

# ANNUAL REPORT *2014-2015*



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**TOWARDS A DEMENTIA-FRIENDLY SOCIETY**

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*25* years  
of dedicated service



# Corporate Information

## 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 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

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*Silver Jubilee variation of the ADA logo*



*25 years  
of dedicated service*

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Singapore's SG50 celebrations started at the tail end of our FY2014/2015 just as our Association started commemorative events for our Silver Jubilee. We kicked off our Silver Jubilee year with a charity movie premiere of the film "Still Alice" in Jan 2015. The touching movie rang home the point that dementia can strike anyone even before the arbitrary age of 65.

Another commemorative event was the official announcement of Dick Lee in representing ADA as our caregiver Ambassador. The event was at a cosy Memories Cafe session in Mar 2015.

As the nation took stock of its achievements and started planning for the next 50 years, so did the Alzheimer's Disease Association (ADA). Strategic reviews for ADA's roadmap had already started in 2013/2014, and by the middle of the reporting period, we had already identified some of the way forward by aiming higher through:

1. Uplifting our mission from being a frontline dementia-care provider agency, to being an "enabler" agency through consultancy, collaboration, reaching out to other providers of dementia-care and advocacy
2. Fostering a dementia-friendly society from a dementia-inclusive society
3. Continuing to increase and build on our capacity and capabilities

We continued to innovate and raise our profile and services by piloting new programmes, some of which worth mentioning are the Young Onset Dementia programme (ESTEEM) in collaboration with the National Neuroscience Institute; the use of assistive technology (PARO the Robotic Harp Seal) to reduce stress in persons with dementia and improve staff productivity at our Centres and a Dementia Friendly Mall initiative starting with Jurong Point Shopping Centre.

ADA's "enabler" initiative saw the expansion of our Resource and Training Centre to provide consultancy cum training services to empower other eldercare institutions to start or enhance dementia-care services. Two of such projects undertaken were with the PAP Community Foundation and Geylang East Home for the Aged, where we were able to share our extensive knowledge and experience with others.

In line with SG50's brainstorming for what we want our country to be in the next 50 years, our wish and contribution to the government's efforts is for Singapore to be a dementia friendly society in recognising that persons with dementia should be socially accepted, welcomed and respected. There should be no fear when one has dementia because the society will continue to

support and engage you. Friendliness to persons with dementia should ideally come from within the heart and not mandated by law or guidelines. We will be gathering ideas from different sectors of society on their views of a dementia-friendly society, and then to present these findings and recommendations at a Symposium in Oct 2015 in conjunction with our 25th Anniversary celebration.

As we embark on our expanded vision and mission for the next 5 years and beyond, we will need funding and the community support to seed the ramping up of our programmes, services and mission. By 31 Mar 2015, plans were underway for a Charity Gala Dinner on 7 Nov 2015. This would put the finishing touch to our 25th Anniversary commemoration activities and adding on a milestone for the Association.

My sincere thanks go out to all funders, donors, supporters, volunteers of the past, present and future and to our staff members. Let's work together to do more to help society as our population ages and to create a community that is accessible to persons with dementia.



## New Horizon Centres (NHCs)

ADA's New Horizon Centres (NHC) are daycare centres specialising in dementia care services, and are a source of respite care and support for caregivers and persons with dementia. As such, families with persons with dementia are able to continue with their livelihoods while providing their loved ones with dementia with respite care. Our NHCs practise the person-centred care approach in dementia care, wherein each individual is considered unique and deserving of retaining their dignity despite their medical condition. Hence, an individualised care plan is created for each client in considering their physical, cognitive and social functioning abilities. Meaningful activities organised in the NHCs include:

- cognitively stimulating interactive games
- reminiscence and art therapy
- group exercises
- excursions and festive celebrations
- musical accompaniment and sing-along sessions
- occupational therapy

A new feature added to the NHCs' activities was the introduction of PARO, a therapeutic robotic pet for persons with dementia. The pilot was conducted in New Horizon Centre (Tampines) and will be extended to the other NHCs in the following year. ADA was awarded a grant from the Healthcare Productivity Fund under the Agency for Integrated Care to undertake a project 'Managing Clients with Misunderstood Behaviour' using PARO as a robotic device to improve the delivery of care for persons with dementia.

During the year, our NHCs received a total of 202 referrals. The main sources of referrals were from the Agency for Integrated Care and hospitals: Institute of Mental Health, Changi General Hospital, Khoo Teck Puat Hospital, National University Hospital, Singapore General Hospital, Tan Tock Seng Hospital, St Luke's Hospital and St. Andrew's Community Hospital; Polyclinics from the National Healthcare Group and SingHealth; National Neuroscience Institute and General Practitioners. The NHCs were able to admit 112 suitable cases out of the 202 referrals received. As at Mar 2015, the NHCs had a total of 319 clients on the muster list and a wait list of 60.

There were 313 students who participated in the Community Involvement Programme with the NHCs. The students were from CHIJ Secondary (Toa Payoh), Hwa Chong Institution, Lianhua Primary School, United World College (South East Asia) and Raffles Institution. The NHCs also provided Community Service Order (CSO) placements for 92 youth referred by Ministry



Our four day care centres (called New Horizon Centres) provide psycho-social therapy, mental stimulation and person-centred dementia care.

of Social and Family Development and 132 training attachments to mainly nursing students from the Institute of Technical Education and Nanyang Polytechnic.

### Arts & Dementia programme

In 2012, ADA launched the Arts & Dementia Programme at our New Horizon Centres with a programme grant from the National Arts Council. The programme had been expanded to involve the use of the arts to engage our clients to reminisce about their life journey and past experiences

For 2014, three New Horizon Centres – Bukit Batok, Jurong Point and Tampines – continued to participate in the Arts & Dementia Programme's two components: the Peranakan Museum Tour and Photography Tour. This year, new activities were introduced, consisting of art-making sessions during which drawings and motifs were affixed to the exterior of tiles, tea cups, plates and Tingkat (tiffin carriers). These activities were organised in-between visits to the Peranakan Museum for reminiscence therapy.

For the Photography Tours which NHC (Toa Payoh) was a part of, clients went on excursions to various outdoor locations to capture images using simple point-and-shoot cameras. The places of interest would pique the clients' memories, reconnecting them to their past or current interests. At the end of the seven weeks of sessions, the clients received a personalised coffee table book containing the images captured by them during the outings.

The Photography Tour provided each client with an opportunity for them to have a personal scrapbook made using their own photos. During subsequent outings, clients shared their feelings and became more responsive when they went through their scrapbooks and talked about the locations visited. The scrapbooks, which were given to them to keep, helped them to recollect the outings with their caregivers and friends.



