
Hon Secretary	Chua Eng Chiang	
Hon Treasurer	Yeo Su-Lynn	
Officer i/c of Personnel	Dr Seng Boon Kheng	
Officer i/c of Professional Practice	Dr Ong Pui Sim	

Committee Members

Alicia Tan

P M Kumari

Linda Chua

Dr Philip Yap

Dr Mark Chan

Philomena Anthony

Chairpersons of Management Committee Workgroups

Caregiver Support	Philomena Anthony
Day Care Centre	Dr Ong Pui Sim
Resource & Training Centre	Dr Ng Li-Ling

Human Resource & Finance	Dr Seng Boon Kheng
Residential Care	Chua Eng Chiang
Technology	Dr Ng Li-Ling

Editorial Committee of ALZnews

World Alzheimer's Month

Editor

Seow Lye Lok

Chairperson, Organising Comittee 2013

Alicia Tan

Person-Centred Care Steering Committee

lip Yap
Tan
Fusek
ow Yeow Leng
nald Yeo

Committee Members

Dr Ng Li-Ling Jenny Goh Lim Hwee Er May Wong

ADA Management Team

Jason Foo
Theresa Lee
Yow Lin Chan
Tan Kim Thiam
Seow Lye Lok
Eunice Tan
Jocelyn Neo

Caregiver Support Centre	Lin Aiting
Centre Manager NHC (Bukit Batok)	Mary Lim Puay Cheng
Centre Manager NHC (Jurong Point)	Julaiha binte Mohd Rashid
Centre Manager NHC (Tampines)	Stephen Chan Yew Wei
Centre Manager NHC (Toa Payoh)	Maria Kung Guek Hon

Visitors

Agency for Integrated Care - Helpdesk (CDC) team

Aim Heng Pte Ltd

Alzheimer's Indonesia - DY Suharya (Executive Director)

Alzheimer's Disease International – Dr Jacob Roy (Chairman, ADI)

CHIJ Secondary (Toa Payoh)

Community Foundation of Singapore

Fuchun Secondary School

Golden Hospital (Bangladesh) - Dr Samnun Taha from Department of Geriatric Medicine

Health Promotion Board

Institute of Mental Health - APCATS Team

Kindercare Centre

Lianhua Primary School

Hwa Chong Institution

Monetary Authority of Singapore

MediaCorp Pte Ltd - team from UFM 100.3FM

Ministry of Social and Family Development

National University of Singapore – Department of Social Work

Real Estate Developers' Association of Singapore

River Valley High School

RSVP Singapore

School of Science & Technology

Singapore Amalgamated Services Co-operative Organisation Ltd - Day Activity Centre for the Elderly

Singapore General Hospital – Department of Geriatric Medicine

Singapore Polytechnic - Red Cross Society

Sri Lanka Alzheimer's Disease Association

St Luke's Hospital Case Management Social Work team

The Singapore Ireland Fund

United Microelectronics Corporation (UMC)

Yong-en Care Centre



ADA President Dr Ang Peng Chye and Singapore Ireland Fund Chairman Dr Stanley Quek unveiling the commemorative plaque on the official opening of the ADA Resource & Training Centre



Staff Eunice Tan giving a briefing on the various features of the dementiafriendly mockup apartment in ARTC to guests from donor The Singapore Ireland Fund and guests from the Community Foundation of Singapore

Volunteerism

here was a significant increase in volunteerism over the year, which is in line with the general upward trend in Singapore.

Our records show a total of 524 volunteers and teams registered in our database as compared to 421 last year. Of the 524 registered, 144 volunteers had already been actively contributing their time and talents regularly in our activities and programmes.

Factors attributing to this increase are the strengthening of the Community Engagement function in ADA; support from the relevant government Ministries, and greater publicity of our volunteering opportunities through various outreach efforts such as social media and through the President's Challenge campaign.

