



ALZHEIMER'S
DISEASE
ASSOCIATION

TOWARDS A DEMENTIA INCLUSIVE SOCIETY

ANNUAL REPORT **2015-2016**

25 years
of dedicated service

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 for 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 day 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 psycho-geriatrics 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 Care
- Occupational Therapy and Physiotherapy Sessions
- Respite Care and Therapeutic Activities

'Family of Wisdom' programme in Bendemeer and Tiong Bahru

- Weekly short-duration (three hours) day care involving both the caregiver and their loved one with dementia
- Hands-on training of caregivers
- Exercise, games, singing, art, cookery; 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 and Mandarin)
- Application for NCSS Safe Return Card
- Eldersit Respite Care Service
- Person-Centred Home-Based Intervention

Training and Consultancy through the ADA Resource & Training Centre

- Training Workshops for family caregivers, domestic helpers and professional caregivers
- Consultancy on Dementia Care
- Resource Library
- Research/Publications
- Public Education
- Volunteering Opportunities
- Academic attachments for Nursing, Medical, Social Work, Psychology, Occupational Therapy and Gerontology students



Dr. Ang Peng Chye

DR ANG PENG CHYE
President

President's Message

It was a momentous year for the Alzheimer's Disease Association. We celebrated our 25th Anniversary with a gamut of events, all with the aim of increasing the awareness of Alzheimer's as well as raising funds to run our programmes for people with dementia and also their caregivers.

We kicked off the year with a movie premiere of "Still Alice" at Golden Village, Great World City. We then embarked on a series of Focus Group Discussions between June and August. The aim of this was to identify ways of creating a Dementia Friendly Singapore. Eight groups representing a wide spectrum of our community were engaged to exchange ideas which were presented at a Symposium in October 2015.

In September, ADA together with the National Arts Council organized a month-long exhibition based on the theme "Remember Me- Through My Art." This coincided with World Alzheimer's Month and it was held at the Jurong Regional Library. Throughout the month, numerous other public talks and booth displays were also set up together with our partners.

Singapore's Minister for Health, Gan Kim Yong graced our Symposium in October. We also had the honour of having keynote speakers Glenn Rees, Chair of Alzheimer's Disease International and Prof Richard Fleming, Director of the New South Wales/Australia Capital Territory Dementia Training Study Centre at the event. Over 250 influential participants attended the Symposium and showed commitment in facilitating Singapore to be both a "dementia-inclusive" society and a "dementia-friendly" one.

The Silver Jubilee festivities ended on a glamorous note with the Gala Dinner aptly named the "Dementia Friends Ball - A Celebration of Life, Ageing and Love." President Tony Tan Keng Yam and the First Lady graced the occasion, making it a night of memorable music, friendship and fundraising. It was a fitting finale to ADA's first quarter-century, and it was also a milestone to mark the start of the Association's next 25 years.

It is our vision, going forward, to be an enabler agency that will galvanise every sector of society into action for a common cause. Only by doing so can we build the necessary national momentum and sustainability to prepare for the incessant challenges of good dementia care.

While organizing our various anniversary events, staff members continued to juggle their daily activities making sure our clients, caregivers, volunteers and members of the public were not forgotten. I would like to take this opportunity to thank everyone in ADA, especially our benefactors who have enabled us to serve our community over the past 25 years. I now look forward to Singapore becoming a Dementia-Friendly Society.

NEW HORIZON CENTRES (NHC)

ADA's New Horizon Centres are day care 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 or personal endeavours while providing respite care for their loved ones with dementia. Our NHCs practise the person-centred care (PCC) approach in dementia care, wherein each individual is considered unique and deserving of retaining their dignity despite their medical condition. Thus, in considering their physical, cognitive and social functioning abilities, an individualised care plan is created for each client. Some of the activities organised in the NHCs to address the psychological, functional and social needs of persons with dementia include:

- Cognitively stimulating interactive games
- Reminiscence and art therapy
- Group exercises
- Excursions and festive celebrations
- Musical accompaniment and sing-along sessions
- Occupational therapy

HIGHLIGHTS OF NHC SERVICES

During the year, our NHCs received a total of 178 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 98 suitable cases out of the 178 referrals received. As at Mar 2016, the NHCs had a total of 315 clients on the muster list.

There were 229 volunteers who participated in the Community Involvement Programme with the NHCs. They were from CHIJ Secondary (Toa Payoh), Hwa Chong Institution, Lianhua Primary School, United World College (South East Asia), Eisai (Singapore), Edrington Singapore Pte Ltd, National Neuroscience Institute and individual groups. The NHCs also provided Community Service Order (CSO) placements for 66 youth referred by the Ministry of Social and Family Development and 137 training attachments of students from Nanyang Polytechnic, LaSalle College of the Arts, the Institute of Technical Education and SIM University.

Due to continued funding from the National Arts Council, the NHCs continued to participate in the Arts and Dementia Programme consisting of the Peranakan Museum Tour and Photography Tour.

Both NHCs Jurong Point and Tampines have embarked on a 3-year pilot programme on CarerSupport@Centres in extending caregiver support services in their Centres for their caregivers in providing emotional and educational support.



NHC (Toa Payoh) being given a fresh facade after two-months of renovation

New Horizon Centre (Toa Payoh)

FY 2015/2016 OPERATIONAL STATISTICS AT A GLANCE	
Muster list of clients	113
New clients admitted	46
Total number of new cases referred	73
Engagement of Community Service Order (CSO) youth volunteers	6
Academic attachments and internships	2 students from Nanyang Polytechnic's Occupational Therapy course and 1 student from Singapore Management University Social Science course
Community Involvement Programme participation	Hwa Chong Institution



"Through Photography I will tell my stories" (Lee Meng Teck)



The art of sharing.

As the first and oldest New Horizon Centre run by ADA, the continued demand for day care services at the Centre and the long waiting list,

prompted the Centre to extend its premise for more usable space to be created to admit more clients. Much planning went into the design and layout of the Centre and with a grant from the Ministry of Health, the Centre underwent two months of extensive renovation works in October 2015.

The Centre reopened on 4 Jan 2016 with a fresh spacious interior redesign and added facilities of more rooms and space for activities such as the flexibility for clients to cook and bake, additional toilets and an outdoor walking path. The new layout makes the Centre a demonstration showcase of ADA's Person-Centre Care approach to dementia day care. The Centre's capacity has increased to 65 clients daily.