# New Horizon Centres (NHCs)

## New Horizon Centre (Toa Payoh)

FY2014/2015 Operational Statistics At A Glance	
Muster list	91 clients
New admissions	16 clients
Total number of new referrals	46 cases
Community Service Order (CSO) engagements	16 youth volunteers
Academic attachments and internships	33 students from Nanyang Polytechnic: Diploma in Advanced Gerontology and Advanced Diploma in Neuroscience 1 student from National University of Singapore: Department of Psychology
Community Involvement Programme participants	161 students from Hwa Chong Institution, Raffles Institution and CHIJ (Toa Payoh)

NHC (Toa Payoh) started preparations to renovate the Centre to provide more space to be able to admit more clients from the waiting list. The Sunshine Room at the Centre has been converted into an open Art & Sewing Room to encourage clients to occupy themselves with either sewing or drawing at any time of the day or when they chose not to engage in other activities in progress.

Seven clients participated in the Photography Tour programme. After the tour, clients were able to handle the camera well, and could enjoy expressing themselves through photography. This success story led the Centre to include an additional 12-sessions for another group of eight clients to participate in the Photography Tour project.

Prior to the start of the tour, pre-tour engagement sessions were conducted for staff members and volunteers to connect with the clients and to find out their photography preferences for the selection of the locations. The clients were shown photographs of familiar locations (e.g., Chinatown, National Orchid Garden, NTUC Fairprice) so that they could chat about their favourite places and their memories. Photographs taken during the subsequent outings were laid out in beautiful photo scrapbooks. The clients were shown



Our client from NHC (Toa Payoh), Mdm Giang Ah Mi, decorating the hard-boiled eggs for Easter Celebration on 21 April 2014.



A photograph taken by our client, Sister Colette, during an outing to Gardens by The Bay.

the results, and they were very expressive and jovial when talking about the photos. The Photography Tour project helped clients to recall fond memories of recent experiences despite their condition.

The Centre also employs Expressive Art Therapy to enhance the well-being of clients from the Early as well as the Moderate Stage Dementia Programme. This will be an ongoing therapy programme, incorporated on a weekly basis. To add variety to its range of maintenance exercises, the Centre incorporated twice weekly Tai Chi exercises into their programme.

The Centre's Saturday Day-Care Extension Programme is in its fourth year of operation with a muster list of 38 clients.

## New Horizon Centre (Bukit Batok)

FY2014/2015 Operational Statistics At A Glance	
Muster list	79 clients
New admissions	20 clients
Total number of new referrals	42 cases
Community Service Order (CSO) engagements	8 youth volunteers
Academic attachments and internships	24 students from Nanyang Polytechnic: Advanced Diploma in Gerontology, and Advanced Diploma in Neuroscience
Community Involvement Programme participants	60 students from Hwa Chong Institute and Lianhua Primary School

The Centre continued its participation in PCC tours. Eight clients participated in the Peranakan Museum Tour where they used batik designs to decorate *tingkat* containers. This particular art form brought a particular client back to her growing-up days where the kimono and fishing were a common sight during her 'kampong' days. During clay/pottery sessions, clients also made traditional mock Nonya *kueh* using clay, and then they shared childhood memories of the '*kueh kueh*'.

The Centre's Saturday Daycare Extension Programme continued in its fifth year of operation with a muster list of 24 clients. This programme provides additional respite care on a weekend for caregivers and persons with dementia and is mainly run by volunteers.



Our clients from NHC BB attending a National Day Celebration at Hillgrove Secondary School.



Mini Exhibition in New Horizon Centre Bukit Batok showcasing art-work—tingkat with batik patchwork and Nyonya "Kueh".

NHC (Bukit Batok) was again adopted by Hillgrove Secondary School as the beneficiary for its annual Green@Hillgrove community fundraising project. The School has also been generous with its donations in kind to the Centre.

## New Horizon Centre (Tampines)

FY2014/2015 Operational Statistics At A Glance	
Muster list	82 clients
New admissions	23 clients
Total number of new referrals	29 cases
Community Service Order (CSO) engagements	45 youth volunteers
Academic attachments and internships	22 students from Nanyang Polytechnic: Diploma in Nursing, and the Advanced Diploma in Gerontology 27 students from the Institute of Technical Education: NITEC Certificate in Nursing One student from the School of Medicine, Flinders University, Australia
Community Involvement Programme participants	33 students from Raffles Institution and United World College (South East Asia)



# New Horizon Centres (NHCs)

## New Horizon Centre (Tampines) *cont'd*



Clients enjoying the "Lion Dance" performance by staff during Chinese New Year celebration activities.



Let's strike a pose first! Our clients and staff from NHC (Tampines) preparing the "Bak Chang" ingredients for the "Dumpling Festival".

The Centre conducted a pilot run of the use of PARO, a therapeutic robotic seal. The trial showed that the robotic baby harp seal was able to calm clients exhibiting psychological and behavioural problems. PARO endears itself to the clients with its simple antics, and she is able to distract the elderly exhibiting challenging behaviour. This calming effect on clients helped to reduce the stress on care staff and frees up their time to manage other job duties. The Centre shared

its findings in a poster presentation at the Agency For Integrated Care National Seminar on Productivity in Healthcare and ILTC Quality Festival held in Oct 2014.

For FY2014/2015 the Peranakan Museum Tour programme included basic guided activities in drawing, collage-making and decoration of Peranakan tiles. Eight clients participated in the programme. Through the techniques taught, the clients' motor skills and concentration levels improved. During the sessions, the clients were also able to add their personal touch and creativity into the art pieces. One of the female clients, aged 90, enjoyed the activity very much, and she was always carrying a broad smile whenever she came for the programme.

## New Horizon Centre (Jurong Point)

### FY2014/2015 Operational Statistics At A Glance

Muster list	67 clients
New admissions	53 clients
Total number of new referrals	85 cases
Community Service Order (CSO) engagements	23 youth volunteers
Academic attachments and internships	24 students from Nanyang Polytechnic: Advanced Diploma in Gerontology, and Advanced Diploma in Neuroscience
Community Involvement Programme participants	59 students from Hwa Chong Institution

From FY2014/2015, eight clients from NHC (Jurong Point) participated in six Peranakan Museum sessions.

The participating clients shared their life stories when Peranakan-related items were showed to them. After the museum visits, art activities were organised for the clients where they used their creative ideas to draw and colour Peranakan designs onto paper. The artwork was later transferred by an artist onto tea cups and plates. Our clients were delighted when they saw the finalised art pieces.