During the past year, several new opportunities

had arisen for our volunteers. Noteworthy mention goes to our new Family of Wisdom programme wherein volunteers are trained to assist with activities such as befriending, group exercise, cookery sessions, and cognitive stimulation. Our volunteers also assisted with our first phase of the Arts and Dementia project through the Peranakan Museum Tours and Photography Tours.

With the ongoing expansion of our services and programmes, there will always be a continued need for volunteers and their selfless contribution toward our cause.

In order to achieve our vision of a dementia inclusive society, we will continue to find other avenues to engage, develop and appreciate our dedicated and passionate volunteers.



Ngee Ann Polytechnic student Shao Wei admiring client Mdm Ng's artistry at our Saturday Extension Programme at NHC (Toa Payoh)



Client Poh Choo (in brown) of NHC (Bukit Batok) learns about biodiversity Staff Elaine Lum (red) fetches deswhile being sheltered from the glaring sun by volunteers Hui Qing (in white), Arthur Wu (in yellow) and Lee Mei Leng (in blue) during an outing to Bollywood Veggies



sert for client Mdm Yeo at the Silver Lining Carnival, helped by volunteers Teng Hwee (in white) and Clariza

Volunteer Groups

CHIJ Seconday School (Toa Payoh) Eisai (Singapore) Pte Ltd GlaxoSmithKline Hwa Chong Institution IPP Financial Advisers Pte Ltd Lianhua Primary School River Valley High School School of Science & Technology Singapore Polytechnic Red Cross Society United World College South East Asia

Volunteers

Individual Volunteers

Alyssa Yap

Andromeda Canete

Ang Mui Jiu

Arthur Wu

Aster Tan

Audrey Lee

Audrey Ling

Balasubramanian Rajeswari

Benjamin Low Wei Yao

Benjamin Tan

Beverly Osullivan

Calvin Yeong

Chan Foong Chai

Chelsea Chong

Cheng Joo Yin

Chin Wei Lu

Chitra Krishnakumar (Dr)

Choo Meng Kwee Damien

Christine Kwok

Chua Hui Qing

Chua Lee Yen, Janice

Clariza Look

Cynthia Gomez

Cynthia Ng

Dai Meiling

Darren Fang Sheng Rong

David Pattiselano

David Seck

Davina Hok

De Las Alas Pauline Franchesca

Denis Llagami

Denise Liew

Elina Lee Yu Hui

Eliska Ho Chye Pheng

Elizabeth Yeo

Fransiska Kartawidjaja

Galston Wong

Goderic Tia Kang Mei

Goh Gek Ying

Goh Qian Ci

Gopal Krishnan

Han Meiping

Hong Anjin

Hong Liying

Isabelle Seah

Jaslyn Oong Jie Chien

Jasmine Lim

Jason Cheong Junjie

Jennifer Ho

Jenny Kim Lee Fang

Jenny Wong

Jill Ngiam

Joan Wah Hui Yi

Joanne Lim Tze Chin

Joey Au

Joey Lau

John Yap

Jonathan Lim Zi Kai

Joseph Moreira and Friends

Julie Sng

Juliet Choo Lay Hiok

Kan See Mun (Dr)

Karin Tan

Kenny Cheong

Koh Beng Chye

Lee Chiew Meng

Lee Jianliang Warren

Lee Mei Leng

Lehani Rico Francisco

Lek Lee Tiang

Li Xiaoqian

Liew Denise

Lim Hang Siew

Lim Siew Chin

Lim Siew Choo Rosa (Sr)