Besides the occupational therapy activities at the Centre, art therapy and the arts and dementia programme are the other ongoing activities at the Centre.

New Horizon Centre (Jurong Point)

FY 2015/2016 OPERATIONAL STATISTICS AT A GLANCE	
Muster list of clients	63
New clients admitted	19
Total number of new cases referred	46
Engagement of Community Service Order (CSO) youth volunteers	20
Academic attachments and internships	1
Community Involvement Programme (CIP) participation	30 students from Hwa Chong Institution

The Centre volunteered to participate in the CarerSupport@Centres Pilot Programme implemented by AIC to incorporate caregiver support services in its programme. It is one of 5 Eldercare Day Centres in the 3 -year pilot programme and which is funded by Temasek Cares.

This financial year, eight clients of the Centre were involved in the Arts & Dementia Photography Tours, while other clients benefited from Art Therapy (eight clients) and from spending time with PARO the robotic seal. Other activities such as Touch & Smell, Art & Craft, music sessions and Bingo continued to be effective and popular activities at the Centre.

As most of the Centre's clients do not have many opportunities to visit interesting places for reminiscence, NHC (Jurong) organised excursions to the Chinatown Heritage Centre in May (25 clients), to Bollywood Farm in July (25 clients) and to the Botanical Gardens in September 2015 (25 clients). All the visits included a hearty lunch, and such activities helped to increase the engagement level of the clients.



Our clients enjoying themselves at Memories Café.



Bingo game - popular activity



Clients enjoying drumming during a music therapy session.



Our client enjoying a visit to the S.E.A. Aquarium.

New Horizon Centre (Bukit Batok)

FY 2015/2016 OPERATIONAL STATISTICS AT A GLANCE	
Muster list of clients	67
New clients admitted	14
Total number of new cases referred	25
Engagement of Community Service Order (CSO) youth volunteers	9
Academic attachments and internships	59 students from Nanyang Polytechnic's Advanced Diploma in Gerontology and 24 students from its Advanced Diploma in Mental Health courses. 1 student from the MA Art Therapy Programme from LaSalle College of the Arts
Community Involvement Programme participation	34 students from Hwa Chong Institution

For this financial year, seven clients participated in the Arts & Dementia Programme's Photography Tours where they learned to handle digital cameras and toured places of interest. The Centre's Saturday Day Care Extension Programme continued in its sixth year of operation with a muster list of 19 clients. This programme provides additional respite care on a weekend for caregivers and persons with dementia and is mainly run by volunteers.

During the year, excursions to the Jurong Bird Park and S.E.A Aquarium was made possible through the Outing Elderly Fund programme. The outings were organised to add variety to the Centre's yearly activities that include

celebrations of Chinese New Year, Mother's Day, the Dumpling Festival, National Day and Christmas, among other ad hoc treats.

NHC (Bukit Batok) was again the beneficiary of Hillgrove Secondary School's annual Conservation and Recycling Initiative Project. The School also included the Centre in its Chinese New Year and National Day celebratory events. Other corporate donors this year included Citibank, Lianhua Primary School and Tian Yian Vegetarian Food.

New Horizon Centre (Tampines)

FY 2015/2016 OPERATIONAL STATISTICS AT A GLANCE	
Muster list of clients	72
New clients admitted	19
Total number of new cases referred	34
Engagement of Community Service Order (CSO) youth volunteers	31
Academic attachments and internships	22 students from the Diploma in Nursing and the Advanced Diploma in Gerontology courses of Nanyang Polytechnic; 27 students from the Institute of Technical Education NITEC Certificate in Nursing; 1 student from the School of Medicine, Flinders University, Australia
Community Involvement Programme participation	United World College South East Asia



Maurice, a volunteer who comes weekly to cheer our clients through music.



Clients busy wrapping rice dumplings for the dumpling festival celebration.

One major area of improvement achieved this year was the transport service to the Centre. Hence, through AIC's Centralised Transport scheme, the Centre was able to outsource part of its transport service to help more clients. Another milestone was the start of the CarerSupport@Centre Pilot Programme which allows the Centre to have more resources to provide better support for caregivers through systematically screening for caregiver stress and following up with them regularly. If necessary, caregivers with high stress will be referred for additional support.

Art Therapy has been a regular programme in the Centre since Aug 2015 with ADA's newly-enrolled full-time Art Therapist. The Centre had discovered many clients with creative talents. The wonderful art pieces bring joy to the clients, who then share better communication with family members, friends and even the public. The introduction of Paro the Robotic Seal, has benefitted clients in the Centre. Clients can interact with the Robotic Seal on an emotional plane and this frees up care staff to attend to other clients.

The Centre has many committed volunteers who have been with the Centre for many years. Clients enjoy the "live" band by a group of individual volunteers every Wednesday and Thursday and interaction with students from United World College (SEA) who come every Tuesday to befriend and entertain the clients.

Arts and Dementia Programme



The 'Remember Me - Through My Art' exhibits at Jurong Regional Library in Sep 2015.



Our client from NHC (Jurong Point) recognised her own exhibit and felt glad that she had "achieved something".



Our client from NHC (Tampines) putting the finishing touches to her batik art piece with support from a staff.



Photography Tour participants from NHC (Toa Payoh) at the Chinatown Heritage Centre.

This programme comprises two components: visits to the "Peranakan Museum" and "Photography Tours" involving persons with dementia from ADA's four New Horizon Centres (dementia day care). This is the third year of the ADA programme in which the arts are used as a platform for our clients (persons with dementia) to connect to their past experiences and memories. The programme, which receives a grant from the National Arts Council, engages artists who are able to share their expertise in the visual arts, including photography.

ADA works with National Heritage Board and the Peranakan Museum for the Peranakan Museum Tour. During the tours, the docents converse not only in English but also in Mandarin and dialects, making it possible for our clients to have a better understanding of the cultural traditions featured in the various galleries. This year, clients were also involved in art-making activities such as decorating hand-made Tingkat containers with batik material and making Nonya kueh artefacts out of clay which they take along on their visit to the Peranakan Museum. Some clients even wore their Nonya attire and joined in a Peranakan lunch after the tour.