Other than the Peranakan Museum tour, the Centre also initiated other activities for their clients

- A sensory stimulation activity called "Touchy Feely" where individual clients get to feel mystery items inside a bag and try to guess what they are touching and feeling with



Students from Hwa Chong Institution guiding our clients to play the cognitive stimulation games on an Android tablet computer.

their fingers. The exercise helps to stimulate the senses and memory while at the same time providing opportunities for fun and laughter.

- Doll Therapy: Also known as cuddle therapy; Doll Therapy can help female persons with dementia feel useful and needed. The doll may trigger happy memories of early parenthood and it can become an integral part of a senior's life because she will be motivated to care for the doll as she would care for a baby.

Students in the Community Involvement Programme



Clients curiously admiring the bead work exhibited at the Peranakan Museum.

(CIP) took part in interactive sessions with the Centre's clients where they shared stories about the school activities which they were involved in, such as extracurricular activities, and International Exchange Programmes. All these personal stories were presented through videos and photos. At the same time, the Centre's clients related stories of their childhood and school days. The interactions gave clients the opportunity to interact with youth, while allowing the latter generation to understand persons with dementia better.



# Caregiver Support Centre (CSC)

ADA's Caregiver Support Centre (CSC) provides an avenue where caregivers can learn about dementia and pick up caregiving knowledge and skills. By building a support network, caregivers will be able to face challenging situations better, and provide their loved one with a satisfactory quality of life via a person-centred approach. CSC also provides a person-centred Home-Based Intervention programme whereby a care team makes home visits to extend psycho-social intervention to caregivers in distress.

With much exposure to a wide spectrum of people in society, ADA is able to identify service gaps (if any) and initiate new support services to provide greater respite care and psycho-social support to caregivers. Hence ADA piloted – Memories Café – where caregivers can enjoy a change of environment in an informal setting with their loved one: at a public café.

The project integrates persons with dementia into society (because their caregivers may find it inconvenient to take them to public places) while providing caregivers with rest and recreation. ADA would like to thank all the generous cafés that have helped to support this initiative.

Prominent highpoints for the reporting year were:

- 5,831 telephone calls received through the Dementia Helpline, compared to 5,568 in FY2013/2014
- 1,268 participants attended 58 Caregiver Support Group sessions
- 551 caregivers and their loved one with dementia attended 19 Memories Café sessions
- 100% satisfaction level with an average score of  $\geq 3.5$  out of a total score of 5 for complimentary Eldersit sessions
- 147 intervention home visits were conducted
- An annual Caregiver's Outing was organised to honour our beneficiaries (128 caregivers and persons with dementia)

## Dementia Helpline

Our Dementia Helpline (Tel 6377 0700) is a weekday telephone call centre where trained staff and counsellors answer queries related to dementia. They can also provide counselling or refer callers to the appropriate agencies and resources which are best equipped to provide further assistance.

Of the 5,831 telephone calls received at the Helpline, 4,749 calls were requests for information on dementia and the services or training provided by ADA.



*Caregivers and their loved one participating in sing-a-long session with volunteers at a Memories Café session at Crossings Café.*



*Volunteers at a Person-Centered Care Experiential Learning exercise for the Helpline group training to man our Dementia Helpline.*

There were also 326 referral calls involving external or internal agencies for support. CSC received 756 counselling calls (of which 165 were unique calls). CSC also conducted a survey of 103 referral calls and received a rating of 4.36 out of 5, with 94 percent of the callers giving a rating of more than 3.5 for the services rendered through the Helpline.

During the financial year, CSC also recruited 10 volunteers and provided training to them to help man the Dementia Helpline. A Helpline training guidebook was also developed.

## Caregiver Support Groups (CSG)

A total of 1,268 participants attended a total of 58 CSG sessions made up of 32 English, 21 Chinese and



*Our eldersitter sharing a hearty moment with a client while the latter's family caregiver attends Creative Care training.*

5 Malay sessions. The CSG activities included Closed Group CSG sessions, Support Groups for New Carers, Dance Movement Therapy (DMT) for Family Carers, and Support Groups for Single Caregivers. The CSGs received a rating of 4.25 out of 5; 93.56 percent of the 233 who participated in the Client Satisfaction Questionnaire gave the CSG sessions a rating of more than 3.5.

## Memories Café

A total of 19 sessions were organised, in which 551 participants attended – 315 caregivers and 236 persons with dementia. They comprise 226 unique participants of which 141 were caregivers and 85 were persons with dementia. A total of 67 caregivers participated in the Client Satisfaction Questionnaire and 97 percent of the caregivers who participated in the survey gave the programme a 3.5 rating or higher. The overall rating was 4.63 out of 5.

ADA collaborated with the following cafés and restaurants for the programme in 2014/2015: Crossings Café, Loaves Me Café, Jing Restaurant, Majestic Bay Restaurant, Cocotte Restaurant, Brecks Café, Toast Box, Hans Café and Slappy Cakes. We would like to express our sincere thanks to them for their support.

## Home-Based Intervention

A total of 114 referrals were received and 52 screening home visits were carried out. A total of 41 cases were accepted for our service and a total of 147 intervention home visits were conducted for these cases.

Of those families that had received the service, 82.6% rated the satisfaction level with an average score of  $\geq 3.5$  out of a total score of 5.



*Caregivers and staff members striking a pose at the Eisai Caregiver's Outing in September 2014.*

The CSC team attended weekly meetings at Khoo Teck Puat Hospital as a community partner of the iCommunity@North programme and participated in the case discussions.

## Eldersit Respite Care Service

A total of 158 referrals were screened for the Eldersit Respite Care Service. A Client Satisfaction Questionnaire (CSQ) was administered on 59 clients of the 104 clients using the service and 84.75 percent rated their satisfaction level at  $\geq 3.5$  out of a total score of 5.

A total of 28 runs of complimentary Eldersit sessions were conducted at the Caregiver Support Groups. There were 214 attendees, out of whom 73 were unique clients. A Client Satisfaction Questionnaire (CSQ) was administered on 43 clients and 100 percent rated the satisfaction level with an average score of  $\geq 3.5$  out of a total score of 5.

## ADA-Eisai Caregivers' Outing 2014

As nostalgia and reminiscence is always a popular concept, the theme for the 2014 Caregivers' Outing was "Shanghai Noon", at which participants were brought back to "1930s Shanghai" to experience the golden age of Shanghai through classic oldies songs and a skit with a storyline centering around the importance of effective communication between persons with dementia and their caregivers.

A total of 105 caregivers and 23 persons with dementia turned up for the event. The overall rating received from 93 respondents out of the total of 128 attendees (caregivers and persons with dementia) was 4.29, out of which 87 respondents provided a rating of 3.5 and above.