Linda Legaspi

Lindy Chia

Loh Yun Yu

Lucie Graveaud

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Madeline Lim

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Maurice Limuca

Michelle I oh

Michelle Tan Minxuan

Nancy Ng

Ng Keat Siong

Noreen Galana

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Ong Jia Jia

Ong Li Hui

Ong Regina

Pauline Fong Wei Ling

Penaloza Jessilynn

Poh Ching Koh

Poh May Jun

Poh Xiao Shi

Quek Aik Xin

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Roger Lek

Ruth Goh

Sally Ang

Samantha Fam

Seah Sue Mei Wendy

Seah Sue Wei Bernice

Serene Yah Jing Man

Shanghai Bang

Shawn Teo

Shayne Yeo Siok Peng

Sherry Chang

Sheryl Chng

Shirley Koh

Sindhu D/O Raveedran

Soh Hong Bee, Pamela

Soh Liyi

Suzanna Ang

Tan Eng Hoon

Tan Hui Qi

Tan Jit Hui

Tan Minghui

Tan Siew Ngoh, Jasmine

Tan Woonlu

Tan Yee Hwee

Tay Shi Ying

Teo Sok Huang

Teoh Jia Yu

Teresa Chan

Tham Yi Hua

Toh Shao Wei

Toi Min Shean

Ummi Artika Victor Yap

Vithyah Rajoo

Vivian Tan Zi Yu

Wang Siew May (Dr)

Wee Wen Fang

Wong Shwu Herng, Janet

World Alzheimer's Month

Volunteers (15)

Xavier Loh Zhiwei

Ying Koei Ann

Zhang Luqi

Donors And **Sponsors**

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Swa Xin Ying/Nicholas Buell

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Tai Mun Wah

Tan Kay Guan

Tan Khuan Seng

Tan Ley Leng

Tan Meng Wah Jason

Tan Muay Muay

Tan Seet Koh

Tan Shi Hua

Tan Shu Yi Jewel

Tan Siok Tze Jennifer

Tan Suat Chena

Tan Wen Hao

Tan Yang Guan

Tan Yew Meng

Tan Yun Feng

Tang Kok Foo

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Wee Kim Hong

Wee Sena

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Wong Mee Fong

Wong Soon Choo

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Zahara Mahmood

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The following philanthropic organisations and individuals have been very generous in supporting ADA's New Horizon Centres by providing foodstuffs and groceries (food hampers, mooncakes, biscuits, tarts, muffins, breads, mineral water bottles, fruits, chocolates and many more) and various household supplies such as washing detergents and solutions.

ADA is also grateful to receive generous cash donations as well as electronic devices such as Coffee maker, Laptop, Notebook, CD players and many more from individuals and organisations to ADA's Caregiver Support Centre for its Caregivers' Outing 2013. We are very thankful to have received such kindness from:

Adalene Koh Agatha Yong

Agnes Yee May Tuck

Ah Keng

Ang Chiou Lian

Ang Tze Qi

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Rina Ng

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Sandy Woo

Seet Koh Wah

Sharalee Yuen

Shirlee*

Stella Quek

Tan Ah Puav

Tan Jee Peng

Tang Li Jen

Tay Leong Heng

Tee Weng Ching, Alysia

Teh Huat Seong

Teo Keng Kee

Teresa Lee Mooi Lin

Thomas Lim

Too Ching Tim

Victor Koh

Vivien Ng

Wah Wee Sin

Wee Shwu Yi

Wong Mee Fong

Wong Sui Keng

Wong Yew Leong

Yap Yee Hwa

Yulia Ng Tai Thye

Zahara Binte Mahmood

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Corporations

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Dignity Kitchen

Eisai (Singapore) Pte Ltd

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Goodwood Park Hotel

Hillgrove Secondary School

Hilltop (KB) Pte Ltd

Kaplan Institute

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Kindercare Centre

Lianhua Primary School

Methodist Church - Toa Payoh

Silverworks

GlaxoSmithKline

Tian Yuan Vegetarian Food

The Hearing Solutions Group

CorporateInformation

Registered Name

Alzheimer's Disease Association

Registered Address

Blk 157 Toa Payoh Lorong 1 #01-1195 Singapore 310157

Tel: 6353 8734 Fax: 6353 8518

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

SUPPORT CENTRES

ADA Resource & Training Centre (ARTC)