The "Photography Tours" provide an opportunity for persons with dementia to explore, discover and to be engaged through photography; observing the photos; using photos as a subject of discussion - storytelling; presenting photos to others; exhibiting photos and making scrapbooks as photo albums. This year, videography was introduced as a new activity, where clients were filmed applying their photography skills and their interaction with others. The main objective of the videography was to capture and reflect the impact of the programme on persons with dementia and also to enable them to feel a sense of pride in their work and to enhance their self-esteem. We observed that our clients enjoyed sharing their interests and past occupations and seeing themselves on camera. The video was a personal life-storybook for the clients and their family caregivers. Both the Peranakan Museum and Photography Tours also involved volunteers and helpers who accompanied the clients during the tours.

ADA also collaborated with the Chinatown Heritage Centre where our clients went on a tour to the Centre taking photos of the various exhibits and reconnecting to their past in sharing their stories of Chinatown.

The Arts & Dementia programme held its first arts exhibition - "Remember Me- Through My Art" at Jurong Regional Library from 10 to 28 September in conjunction with World Alzheimer's Month and the National Arts Council's Silver Arts Festival that was supported by the National Library Board. The exhibition showcased the artworks of our clients which provided them with a sense of achievement. A public talk on 'Understanding Dementia' was also held at the library to increase awareness of dementia.

Another first for the programme was the production of the ADA 2016 calendar, featuring a collection of the clients' art works and photos made and taken by them including art drawings of clients from the Art Therapy programme. Some of the photos were auctioned off at ADA's 25th Anniversary Gala Dinner.

Family Of Wisdom

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 cognitive and social activities. The programme is run concurrently at two physical locations, at Luzerne Building in Bendemeer Road and Central Plaza in Tiong Bahru.

Bendemeer Centre

FY 2015/2016 OPERATIONAL STATISTICS AT A GLANCE	
Muster list of clients	72
New clients admitted	41
Total number of new cases referred	89
Academic attachments and internships	1 student from the Nanyang Polytechnic's Occupational Therapy course

Until Aug 2015, the FOW programme in Bendemeer had been held in the space shared with ADA Resource & Training Centre on the sixth floor of Luzerne Building. However, with increasing awareness of and demand for the programme, more space was needed. Thanks to the generous support of the Singapore Ireland Fund, a larger space was procured in the same building, on the fifth floor.

The new premises started operations in Sep 2015, featuring purpose-built audio-visual equipment and cooking facilities. The entire Centre is divided into two separate areas designed to facilitate simultaneous sessions.

Because of this improved flexibility, the Centre could accommodate three times the number of sessions per week compared to before, and also start accepting clients with more severe symptoms. Due to the extra efforts in achieving

a dementia-friendly layout and lighting, clients who were previously restless and anxious to leave a session in progress are now more settled-in. The number of clients attending the programme has since Aug 2015 increased from 51 per week to 89 per week in Mar 2016.

Staff continued to engage the clients with outings and luncheons at various scenic places of interest, while Art Therapy sessions were introduced to help caregivers.



Clients trying the tangram puzzle, while others engage in sewing activities at FOW (Bendemeer).



Keeping busy with a baking session with clients at FOW (Bendemeer)



Clients and caregivers from FOW (Tiong Bahru) enjoying an outing after a cruise-boat ride.



FOW (Tiong Bahru) clients engaged in an art therapy session.

Tiong Bahru Centre

FY 2015/2016 OPERATIONAL STATISTICS AT A GLANCE

Muster list of clients	66
New clients admitted	37
Total number of new cases referred	52
Academic attachments and internships	Nil

The Centre, together with other voluntary welfare organisations situated in the Social Service Hub on the fourth floor of Central Plaza, was relocated to the 10th floor on 10 Jul 2015. The new premises feature dementia-friendly lighting and layout for improved engagement of clients and caregivers.

The Young Onset Dementia programme by the National Neuroscience Institute continued to be held for 12 clients each session. Being the only Centre conducting pilot sessions for clients with young-onset dementia, the improved environment helps staff and caregivers in their efforts to engage participants of the programme.

For caregivers' well-being, the Centre introduced four Art Therapy sessions by ADA's art therapist in Dec 2015. The aim was to facilitate caregivers to explore and express their inner feelings in their caregiving journey.

The four caregivers who attended the sessions expressed they were happy to be given a safe space and platform on which to share their innermost feelings, and they felt relaxed after the sessions. Mindfulness sessions for caregivers and clients (to be conducted by a psychologist from the National Neuroscience Institute) would be held from April 2016 onwards.

Caregiver Support Centre



A client doing art work with an eldersitter at a complimentary Eldersit session.

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-centered 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 and initiate new support services to provide greater respite care and psycho-social support to caregivers. The following are statistics for the various support services for FY15/16:



Memories Café session at Crossings Café. Caregiver, Ho Soo Kia, singing along with volunteer group, Shanghai Bang.

SUPPORT SERVICE	KEY INDICATORS	OTHER INFORMATION	RATINGS
Dementia Helpline (Tel 6377 0700)	No. of calls received: 6068 (5107 information requests, 332 referral calls, 629 counselling calls) No. of unique calls: 131		A survey of 105 referral calls received a rating of 4.33 out of 5, with 91% of callers giving a rating of >3.5 for the Helpline services rendered
Caregiver Support Group (CSG)	Total no. of CSG sessions: 60 (36 English, 19 Chinese, 5 Malay sessions) Total no. of participants: 713	Closed Groups: Bereavement Support Group for ex-caregivers; Experiential Art Support Group; Singles Support Group	Client Satisfaction Questionnaire (CSQ) evaluation (administered on 151 participants): Average 4.28 out of 5 With 91% > = 3.5 out of 5
Memories Café	Total no. of sessions: 27 Total no. of attendees: 834 (473 caregivers, 361 persons with dementia)	Supporting cafés: Crossing Café The Sapling Happy Pancakes Wang Café Bakerzin Makarios Fun Toast	CSQ evaluation (administered on 71 caregivers) 97% > = 3.5 out of 5
Eldersit Respite Care Service	Total no. of paid clients: 128 No. of new referrals screened: 85	Total complimentary service runs: 27 Total number of beneficiaries: 118	CSQ (administered on 60 paid clients) evaluation: 88% > 3.5 out of a total score of 5
Person-Centred Home-based Intervention	Total referrals: 116 No. of clients: 49 Total no. of home visits: 166	The team attended weekly meetings at Khoo Teck Puat Hospital as a community partner of the iCommunity@North programme and participated in the case discussions	96% of 49 caregivers rated the satisfaction level with an average score of 3.5 out of 5

ADA-Eisai Caregiver's Outing 2015

Every year, CSC conducts a themed event to honour care-givers and to give them an opportunity to mingle and relax. The theme for 2015 was "Healthy Lifestyle" which focused on both physical and psychological well being. The aim was to share the tips of a healthy lifestyle in a relaxed and fun-filled manner. Some of the activities included engaging caregivers in a lively Zumba dance

and also an interactive quiz segment where caregivers shared some of their tips on positive coping during their caregiving journey.