## Family of Wisdom programme



Our client Mdm Cheong enjoying some art therapy with her daughter (centre) and domestic helper.



Our artistic client Mr Li posing with his paintings alongside staff Sharon Liow.

ADA's Family of Wisdom programme (FOW) is an innovative shared-caregiving initiative which was piloted at our Resource & Training Centre in September 2013. It is a unique programme in that it includes both the persons with dementia and their full-time caregivers attending the programme together. By this kind of engagement at an informal setting, caregivers benefit from some respite, while their loved one with dementia has an opportunity to bond with them over various cognitively and social activities.

The FOW programme received a total of 115 referrals from Tan Tock Seng Hospital; National Neuroscience Institute; Changi General Hospital; Singapore General Hospital; Agency for Integrated Care; Polyclinics and general practitioners. Out of these referrals, 97 cases were evaluated as suitable for the FOW programme in both centres. As at Mar 2015, FOW has a total of 89 clients on its muster list.

Since its inception in 2013, the programme has expanded, with the introduction of a new FOW centre at Central Plaza (Tiong Bahru) in Jan 2014.

Due to demand from referrals received from the hospitals, the FOW programme in Bendemeer increased its frequency of sessions from one session per week at launch to the current six sessions a week. The programme in Tiong Bahru runs five sessions a week;

catering to different clients' profiles, at different stages of dementia. Besides the usual activities, FOW also initiated a small Interest Group activity (a Chinese New Year Flower Arrangement class) for nine clients and their caregivers.

A milestone for the FOW programme at Tiong Bahru during the year was a pilot programme started for persons with Young Onset Dementia in collaboration with the National Neuroscience Institute. Five clients and their caregivers are enrolled in the programme as at 31 Mar 2015.

FOW Bendemeer was invited to pitch at 'The Funding Network' event organised by the Community Foundation of Singapore where donors come together to support a charitable project and pledge their donations. This event enabled FOW Bendemeer to organise outings to the OrchidVille, Gardens by the Bay, River Hong Bao, River Safari and festive celebrations at Christmas and a Chinese New Year Reunion Lunch.

The FOW team held its first Arts Exhibition on 19th November 2014 at the atrium area of Tan Tock Seng Hospital where artwork created by 27 clients from Bendemeer and 17 clients from Tiong Bahru were displayed. Besides the public, the event was also attended by 160 persons from both FOWs comprising clients, caregivers, staff and volunteers.

## Alzheimer's Disease International



Group photograph of the participants and organisers of the ADI Asia Pacific Regional Business Meeting in New Delhi in November 2014.

The Asia Pacific Regional Office (APRO) of Alzheimer's Disease International (ADI) began operations on 21 Oct 2013 within the premises of ADA. With the purpose of supporting ADI's 17 member countries in Asia Pacific, the APRO has prioritised its efforts over the past year into building collaborations between member associations, enhancing dementia care training and outreach to other non-member countries in the region.

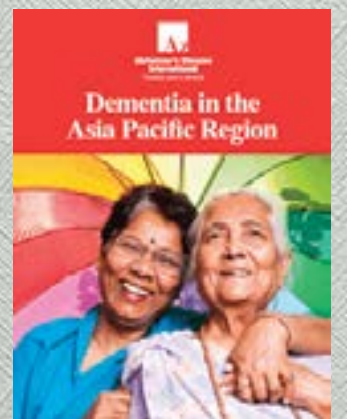
During the ADI International Conference in Puerto Rico in Apr 2014, Regional Director Mr Francis Wong shared with the member associations, the successful efforts in building an alliance of three Non-Government Organisations (NGO) in Bangladesh – to combine resources in awareness raising to remove the stigma of dementia in the country. Other collaborative successes include countries such as Malaysia and Indonesia benefitting from the experience sharing of ADA (Singapore), and the strengthening of relationships with other NGOs such as HelpAge International, which has broadened the network and reach of ADI in the region to non-member countries such as Myanmar, Cambodia and Vietnam.

In consultation with the member countries, a need for capacity building in dementia care training has been highlighted as a priority. The APRO presented its plans to develop the ADI Master Trainer programme, which aims to nurture Master Trainers in each country and implement a world-class endorsed

training methodology for dementia care. This will ensure the quality of training within the ADI network of associations. The programme is planned for roll out in 2015-2016.

During the Regional Conference in New Delhi in November 2014, ADI published the report "Dementia in the Asia Pacific Region", which highlighted the challenges faced in the region and the strategies to address these challenges. This report is unique in that all member countries came together as a collaborative effort, and each country was featured individually as part of the report. Following the publication, all member associations have reported benefits in sharing the findings of the report with policy makers in their respective countries.

The Regional Conference also provided the ideal platform for countries to share their experiences in creating dementia friendly communities and to learn from one another.



ADI's report on Dementia in the Asia Pacific Region is unique in that all member countries collaborated on it.



# Training Programmes



Participants from Creative Care course taking part in creative expression activity through movement and synchronisation.

## Family Caregiver Training Programme

'Living with Dementia' is a Family Caregiver Training Programme designed to help family caregivers acquire a better understanding of dementia in an experiential way, and to equip them with the skills to care for their loved ones with dementia. Since its launch in 2013, this programme has grown in demand in terms of the number of caregivers completing both the Core Modules and Intermediate Modules, conducted in English or Mandarin.

The Core Modules focus on four key topics: 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. Upon completion, caregivers were able to choose to take the Intermediate Modules covering different practical aspects of dementia care, including Managing Everyday Care; Food and Nutrition; Meaningful Activities; Falls Prevention and Home Safety; Medication Management; and End of Life Care.

From 1 Apr 2014 to 31 Mar 2015, the ADA Resource and Training Centre (ARTC) had organised 13 runs of the Core modules for 125 caregivers. The programme had received a 4.6 rating out of 5 respectively for effectiveness of course objectives, content and trainers.

*"The trainers (Fong and Stephen) willingly shared their experience and knowledge. They also created a safe haven for the participants to relate, vent and also*



Domestic helpers participating in experiential learning to understand what elderly persons with dementia go through in their daily lives.

*laugh on hindsight at the many exasperating adventures they had each experienced. The trainers offered many ideas and resources for caregivers (to turn to) in order to manage and cope on the road ahead. The reality, I learnt, was to expect unpredictable changes. Coping with my father meant validating what he said, acknowledging his presence and needs."*

~ Shared by Family Caregiver Training Programme participant, Ms Mabel Ng

## Training of Foreign Domestic Workers

ADA's Foreign Domestic Worker (FDW) Training remains well-received by employers of foreign domestic workers caring for persons with dementia. The training programme is an approved training provider under the Agency for Integrated Care (AIC) Caregiver Training Grant. Employers may utilise the grant to pay the course fees which are subsidised by AIC.