70 Bendemeer Road #06-02 Luzerne Building Singapore 339940 Tel: 6293 9971

Fax: 6293 3438

Caregiver Support Centre

70 Bendemeer Road #03-02A Luzerne Building Singapore 339940 Tel: 6389 5121 Fax: 6293 6631

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

Family of Wisdom Centres FOW (Tiong Bahru)

298 Tiong Bahru Road #03-01 Central Plaza Singapore 168730 Tel: 6593 6440 Fax: 6593 6444

FOW (Bendemeer)

70 Bendemeer Road #06-02 Luzerne Building Singapore 339940 Tel: 6389 5108 Fax: 6293 3438

Dementia Helpline

Tel: 6377 0700 (Mon-Fri, 9am-6pm)

DAY CARE CENTRES

New Horizon Centre (Toa Payoh)

Blk 157 Toa Payoh Lorong 1 #01-1195

Singapore 310157 Tel: 6353 8734 Fax: 6353 8518

Email: alzheimers.tp@alz.org.sg

New Horizon Centre (Bukit Batok)

Blk 511 Bukit Batok Street 52

#01-211

Singapore 650511 Tel: 6565 9958 Fax: 6565 2257

Email: alzheimers.bb@alz.org.sg

New Horizon Centre (Tampines)

Blk 362 Tampines Street 34

#01-377

Singapore 520362 Tel: 6786 5373 Fax: 6784 9587

Email: alzheimers.tm@alz.org.sg

New Horizon Centre (Jurong Point)

1 Jurong West Central 2

#04-04 Jurong Point Shopping Centre

Singapore 648886 Tel: 6790 1650 Fax: 6790 1521

Email: alzheimers_jp@alz.org.sg

Member of





Awards









10 TIPS FOR A HEALTHY BRAIN: REDUCING DEMENTIA RISKS

★ TAT WELL *Mind your diet*

Eat a balanced and healthy diet with sufficient vitamins and nutrients. Include more fruits and vegetables in your diet. Reduce salt and sugar intake. Stick to a low-fat and low-saturated-fat diet containing foods such as fish and soya.

MOVE YOUR BODY *Mind your body*

Physical exercise will keep blood flowing well, and may encourage the growth of fresh brain cells. Get regular exercise. Try brisk walking, jogging, swimming, 'tai-chi', dancing or yoga – anything that gets the body moving and the heart pumping.

? CHALLENGE YOUR MIND Mind your mind

Keep your brain active through activities that require some mental stimulation. Try to challenge your brain daily. Read. Write. Do crosswords or jigsaw-puzzles. Play card games. Take a course. Learn a new skill.

- 4 CONNECT WITH OTHERS *Mind the importance of social interaction*Interact and communicate with your family members, friends, and neighbours. Engage yourself in social and leisure activities. Be a volunteer; join a club or go travelling.
- 5 HEART OF THE MATTER *Mind your heart*What is good for the heart is also good for the brain. Live healthily to avoid contracting heart disease, high blood pressure, diabetes and stroke, which are all risk factors of dementia.
- 6 HEALTH FOR LIFE Mind your health

If you develop health problems such as high blood pressure, cholesterol or obesity, seek treatment early and be compliant with your medication regimen. Change your lifestyle towards good health by eating right and staying mentally and physically active.

7 MEASURE ALL Mind the numbers

Keep your body mass index (BMI), blood pressure, cholesterol and sugar levels within acceptable levels. Go for regular medical check-ups and reviews.

Q KNOW THE LIMITS Mind your habits

Avoid unhealthy lifestyle habits. Limit smoking or try to quit. Learn to restrict alcohol intake. Lead a sensible lifestyle. Reduce stress and have sufficient hours of sleep.

WATCH OUT Mind your safety

Take precautions to avoid head injuries and falls. Belt up in the car. Keep your house clutter-free. Always wear safety gear (e.g. a helmet when cycling) to protect your head from serious injury in any sports activity.

10 TAKE ACTION NOW! Mind what happens tomorrow
Reduce your risk of developing dementia by constantly raising your awareness of new findings

about dementia prevention.