A total of 67 participants turned up for the event. The overall rating which we received from our 50 respondents out of the total of 67 participants (caregivers and persons with dementia) was 4.4, out of which 96% of the respondents provided a rating of 3.5 and above.

Alzheimer's Disease International (ADI)

The past 12 months have seen significant progress for ADI, the voice for people with dementia and their families worldwide. However, we sadly began the year with a tragic event.

On 25 April and 12 May 2015, Nepal experienced the biggest earthquakes in over 80 years with aftershocks that continued to devastate parts of the country. Alzheimer's and Related Dementia Society Nepal (ARDSN) immediately established a plan for emergency relief sending immediate support and providing psycho-social counselling and relief to those affected by the earthquake. ADI's global network continues to assist Nepal in their rebuilding efforts and offer our prayers to those affected by this tragedy.

In April 2015, Mr Glenn Rees was formally introduced as the Chair of ADI. Glenn was subsequently invited as the key note speaker for the ADA Symposium on 23 Oct 2015 as well as sharing his experience with a stakeholder roundtable the day before.

In September 2015, ADI launched the 2015 World Alzheimer Report: "The Global Impact of Dementia: An Analysis of Prevalence, Incidence, Cost and Trends", which contains the new estimates of 46 million people living with dementia worldwide growing to 131 million by 2050, and the cost of dementia at US\$1 trillion by 2018. A new microsite dedicated to the report and its findings was also launched at www.worldalzreport2015.org. At the 18th ADI Asia Pacific Regional meeting held in Manila in November 2015, delegates from 13 member countries came together to co-create a framework for a Strong ADI Member Association. The key elements were grouped into five dimensions: Leadership & Governance; Financial Sustainability; Programmes & Services; Awareness & Advocacy and Organisational Development.

ADA Singapore and Alzheimer's and Related Dementia Society India were the first countries to complete a self-assessment based on the framework and shared their findings at the 2016 ADI Global Conference held in Budapest. Their pioneering work was highly appreciated by fellow members from across the world. A highlight during this financial year was when Indonesia became the first country in South East Asia to adopt a National Dementia Plan (globally, 26 countries have a national dementia plan). Having a national dementia plan means people affected by dementia

should receive better services with health systems structured to deliver improved cost-effective interventions.

Launched by the Minister of Health on 10 Mar 2016, the key sections of the plan include:

1. **Awareness, risk reduction and promotion of healthy lifestyles**
2. **Advocacy - human rights for people with dementia, and for their caregivers**
3. **Access to information and quality services**
4. **Early detection, diagnosis and holistic management of cognitive problems**
5. **Strengthening human resources and overall system-infrastructure**
6. **Promoting a life-cycle approach**
7. **Supporting research on cognitive and dementia issues**

In 2016 the region also launched the ADI Master Trainer programme in Dementia Care Skills (DCS) aimed at developing countries with a long-term objective of building "self-reliance" in dementia care training. ADA's Stephen Chan, Koh Hwan Jing and Mazni Kaswani facilitated the five day workshop in Bangladesh (January) and Jakarta (March). Their experiences and knowledge brought much value to these countries, with unanimous positive feedback from the participants - who now continue to train caregivers in order to put what they learned into action.



In session: "The Dementia Care Skills, Train-The-Trainer" Bangladesh roll-out facilitated by ADA staff members Koh Hwan Jing (standing) and Stephen Chan (seated in the middle).



Group photo of the Alzheimer's Disease International Master Trainer Programme at Alzheimer's Indonesia

Training Programmes

Family Caregiver Training Programme

"Living with Dementia" is a Family Caregiver Training Programme designed to allow family caregivers to 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 shown a successful growth of caregivers completing both its core modules and intermediate modules, conducted in English and Mandarin.

From 1 Apr 2015 to 31 Mar 2016, ADA Resource and Training Centre (ARTC) had organised nine runs of core and elective modules for 117 caregivers. Both the English and Mandarin programmes had received a 4.59 and 4.29 rating out of 5 respectively for effectiveness of course objectives, content, and trainers.

Training of Foreign Domestic Workers

ADA's Foreign Domestic Worker (FDW) Training remains well-received by employers and foreign domestic workers caring for persons with dementia. The training programme is an approved trainer 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 2015 to 31 Mar 2016, ARTC had organised 29 runs of core and elective modules in English, Malay, and Burmese, with a total of 409 participants. The FDW Training Programme received an average rating of 4.60 out of 5 for effectiveness of course objectives, content, and trainers. A total of 31 foreign do-mestic workers graduated from the programme, having completed 29 training hours.

By invitation from Alzheimer's Indonesia (ALZI), two trainers from ADA conducted a Train-the-Trainer Programme on 22 and 23 Aug 2015 in Jakarta, Indonesia, to enable ALZI members to provide training for domestic helpers in Indonesia.



Associate Trainer Carol Fusek running a session on Person-Directed Dementia Care Assessment at Apex Harmony Lodge

Professional Caregiver Training

ARTC maintained ongoing efforts to provide training and consultancy services to eldercare agencies. Professional Caregiver Training Courses conducted from 1 Apr 2015 to 31 Mar 2016 include:

- 1) Three half-day workshops on "Understanding Dementia and Person-Centred Care," for the CARElderly Senior Activity Centre (15, 23 and 29 Jul 2015)
- 2) Customised Training Programme, including a two-day course on "Foundations of Person-Centred Dementia Care" and "Skills training workshops" for PCF Sparkle Care @ Changi-Simei (Jul 2015 to Feb 2016);
- 3) One-day workshop on "Involving Persons with Dementia in Activities: Using the DemACT Toolkit" (14 Aug 2015);
- 4) Two runs of a one-day workshop on "Transforming Dementia Care the Person-Centred Way" for the Eastern Health Alliance (25 Sep 2015 and 12 Feb 2016)
- 5) Five runs of the Mental Health First Aid for Older Persons Course for the Agency for Integrated Care (AIC) Learning Institute, on 17-18 Sep 2015, 7-8 Oct 2015, 21-22 Dec 2015, 1-2 Feb 2016, and 29-30 Mar 2016.