From 1 Apr 2014 to 31 Mar 2015, the Caregiver Support Centre organised 35 runs of core and elective modules in English, Malay and Burmese, with a total of 356 trainees. The FDW Training Programme received an average rating of 4.6 out of 5 for effectiveness of course objectives, content and trainers.

## Professional Caregiver Training

To meet the increasing demand for dementia-related training programmes in Singapore, ARTC ramped up the provision of training and consultancy

services to eldercare providers over the past year. Professional Caregiver Training Courses conducted during the reporting year include:

- Two-day workshop on "Transforming Dementia Care the Person-Centred Way" (20 and 21 May 2014);
- Four-day Dementia Care Mapping (Basic User) Course (20 to 24 Sep 2014);
- Creative Care Training by Dr Sue Jennings (10 to 14 Nov 2014);
- One-day workshop on Person-Centred Dementia Care for the Eastern Health Alliance (11 Dec 2014);
- Two-day workshop on Person-Centred Dementia Care, customised for Care Corner Senior Services (12-13 Mar 2015); and
- Customised Training Programme for Geylang East Home for the Aged (Sep 2014 to Mar 2015)

## Dementia Care Mapping Course

The Dementia Care Mapping (DCM) Basic User Course is a four-day course for professional care staff who have strong interest in transforming the quality of care for persons with dementia. The 26 participants who attended the DCM Course in Nov 2014 were awarded the Basic User Certificate in Dementia Care Mapping by the University of Bradford, UK. This course received a 4.5 rating out of 5 for its effectiveness on course objectives, content and trainers.

DCM is a method to evaluate and enhance the quality of care delivered to persons with dementia in formal care settings. The classroom-based training provides a platform for engaging discussions about person-centred care, and lively case-study presentations. This is followed by an hour of Co-Mapping practice for each participant with the trainer after the course, either at their workplaces or in ADA's services.

## Creative Care Training

With funding from the Agency for Integrated Care's Social & Health Manpower Development Programme – Intermediate and Long-Term Care Visiting Expert Scheme – ARTC hosted the second Creative Care Training by Dr Sue Jennings, a specialist in Neuro-Dramatic-Play and Drama Therapist from the United Kingdom, in Nov 2014.



Participants from various healthcare organisations during a 4-day intensive Dementia Care Mapping Basic User Status Course.

The five-day training programme was attended by 23 participants, comprising therapists, nurses, programme executives and social workers. The basis of this programme is "Neuro-Dramatic-Play" which includes sensory integration, rhythm and music, dance, and dramatic playing. Participants were provided with a platform to experience hands-on activities using a variety of creative modalities. At the end of the programme, participants were able to develop creative activities for older people, and persons with dementia, as well as to apply the relevant knowledge of attachment theory in their work.

This programme received a 4.4 rating out of 5 for its effectiveness of course objectives and content. One participant summarised the course beautifully when she stated that: "This training is really a toolbox that allows practice, so we can confidently start small ones if need be, unlike many courses which are only knowledge-based or case sharing."

## Customised Training Programmes

The ARTC team, comprising staff trainers from ADA, provided classroom and on-the-job training for the professional care team at Geylang East Home for the Aged (GEHA) from Sep 2014 to Mar 2015. Also, 17 staff members from the GEHA Social Day Centre and Sheltered Home attended the training, each receiving up to a total of 25 training hours. The topics taught included Understanding Dementia and Person-Centred Care; Effective Communication; Understanding Changing Behaviour; and Facilitating Activities with Persons with Dementia.



# Public Education

## World Alzheimer's Month 2014

The theme for this year's World Alzheimer's Month (WAM) 2014 was "Dementia: Can we reduce the risk?", of which early detection and intervention were key points, to stress the importance of identifying mild cognitive impairment (MCI) early and seeking diagnosis without delay. The theme was opportune for ADA to focus on the family unit this year, as both the young and the old are stakeholders in the early detection and intervention of MCI. This culminated in ADA's very first mini roadshow-cum-carnival to commemorate World Alzheimer's Month on 20 Sep at the roof garden of Bishan Junction 8.

The inaugural 'Dementia Awareness Carnival' featured various activity booths comprising free health screening services, handicraft sales, free photo taking and various games booths to educate the public about cognition. In addition to the activity booths, the events stage was filled with entertaining performances, music accompaniment and a magic show. In addition to the mini-carnival, three talks by medical specialists in dementia-care were conducted; one in Mandarin and two in English, at the Retired Senior & Volunteer Programme (RSVP) office, Junction 8. The talks focused on the importance of reducing the risks of preventable types of dementia, as well as the need for early detection and intervention. A total of around 1,000 supporters walked away from the mini carnival and public talks knowing more about dementia.

ADA also successfully collaborated with community partners such as Tan Tock Seng Hospital (TTSH) to commemorate WAM 2014 at their respective WAM event on 28 Sep 2014 where Dr Lam Pin Min, Minister of State for Health was the Guest of Honour.



Participants for WAM 2014's "Amazing Race" getting ready for the flag-off.



President Tony Tan Keng Yam visiting ADA's booth at the SingHealth "President's Challenge" Carnival at KK Women's and Children's Hospital.

Other public education events for FY2014/2015 included:

- Jurong Point Shopping Centre Tenants' Awareness Talk
- As part of its aim to build a dementia-friendly society, ADA partnered with Jurong Point Shopping Centre to improve dementia friendliness at the retail premises. ADA organised an awareness talk with participating tenants to help their staff understand dementia and how they can take small initiatives to improve shop layouts and signages to benefit persons with dementia. Tenants were also taught to recognise signs of dementia in order to provide good service and to avoid awkward misunderstandings that could arise out of ignorance or apathy.
- Lion Befrienders Awareness Talks: ADA was invited by Lion Befrienders to hold two separate awareness talks (English and Mandarin) for their volunteers. The organisation's aim is to train its volunteers to notice symptoms of dementia or cognitive impairment in the residents they befriend.
- SG50 Care and Share Day: ADA took part in the SG50 Care and Share Day where a volunteer recruitment drive met with hearty support.

## Public Education Talks

FY 2014/2015 was a fruitful year as we reached out to 1,469 members of the general public across 46 public



A member of the audience participating in a magic show performance by magician Adeline Ng during the WAM 2014 dementia-awareness carnival.

education talks. ADA also collaborated with partners in 13 outreach events by participating in booths, exhibitions and seminars. Through these outreach programmes and activities, we were able to engage different age groups and segments of society. In our relentless effort to spread awareness of dementia, ADA is thankful to have been invited by community partners – Paya Lebar Methodist Church; RSVP Singapore; YAH! College; various religious bodies; private organisations and other partners, to their community events.