Trainer Appreciation Night

To thank in-house and Associate trainers who have contributed to ADA Training and Consultancy programmes during the past year, ADA Resource and Training Centre (ARTC) organised a Trainer Appreciation Night on 18 Mar 2016. The event included a buffet dinner with a relaxing ambience designed by the ARTC training team; ice breakers and team games, personalised gifts, as well as updates

by the CEO and Training Manager on ADA Training and Consultancy activities. A total of 22 persons, including both ADA staff and associate trainers, attended the event.

Series of workshops by Visiting Expert Virginia Moore

In September 2015, ADA hosted a series of training and consultation sessions by Ms Virginia Moore, a dementia consultant from Perth, through AIC's Social & Health Manpower Development Programme - Intermediate and Long-Term Care Visiting Expert Scheme.

A total of 100 participants benefitted from the sessions:

- 1) Consultation for New Horizon Centre (Bukit Batok)
- 2) Consultation for Ren Ci Nursing Home
- 3) Four-day Dementia Care Mapping (Basic User) Course (7 to 10 Sep 2015)
- 4) One-day workshop on Seating Needs for Older People (14 Sep 2015)
- 5) One-day workshop on DCM Interpretation & Report Writing (15 Sep 2015)

In the 2015 DCM Basic User cohort, 29 participants were awarded the Basic User Certificate in Dementia Care Mapping by the University of Bradford, UK. This course received a 4.71 rating out of 5 for effectiveness of course objectives, contents, and trainers.

Consultancy for PCF Sparkle Care @ Changi-Simei Senior Care Centre

The dementia-care consultancy service that ADA was commissioned to provide in Jan 2015 would be completed in Dec 2016. The two- year process entailed preparation of proposals; planning and facility design; resource planning, development, training; operational support and assistance; programme planning and implementation, and evaluation and continual support.

Person-Centred Care Consultancy for Apex Harmony Lodge

In June 2015, ADA embarked on a 1 year consultancy project for Apex Harmony Lodge (AHL), which focused on implementing person-centred care practices in the assisted-living home unit for 30 male residents within the nursing home premises. ADA's consultants, including Ms Carol Fusek (DCM Strategic Lead), collected baseline evidence of AHL person-centred care practices through Dementia Care Mapping, the Person-Directed Dementia Care



Visiting expert Virginia Moore demonstrating the use of a lap belt attachment at Changi General Hospital.

Assessment Tool, surveys with residents and family members, and interviews with staff. The project is currently ongoing.

ADI Master Trainer (Train-the-Trainer) Programme

ADA partnered with Alzheimer's Disease International Asia Pacific Regional Office (APRO), to deliver a Master Trainer programme to address the need to build sustainable capacity in the training of dementia care workers in developing countries. The programme began with a Train-the-Trainer course based on a Dementia Care Skills (DCS) training curriculum created through the collaboration of ADI Ambassador Frank Schaper, Alzheimer's Australia Victoria (AA Vic) and ADA.

Three facilitators from ADA conducted two runs of the five-day Train-the Trainer course on DCS in Bangladesh (10-14 Jan 2016) and Jakarta (5-9 Mar 2016). Following each course, the facilitators provided coaching through emails and Skype calls, to enable each country to implement training courses based on the DCS framework, and guide the development and certification of new trainers.



Associate Trainer Dr Donald Yeo explaining the basics of Mental Health First Aid (for older persons) to participants at the AIC Training Institute.

World Alzheimer's Month 2015

The theme for World Alzheimer's Month in September 2015 (WAM) was "Remember Me", where people around the world were encouraged to cherish their loved ones who are living with dementia, as well as those who have passed on. Through the use of the creative arts, such as photography and art & craft, persons with dementia can still express and share their innermost thoughts with their loved ones despite cognitive impairment. Thus, ADA modified the theme to become "Remember Me - Through My Art".

The highlight of WAD 2015 was a month-long exhibition on dementia by ADA, by invitation of the National Arts Council, held at the Jurong Regional Library throughout the month of September. The exhibition also was held in conjunction with the Silver Arts Festival. Equally significant was a two-day booth presence and public talk at the Tan Tock Seng Hospital Atrium during the hospital's World Alzheimer's Week commemoration activities on the 21-22 September where Guest-of-Honour, Ms Denise Phua, MP for Jalan Besar, graced the occasion.

Other notable events for WAM include a Flea & Easy bazaar by Zouk Wine Bar together with The High Panthers group of corporate donors, and an information booth at a World Mental Health Day event on 27 Sep organised by Silver Ribbon Singapore at the Geylang Serai Community Club and officiated by Assoc Professor Fatimah Lateef, MP for Marine Parade GRC.

WAM activities spilled over to October with ADA establishing a presence at the National Neuroscience Institute's Dementia Awareness Day forum, and an information booth at Singapore General Hospital's Dementia Public Forum.

Public Education Talks

This financial year, ADA continued to reach out to the public through various events. There were two main trends: Firstly, there was a substantial increase in public outreach for the Chinese-speaking community. We were invited by the People's Association to hold talks at the Community Centres which attracted more than 250 participants in total. We also held talks at tertiary institutions attended by 114 students in the NTU School of Science/Engineering, and 158 students in Hwa Chong Institution. Many of these students are subsequently supporting our Cause through volunteering at our Centres.

There were also more media coverage in the past year. Here are some of our highlights:

Media Coverage

The mass media is another platform upon which ADA leveraged on, to reach out to the public. Local media played a pivotal role in helping ADA to educate caregivers about ADA's services, and our 25th Anniversary public outreach activities lined up.



Registration for the World Alzheimer's Month event at Tan Tock Seng Hospital in September.



Members of the public at Eunus Community Club attending our public awareness talk.

Local celebrity Dick Lee's appointment as Caregiver Ambassador for ADA helped to garner some media coverage to target caregivers via his charismatic advice about dementia. Our 25th Anniversary Symposium on 23 Oct also gained media coverage about ADA's aim to cultivate a Dementia-Friendly Society. In the same month, our clients and caregivers from NHC (Bukit Batok) were featured on Channel 8's telecast of the popular documentary series, *Lifeline*.

In Nov 2015, ADA was invited to participate in an interactive talk show, Faceoff, by Channel U. Episode 33 touched on the topic of dementia, and programme executive for public education, Ms Karen Lim, was one of three professionals invited to exchange knowledge on managing caregiver stress.

In Jan 2016, Channel News Asia's IT Figures documentary featured a reporter as he underwent experiential dementia activities at the ARTC mock-up apartment. Through these activities, the public could vicariously experience what it is like to have dementia and hopefully empathise with the daily struggles of persons having the condition.



ADA Public Education Executive Karen Lim was interviewed by SAFRA radio station Jia 88.3.



Guest-of-Honour, Mr Gan Kim Yong, Minister for Health delivering a speech at ADA's 25th Anniversary Symposium 'Towards a Dementia Friendly Singapore'



Commemorating ADA's 25th Anniversary at a Gala Dinner with Guest-of-Honour President Tony Tan Keng Yam and the First Lady, Mrs Mary Tan

Community Engagement

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

POST-SECONDARY/TERTIARY

NAME OF TERTIARY INSTITUTION	COURSE	NUMBER OF STUDENT ATTACHMENTS
Institute of Technical Education (ITE) Simei	NITEC Nursing	28
LaSalle College of the Arts	MA Art Therapy	1
National University of Singapore	Degree in Social Sciences (Social Work)	20
Nanyang Polytechnic (NYP)	Advanced Diploma in Nursing (Gerontology)	77
	Diploma in Occupational Therapy (Year 1)	2
	Diploma in Occupational Therapy (Year 3)	1
	Advanced Diploma in Mental Health	24
	Diploma in Occupational Therapy	2
Ngee Ann Polytechnic	Diploma in Psychology	1
Singapore Institute of Management University (UniSIM)	Bachelor of Social Work	1

ORGANISATIONS

St Andrew Joy Connect	2
PCF Sparkle Care (Simei)	2
National Healthcare Group Geriatric Medicine Residency Programme	3
SingHealth Family Medicine Residency programme	19

Staffing & Governance

ADA staff strength increased from 92 to 107 as at 31 Mar 2016. In addition, there were 35 casual workers who provided eldersit respite services to persons with dementia in their own homes. Ten of the staff members received their Long Service Award at ADA's Annual Staff Lunch 2015. They were:

5-YEARS OF SERVICE

NAME OF STAFF	CENTRE
Tay Geok Suan	Caregiver Support Centre
Ng Jek Mui	Caregiver Support Centre
Lin Ai Choo	NHC (Jurong Point)
Ong Boh Tan	NHC (Tampines)
Kung Guek Hon Maria	NHC (Toa Payoh)
Yow Lin Chan	Finance and Administration

10-YEARS OF SERVICE

NAME OF STAFF	CENTRE
Khoo Geok Tin	NHC (Bukit Batok)
Lum Foong Leng	NHC (Toa Payoh)
Kamala D/O Samy Michael Louis	NHC (Tampines)

20-YEARS OF SERVICE

NAME OF STAFF	CENTRE
Ramlah Bte Abd Majid	NHC (Bukit Batok)

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 this reporting year 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, Singapore Training & Development Association, ACE Seniors Pte Ltd, Care Visions Singapore, and the National Arts Council.

The courses and seminars attended by staff include: Falls Risk Management, Person-Centred Care, Advanced Certificate in Training and Assessment (ACTA), FAST Assessment, Management of Behavioural & Psychological Symptoms in Dementia, Community Care forums, Arts in Eldercare, and Unlocking The Secrets of Reversing Frailty.

ARTC conducted its first in-house WSQ-accredited course for ADA staff, “Work with clients with dementia (CS-CSV-302E-2)”. The four-day course was conducted by two in-house trainers, and attended by 14 ADA staff from the Caregiver Support Centre.

The course was followed by a workplace-based assessment, held during home-based eldersit sessions, and at New Horizon Centres (Tampines and Toa Payoh).

For academic upgrading, Ms Ong Boh Tan, Staff Nurse of NHC (Tampines) completed her Bachelor of Nursing degree with SIM University - University of Sydney under the Intermediate and Long Term Care – Upgrading Programme sponsorship.

Ms Eunice Tan, Manager (Special Projects) was selected to attend the September 2015 run of the IMPACT Leadership Programme organised by the Agency for Integrated Care.

A delegation of 7 staff members attended the 30th International Conference of Alzheimer’s Disease International from 15-18 April 2015 in Perth, Australia. Prior to the Conference, ADA joined the delegation from the Agency for Integrated Care on a 2 days site visits to observe and learn from the residential care and day care facilities in Western Australia.

Membership

Membership to the Association as at 31 Mar 2016 was 122. They include the following:

Life Members : 89

Ordinary Members : 27

Associate Members : 5

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

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 ended 31 Mar 2016, the three highest-paid executives with annual remuneration exceeding \$100,000 each (which includes salaries, bonus and employer’s Central Provident Fund contribution) were:

\$100,000 to \$200,000 : 2

\$200,000 and above : 1

MANAGEMENT COMMITTEE	COMMITTEE MEMBERS
President: Dr Ang Peng Chye, BBM	Dr Noorhazlina Bte Ali
Vice President: Dr Ng Li-Ling	Philomena Anthony
Hon Secretary: Chua Eng Chiang	Linda Chua
Hon Treasurer: Yeo Su-Lynn	P M Kumari
Officer i/c of Personnel: Dr Seng Boon Kheng	Alicia Tan
Officer i/c of Professional Practice: Dr Ong Pui Sim	Dr Philip Yap

CHAIRPERSONS OF MANAGEMENT COMMITTEE WORKGROUPS

Human Resource & Finance: Dr Seng Boon Kheng	Resource & Training Centre: Dr Ng Li-Ling
Day Care Centre: Dr Ong Pui Sim	Residential Care: Chua Eng Chiang