On top of the community partner collaborations, ADA organised regular orientation sessions for newly-recruited volunteers. The orientation sessions rang home the importance of knowing how to engage persons with dementia, knowing about ADA's cause and our services, and also understanding the relevance of a volunteers' code of conduct in dementia-care settings. ADA looks forward to collaborating with more partners in future to empower the public with awareness of dementia and to promote a dementia-friendly society.

## Media Coverage

The mass media is another platform upon which ADA leveraged on, to reach out to the public. In 2014,

local media again played a pivotal role in helping ADA to educate caregivers about ADA's services, and about dementia management. Local production companies from Suria, Channel 8 and ChannelNewsAsia, which produce local dramas, documentaries and telemovies, had sought ADA's inputs on the current dementia care scene, the associated caregiver challenges and the support resources available.

DV Studio, which produces local dramas for the Malay community on the Suria channel, produced a story 'Ingat Tak Emak' for Mother's Day 2014.

The filmlet is about an elderly mother afflicted with dementia. Her children had difficulties coping with her personality changes and challenging behaviour. The heartwarming storyline pulled at many heartstrings and received touching comments on the production's social media platform.

Some netizens who had totally misunderstood dementia and had associated it with the normal ageing process were now enlightened. Soon after, the production company produced a webisode sequel – where two of the caregivers who attended ADA's Caregiver Support Group were interviewed about their caregiving journey.

At the end of the webcast, a medical expert shared his professional advice to help struggling caregivers find



# Public Education



Staff Karen Lim engaging the audience at a public education talk on dementia and ADA's services at Paya Lebar Methodist Church.

help and resources provided by Agency for Integrated Care, ADA and other agencies. Through this media collaboration, ADA was able to reach out to more Malay caregivers who had been docile in seeking help when encountering road blocks while caring for their loved one with dementia. We hope our efforts have reduced social stigma and myths about dementia in this part of society.

In 2014, the topic of dementia was a common feature in the local dailies, and ADA was often cited. One such article, "Drawing caregivers and those with dementia closer" featured caregiver Ms Janice Nua who had accompanied her mother to attend ADA's Family Of Wisdom (FOW) programme (Tiong Bahru). In the Straits Times article dated 23 Sep 2014, Ms Nua explained that she wanted to help to maintain her mother's mental cognition for as long as possible and to spend quality time with her. The article also listed some of the meaningful activities done during the three-hour FOW sessions.

ADA was also mentioned in a Today newspaper article titled "Recognising Burnout in Caregivers" published on 15 Oct 2014. The writer of the article acknowledged the tremendous amount of sacrifice that caregivers undertook, and provided in-depth information on signs



The producer of Mother's Day telemovie "Ingat Tak Mak" sought ADA's opinion on its script before the show was aired on Suria Channel.

of burnout and what caregivers should do whenever they need respite. A caregiver with ADA, Ms Aisha, explained the benefits of attending a Caregiver Support Group. She said that it was an eye-opener as it allowed her to understand her loved one's challenges better through group sharing and training. ADA hopes to continually engage the media platforms and also to enlighten journalists, bloggers and websites about the power they wield in shaping societal mindsets about dementia.

# Community Engagement

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

Post-Secondary/Tertiary Institutions		
Institution	Course	Student Attachments
Flinders University Australia	Bachelor of Medical Science	1
Institute of Technical Education	National ITE Certificate in Nursing	27
Nanyang Polytechnic	Advanced Diploma in Gerontology	37
	Advanced Diploma in Neuroscience	18
	Diploma in Nursing	14
National University of Singapore	Department of Social Work	10
	Department of Psychology	1
Ngee Ann Polytechnic	Diploma in Psychology	2
Singapore Institute of Management University	Graduate Diploma in Social Work	1
Temasek Polytechnic	Diploma in Psychology	2
Various Corporations		
Organisation		Staff Attachments
PAP Community Foundation		1
NTUC Health		1
Singapore General Hospital – Department of Geriatric Medicine		2
Changi Simei Senior Day Centre		1
O'Joy Senior Care Centre		2
SingHealth Residency		7



Students from Ngee Ann Polytechnic and Nanyang Polytechnic at an art making session at New Horizon Centre Bukit Batok.



One of our interns helping to familiarise clients with the point-and-shoot camera at the Photography Tour of the Arts & Dementia programme.



# Staffing & Governance

ADA staff strength increased from 88 to 92 as at 31 Mar 2015. Six ADA staff received their Long Service Awards at ADA's Annual Staff Lunch. They were:

## 5 years of service:

- Niang Khan Hau of New Horizon Centre (Bukit Batok)
- Kie Lee Kheng of New Horizon Centre (Jurong Point)

## 10 years of service:

- Irene Tan Pei Ling of the Finance Department of ADA main office

## 15 years of service:

- Chua Koy @ Chua Ah Yam of New Horizon Centre (Bukit Batok)

## 20 years of service:

- Jenny Tan Siew Ching of New Horizon Centre (Bukit Batok)
- Kassim Bin Samad of New Horizon Centre (Toa Payoh)

## Training and Development

In our continual effort to be a go-to agency in dementia care and consultancy, ADA strives to provide and support development and training of all staff to keep their knowledge and skills relevant and current. During the year, ADA staff had attended various training courses relevant to the organisation's vision and mission.

Most of the courses attended were conducted by the National Council of Social Service (NCSS) Social Service Training Institute; Agency for Integrated Care Learning Institute, Singapore Association of Social Workers, National Volunteer & Philanthropy Centre, Singapore Training & Development Association, Singapore General Hospital; Changi General Hospital; and Tsao Foundation.

Social Work Assistant, Ms. Jessie Chong (Caregiver Support Centre) was awarded an ILTC-UP scholarship to pursue a degree in Social Work at Singapore Institute of Management (SIM) University. Social Worker Ms Ng Jek Mui, who had earlier received an ILTC-UP scholarship with SIM University, completed her Master of Social Work degree in September 2014.

Mr Stephen Chan, Centre Manager, New Horizon



Finance Executive Ms Irene Tan receiving her Long Service Award (10 years) from CEO Mr Jason Foo at the annual staff lunch.

Centre (Tampines) was selected to attend the INSIGHT Leadership Programme whilst Ms Cai Suqi, Manager, Caregiver Support Centre was selected for the AIC's IMPACT Leadership Programme.