ADA MANAGEMENT TEAM

Chief Executive Officer Jason Foo	Caregiver Support Centre Cai Suqi
Executive Director Theresa Lee	New Horizon Centre (Bukit Batok) Mary Lim Puay Cheng
Finance Yow Lin Chan	New Horizon Centre (Jurong Point) Julaiha binte Mohd Rashid
Human Resource K T Tan	New Horizon Centre (Tampines) Stephen Chan Yew Wei
Resource & Training Centre Koh Hwan Jing	New Horizon Centre (Toa Payoh) Maria Kung Guek Hon
Special Projects and Family of Wisdom (Bendemeer) Eunice Tan	Family of Wisdom (Tiong Bahru) Chong Ying Ying
Service Development Jocelyn Neo	Corporate Communication & Community Engagement Seow Lye Lok

Visitors

LOCAL VISITORS

Agency for Integrated Care
Agape Village
Asian Medical Foundation
Bukit Batok Polyclinic
Changi General Hospital - Department of Geriatric Medicine
CHIJ – Toa Payoh Primary School
Christalite Methodist Home
Le Care Pte Ltd
National Arts Council
National Council of Social Service
National Parks Board
National University of Singapore – Industrial Architecture Design students
NTUC Health
St Andrew's Community Hospital – Community Therapy Services /Dept of Social Work
St Luke's Eldercare
Singapore General Hospital - Department of Geriatric Medicine
Tan Tock Seng Hospital – Department of Geriatrics, Family Medicine

OVERSEAS VISITORS

Alzheimer's Association – Japan

Caritas Macau

Christian & Missionary Alliance Church Union Hong Kong

Glenn Rees, President, Alzheimer's Disease International

Prof Philip A. Rozario, Ph D, School of Social Work, Adelphi University

South Bank University, London – Department of Occupational Therapy

University of Indonesia-Cipto Mangunkusumo Hospital
– Department of Psychiatry, Faculty of Medicine

WULAN Indonesia

Volunteerism

As with previous years, we have seen an increase in volunteerism this financial year. A total of 1,019 volunteers are registered in our database as compared to 795 last year. Of those in our database, 180 individual volunteers have since actively contributed their time and talents regularly in our events. These volunteers have worked tirelessly behind the scenes to ensure the smooth running of our events. They have played an essential role in ensuring our every success by taking on multiple roles such as befriending, being an outing guardian as well as helping us with administrative tasks during our many year-long events. Here are some of our highlights:

This year, we have changed our volunteer orientation format slightly by adding a new volunteer- sharing component, where we invite experienced volunteers to share their experiences with potential volunteers. This helps to motivate people and attracts suitable profiles to volunteer for the Association on a regular basis.

One new volunteering activity that opened up this year was the need for helpers at our art therapy sessions which are now held at all our care Centres. Volunteers keen on the arts are given varied roles to enrich the lives of our clients and caregivers. In the process, they can also learn about art therapy, which is often mistaken as just art and craft making.

ADA has continued to maintain volunteerism partnerships with several corporates. For example, staff from Bloomberg have been actively volunteering every month since 2014 in our Saturday Extension Programme at our New Horizon Centre (Bukit Batok) engaging our clients in meaningful activities. We have also established a new partnership with CN Yang Scholars Club from NTU to help out in the Extension programme.

VOLUNTEER GROUPS

Bloomberg L.P.

Citibank N.A.

Edrington Singapore Pte Ltd

Eisai (Singapore) Pte Ltd

Hwa Chong Institution

“Make a Card” Campaign

National Neuroscience Institute

United World College South East Asia



Volunteers conducting a sing-along session for clients from NHC (Bukit Batok) at a Park during the Saturday Extension Programme.



Volunteers from Edrington Singapore serving clients at a tea break.



*Volunteers from National Neuroscience
Institute and clients at the River Safari*

Volunteers

INDIVIDUAL VOLUNTEERS

Aloysius Clement	Claris Tay	Jetro Tull J. Roa
Aloysius Mok Kai Liang	De Las Alas Pauline Franchesa	Joanne Lim Tze Chin
Amanda Koh Chin Fern		Joey Lee Gek Ling
Anna Quek Chiew Kiang	Dennis Ooi Jun Wei	Jonathan Koh Qiong Hui
Arthur Wu	Dong Ding	Joseph Moreira and Friends
Audrey Lee	Doreen Yeo	Julie Sng
Audrey Ling	Doris Tay	Kelvin Chew
Balan Saravanan	Dr Kan See Mun	Kenny Cheong
Benjamin Tan	Elaine Toh Li Peng	Knya Moy Geck
Betty Tan Ah Poh	Elizabeth Lee Yi Wen	Kua Zhong Jie
Bindu Singh	Evonne Tay Chen Eng	Kuah Siew Hiong
Boon Hui Han	Fete Musicians	Lam Kit Ying
Calvin Yeong	Foo Sok Ying	Lam Lai Yin
Castle 630	Galston Wong	Lau Ee Hwee
Chan Tuck Kay	Giam Bee Choo	Lau Hoong Yip, Andy
Chen Jee Keong	Goh Jing Tian	Lau Lye Chee, Joey
Cheng Ruei Ying, Katherine	Goh Kim Joo	Laura Rodgers
Cherry G. Dimalibot	Graveaud Lucie	Lee Jianliang, Warren
Chin Yu Len	Ho Lai Mun	Lee Jin Jie
Chiok Ee Sern, Vincent	Hong Anjin	Lee Pui Chee
Dr Chitra Krishnakumar	Hong Liying	Lee Sock Kuah Nee Yeo (Melinda)
Chiu Wai Leong	Huimin Yu	
Choe Kok Fai Patrick	Irish Ong	Lee Yi Ting
Chong Suan Ting, Estee	Jane Seow Ah Kim	Lee Yoke King, Betty
Chong Ying Jie	Janelle Lye	Lehani Rico Francisco
Choo Meng Kwee, Damien	Jasmine Wong Huishan	Leng Yen Li
Choo Yuan Yuan	Jason Cheong Junjie	Liew, Denise
Christina Kwok Mun Hang	Jaylene Tan	Lim Jingjie
Chua Soon Tiong, Benson	Jennifer Lee	Lim Mei Ling
Chua Suan Ngoh	Jenny Wong	Lim Peh Yi, Felicia