The ADA Resource & Training Centre organised four in-house courses for staff to further develop their competencies. Person-Centred Care (PCC) training was organised for 17 staff members from our New Horizon Centres in collaboration with the Social Service Institute and Workforce Development Agency in March 2015. Four ADA staff attended the Dementia Care Mapping (Basic User Course) conducted by Ms Virginia Moore, a Consultant from Australia, and Ms Carol Fusek, the Strategic Lead for DCM, in November 2014. The course focused on the use of Dementia Care Mapping to evaluate the quality of dementia care and the impact of any person-centred approach being considered.

Further, a total of 12 staff members attended the Dementia Care Mapping Refresher course which was



The annual staff-luncheon at the Furama City Centre Hotel was filled with prizes, door gifts and entertaining team-building games.

conducted in June and August 2014. The refresher course was designed to refresh DCM basic users with the basics of the DCM process and coding rules, as well as the techniques of data analysis and report writing.

To gain regional exposure, ADA staff attended the 17th Asia Pacific Regional Conference and Meeting in India in Nov 2014. The event allowed Alzheimer's Associations across the region to exchange information on skills and practices so as build strategic alliances, unify regional efforts and leverage on cross-cultural knowledge sharing.

In January 2015, Mr. Jason Burton (Alzheimer's Australia WA) conducted a Dementia Design Environment workshop for 16 staff members to share exclusive insights on creating conducive environments for persons with dementia.

## Membership

Membership to the Association as at 31 Mar 2015 was 117. They include the following:

- Life Members : 86
- Ordinary Members : 27
- Associate Members : 3
- Corporate Members : 1

Membership is open to all persons interested to support ADA's cause of providing good care for persons with

dementia and also for caregivers. The application form for membership can be downloaded from ADA's website at [www.alz.org.sg](http://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 day care Centres
- Funding new projects undertaken by ADA for the benefit of persons with dementia and their caregivers

For the year ending 31 Mar 2015, the number of key executives with annual remuneration exceeding \$100,000 each (which includes salaries, bonus and employer's Central Provident Fund contribution) was 3:

*In the range of \$100,000 to \$150,000: 2*

*In the range of \$150,000 and above: 1*



# Key Committees (2014/2015)

## 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

## Editorial Committee of ALZnews

Editor	Seow Lye Lok
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## World Alzheimer's Month

### Chairperson, Organising Committee 2014

Alicia Tan

## Person-Centred Care Steering Committee

Chairperson	Dr Philip Yap
Committee Members	Alicia Tan Carol Fusek Dr Chen Shiling Dr Chow Yeow Leng

### Committee Members

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

## ADA Management Team

Chief Executive Officer	Jason Foo
Executive Director	Theresa Lee
Finance	Yow Lin Chan
Human Resource	K T Tan
Corporate Communication & Community Engagement	Seow Lye Lok
Resource & Training Centre	Koh Hwan Jing
Special Projects	Eunice Tan
Service Development	Jocelyn Neo

### Caregiver Support Centre

Cai Suqi (wef Apr 2015)

### 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

## Local Guests

Agency for Integrated Care – Social Care Division  
Asian Women's Welfare Association  
Changi General Hospital – Department of Geriatric Medicine  
Citibank Singapore  
Community Foundation of Singapore  
Eisai (Singapore) Pte Ltd  
Geylang East Home for the Aged  
GlaxoSmithKline (Singapore) Pte Ltd  
Khoo Teck Puat Hospital – Dept of Geriatric Medicine  
KK Women's and Children's Hospital  
Kwong Wai Shiu Hospital  
Logos Christian Church  
Ministry of Social and Family Development – Social Service  
Offices of Chua Chu Kang, Boon Lay, Jurong East  
Monetary Authority of Singapore  
National University Health System – Dept of Psychological Medicine  
National University Hospital Singapore – Dept of Rehabilitation  
NTUC Health  
REDAS Council Members  
Ren Ci Hospital  
Singapore Armed Forces  
Singapore Association of Occupational Therapists  
Singapore General Hospital – Dept of Geriatric Medicine  
Singapore Power  
Singapore Prison Service  
SingHealth – National Heart Centre

St Lukes Hospital  
Tan Tock Seng Hospital – Operations (Community) Dept  
The NUH Memory Clinic  
Tsao Foundation  
UFM 100.3

## Overseas Guests

Alzheimer & Related Dementia Society, Nepal  
Alzheimer's Disease International  
Alzheimer's Disease Foundation, Malaysia  
Baan Sudthavas Foundation, Thailand  
Chang Gung University of Science and Technology, Taiwan  
The City University of Hong Kong  
Goldenage Hospital and Residences Ltd, Bangladesh  
Helen Sanderson Associates, UK  
Hong Kong Lutheran Social Service – Elderly Centre Division  
Lar De Cuidados (Elderly Residential Home), Macau, China  
Macau Alzheimer's Disease Association  
Government of Macao Special Administrative Region 澳门特别行政区政府社会工作局  
Ministry of Health, Labour and Welfare (Japan)  
Sir William Beveridge Foundation, Bangladesh  
St John's University, New York  
Taiwan Alzheimer's Disease Association  
University of St Joseph, Macau  
Visiting doctor from Chennai, India  
Washington Core LLC, USA

# Lists of Supporters...

The following pages of this Annual Report contain lists of ADA's most precious external resource: volunteers, donors and supporters. The purpose of publishing the listings is to put on official record, the Association's sincere and public appreciation of our supporters.

## Personal Data Privacy

Since the enactment of the Personal Data Protection Act (PDPA) of 2012 on 1 January 2013, the Association has taken the necessary steps to align its operations to protect collected personal data.

Even before the PDPA was in force, ADA had always informed supporters of our practice of publishing their names in the Annual Report covering the period of their contribution(s). Those who did not wish to have their names published would have informed us duly. ADA has continued this practice to honour our supporters while observing the need to protect personal data privacy.

Going forward, ADA will enhance its compliance with the PDPA for its Annual Report by seeking explicit written permission from supporters to publish their names or use photographs containing their presence.

We seek your continued support of our cause.



# Volunteerism

As with previous years, ADA has seen an increase in volunteerism. The records show a total of 795 volunteers registered in ADA's database as compared to 524 last year.

Of the total of 795 volunteers registered, 167 volunteers had been actively contributing their time and talents regularly in our events. These volunteers play an integral role in ensuring the smooth running of our events as they provide staff with extra pairs of hands and also bring about greater vibrancy in our programmes through their boundless energy.

During the reporting year, ADA established new partnerships with several corporates – providing their staff with various volunteering opportunities. Notably, staff from Bloomberg L.P. (Singapore) had been actively volunteering with ADA every month since April 2014 for ADA's Saturday Daycare Extension Programme at New Horizon Centre (Bukit Batok), engaging our clients with their enthusiastic participation in meaningful activities and occasional outings.



SAF 48th Battalion volunteer, Mr Lim Teck Yi, playing some oldies on his guzheng for clients at New Horizon Centre (Toa Payoh).

As part of Singapore Health Services' outreach efforts for the President's Challenge 2014, staff from the various SingHealth departments spent time with the clients from New Horizon Centre (Toa Payoh), where both clients and volunteers made warm acquaintance and shared a nice time together.

Several new volunteer deployment initiatives also took root. The Helpline Advisors programme provides comprehensive training that qualifies committed volunteers to handle phone calls to our weekday Dementia Helpline call centre. Another project – Memories Café – appeals to volunteers who like energetic mingling with both caregivers as well as persons with dementia. These volunteers help to maintain an informal and supportive social outing through tea sessions filled with sing-a-long sessions, skits and fun activities.

With the ongoing expansion of our services and programmes, there will always be a continued need for dedicated regular and adhoc volunteers. Please come join us and bring a smile to our beneficiaries!



A volunteer from SingHealth explaining the game of bingo with clients at our day care centre.

## Volunteer Groups

- Bloomberg L.P.

Citibank N.A.

Eisai (Singapore) Pte Ltd

GlaxoSmithKline

HSR International Realtors Pte Ltd

KK Women's and Children's Hospital

Learning Curve
- Monetary Authority of Singapore

SAF 48 Battalion

Singapore Health Services Pte Ltd

Singapore Power Ltd

Singapore Prison Service

SPH Radio Pte Ltd (UFM100.3)

# Volunteers

## Individual Volunteers

Agnes Ng Seok Ling	Doreen Yeo	Lehani Rico Francisco	Serene Yah Jing Man
Alex Tan	Doris Ong	Leng Yen Li	Shefali Suradkar
Alvin Mok	Dr Kan See Mun	Leong Yee Seng	Sheila Theodora
Andrew Yeong Kwai Kok	Eddie Tan	Ler Ser Yeng	Sherry Chang
Ang Yue Ying	Eliska Ho Chye Pheng	Lim Jingjie	Shikha Pandey
Anna Quek Chiew Kiang	Foo Sok Ying	Lim Si Huan	Shirley Chiew
Arthur Wu	Fransiska Kartawidjaja	Lim Siew Chin	Shirley Koh
Audrey Lee	Frisca Freddy	Lim Siew Mui	Sr Rosa Lim Siew Choo
Audrey Ling	Galston Wong	Lindy Chia	Steven Kwan Siu Cheong
Balan Saravanan	Gay Teow Kee John	Marianne Loy Juan Cheng	Sun Guangyu
Belinda Seet	Giam Bee Choo	Marshall Poh	Surbhi Rastogi
Benjamin Tan	Goh Qian Ci	Maurice Limuca	Suzanne Ang
Betty Tan	Gokulakrishna Banumurthy	Melinda Lee Sock Kuah Nee Yeo	Tan Lei Siew
Boon Hui Han	Gopal Krishnan	Melissa Goh	Tan Minghui
Brennan Reyes	Graveaud Lucie	Michelle Loh	Tan Woonlu
Brigette Soh	Heng Chiang Huat	Michelle Tan Minxuan	Tan Yee Hwee
Brina Cheong	Ho Lai Mun	Nancy Ng (Auw Chor Yong)	Tang Jeck Ling
Calvin Yeong	Hok Meng Suan Davina	Nancy Wilfred	Tashika Liesel Fernandopulle
Candice Ong Mei Hwei	Hong Anjin	Neo Ying Fang	Tee Su Hwei
Chan Puay Hua	Hong Liying	Ng How Hua Carey	Teo Sok Huang
Chan Yin Fun	Iren Sim Ngee Ling	Ng Keat Siong	Teresa Chan
Cheryl Ng Yun Ying	Irene Aw	Ng Yeong Chyuan	Thanarajan Pramavathi
Chia Hui Ying, Tanya	Jane Seow Ah Kim	Ng Zhu Chin	Theresia Ivory
Chitra Krishnakumar (Dr)	Jane Yeo	Ngai Hin Kwok	Toh Shao Wei
Chloe Low	Janet Wong Shwu Herng	Nikitha Uma Baskarann	Uma Baskaran
Chng Eng Tuan	Jasmine Lim Yen Yin	Nurliana Binte Abdul Hamid	Veronica Florence
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Cindy Lam Lai Yin	Joey Lau Lye Chee	Rachael Lee Zhi Yi	Wong Yune Pine
Clariza Look	Joey Lee Gek Ling	Raina Yum Lin Foon	World Alzheimer's Month performers
Claudia Low	Jonathan Koh Qiong Hui	Ravi Daisy	Yap Chai Nyuk
Cynthia Gomez	Joseph Moreira and Friends	Regina Lui Ong	Ying Koei Ann
Daphne Tan Hiok Hui	Judith Mark Siong Theng	Roger Lek	Zhang Luqi
David Pattiselano	Judy Tan Mui Gek	Rozita Aripin	
De Las Alas Pauline Franchesca	Julie Sng	Ruth Goh	
Denis Llagami	Kenny Cheong	Sally Ang	
Denise Liew	Kong Lai Ho	Samantha Chan Shu Yi	
Desmond Tung	Krishanth Ganesan	Saw Hue Theng	
Dinah Tan	Kuan Kim Kian (Mdm)	(Wendy) Seah Sue Mei	
Diya Maya Tesing Bhalla	Lee Mei Leng	(Bernice) Seah Sue Wei	



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 Kenny Tan Kia Wan  
 Ker Swee Shang  
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 Khoo Pheng Pheng  
 Khoo Seok Lin  
 Khor Yiu Ming  
 Koh Chew Li  
 Koh Lai Sheng  
 Koh Siak Hian  
 Koh Swee Ling  
 Koh Swee Yen  
 Kong Pooi Foong  
 Kwok Yoke Tin  
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ADA is also grateful to have received generous donations-in-kind such as a microwave oven, tablet computer, mobile phones, air purifiers, discount vouchers, CD players and many more, from individuals and organisations to support our beneficiaries' events, outings and activities such as World Alzheimer's Month Carnival, Caregivers' Outing 2014, and Eldersitters' Christmas Celebration. We would like to thank the following donors for their kindness and support:

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Adeline Ng	Josephine Tai
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**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

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**Dementia Helpline**

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# 10 TIPS FOR A HEALTHY BRAIN: REDUCING DEMENTIA RISKS

- 1 EAT 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.
- 2 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.
- 3 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.
- 8 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.
- 9 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.



*25 years  
of dedicated service*



ALZHEIMER'S  
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