Lim Si Huan	Pattiselanno David Jamias	Tang Hon Keet, Derek
Lim Siew Chin	Paul Cheong	Tang Tsui Theng, Crystalene
Lim Siew Choo, Rosa (Sr)	Poh Sijie	Tara Chin Huiming
Lim Yun Ni, Rachel	Pun Xian-Shu, Kate	Tashika Liesel Fernandopulle
Lindy Chia	Quek Liqin Rae	Tay Geck Keng, Amelia
Loke Chua Yean	Quek Shin Yi	Teo Eng Teck, Gary
Look Woon Wei	Quek Yue Feng	Teo Sok Huang
Loraine Kessler	Rachael Lee Zhi Yi	Teo Song Tee, Clive
Lui (Ong), Regina	Renuka Deraniyagala	Teresa Chan
Malvika Bhatia	Roger Lek	Thanarajan Pramavathi
Mark Siong Theng, Judith	Roshni Castelino	Theresia Ivory Lisvanda
Maurice Limuco	Russell Ong	Toh Poh Ling
Mayank Gurani	S Vivek Anand	Toh Shao Wei
Melissa Goh	Sally Ang	Uma Baskaran
Michelle Tan Minxuan	Samantha Chan Shu Yi	Victor Yap
Muhammad Abdul Qavi Qadri	Saw Hue Theng	Vivian Tan Zi Yu
	Seah Sue Mei Wendy	Wan Yi-cheng
Nancy Ng nee Auw Chor Yong	Seah Sue Wei Bernice	Wang Yinchu
Nancy Wilfred	Serene Yah Jing Man	Winnie Lee Peck Hoon
Ng Keat Siong	Seth Teoh En	Wong Peck Wei
Ng Seok Ling, Agnes	Shanghai Bang	Wong Yoong Kuan
Ng Yeong Chyuan	Sherry Chang	Wong Yung Pine
Ng Yun Ying Cheryl	Shirley Koh	Yap Jia En
Ngai Hin Kwok	Steven Yew Kwok Wai	Ying Koei Ann
Nivedita Bharadwaj	Sun Guangyu	Zachary Daniel Tan Jun Hao
Nur Syafiqah Binte Jamiah	Surbhi Rastogi	Zhang Luqi
Ong Hwee Sim, Doris	Suzanne Ang	Zhang Qianwen
Ong Jing Long	Tan Hiok Hui, Daphne	
Ong Mei Hwei, Candice	Tan Meng Kiang	
Ong Shi Ying	Tan Ming Hui	
Ong Wei Pin, Vivian	Tan Mui Gek, Judy	
Pang Liqin	Tan Wan Ying, Adeline	
Pang Shih Chin, Patricia	Tan Yee Hwee	

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Cynthia Quek Meng Leng	Francis Wong Tai Yin	Jamaliah Bte Laman
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Koh Tiam Seng	Lee Ying Boey	Liu Jiangang
Koo Zhi Xuan	Lee Yong Jie	Liu Pui Ling, Jennifer
Koushik Radhakrishnan	Len Sio Cheng	Loh Chun Shyong, Kelvin
Kwan Ken Yong	Li Yiu Po	Loh Hong Yi
Kwok Karen	Lian Lay Hui	Loh Mui Ling, Felicia
Kylie Tan	Lian Zheng Wen	Loh Seng Hong (Luo Cheng Feng)
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Lam Hock Choon	Lieu Ooi Lan	Lok Yek Soon
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Lee Bon Hian	Lim Ai Shin	Long Tian Ching
Lee Chieh Ying	Lim Boon Leong	Loo Kuen Feng
Lee Chun Wei	Lim Chee Kiat, Kenneth	Loo Nicolette
Lee Foo Kheong	Lim Chui Geok (Lin Cuiyu)	Loo Qingwen Jean
Lee Huai Tian	Lim Eng Peng	Loo Yen Peng
Lee Hui Ting	Lim Ghim Choon	Low Poh Ling
Lee Jia Yi	Lim Gui Jing	Lui Suit Cheng
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Nat D. Natraj	Ong Sze Ling	Sally Ho
Natalie Wong Zheng Ya	Ong Yeow Chan	Sam Han
Neo Aik Hoon	Pablo Espinel	Samson Justiniano
Neo Geok Huwe	Patsy Goh	Sandeep Kothari
Ng Aik Tat	Paul Teoh	Sandra Phung
Ng An Qi	Pauline Han	Say Pui Yen
Ng Choon Huay	Pearleen Tan Ching Yen	Scott McGill
Ng Chwee Gek	Peck Soo San	Scully Brynley Gerard William
Ng Hwee Leng	Peh Kian Wee	Scully Debra Theresa
Ng Kah Gui	Penagaram Venkatesan Sriram	Seah Chee Huang
Ng Kia Jin		Seah Lay Hoon
Ng Kit Lin	Png Yee Cheng	See Su Chen
Ng Kwee Song	Poh Boon Keong	Sendaya Halim
Ng Lay Hong	Poon Kum Seng	Seow Mei Fang
Ng Mei Mei	Poon Yee Way	Serene Lim Hui Lian
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Tai Mun Wah	Tay Chin Aye, Anthony	Vinod Parsram Dadlani
Tam Chee Chong	Tay Puay Cheng	Vishal Mudgal
Tan Annie	Tee Hongji	Vishal Vinodchandra Ghariwala
Tan Beng Tian	Tee Si Ying, Angela	
Tan Boon Ya	Teh U Lin	Voo Kiang Tien
Tan Cheng Soon	Teo Bee Chiong	Wee Choo Boo
Tan Chye Teck, Kelvin	Teo Chee Kheong	Wee Kee Fong
Tan Guan Hiang	Teo Eng Hock	Wee Lynn Tze
Tan Hiang Lee	Teo Hsi Leang	Wee Teow Kee
Tan Kah Tong, Paul	Teo Jia Wen	Wellian Wiranto
Tan Khuan Seng	Teo Wei Ling	William Tay Beng Chye

Won Juan Juan Valerie	Yong Mei Ling	
Wong Choon Yuan	Yuan Peng Huang	
Wong Hin Young	Yvonne Loh Su Peng	
Wong Kim Loong, Jackson	Zhang Jialing, Margaret	
Wong Liping, Florence	Zhang Ke Er	
Wong Mee Fong	Zhang PengChi	
Wong Mee Lin	Zheng ZhiYuan	
Wong Mei Lin	Zou YuXiang	
Wong Mun Hoong, Mark	Zubin Dastoor	
Wong Sooh Bin, Monica		
Wong Weng San		
Wong Weng Teng		
Wong Yoon Hsie		
Yap Ching Loong Lan		
Yap Choon Ching		
Yap Swee Mee		
Ye YanJia		
Yeap Ai May		
Yeap Lam Kheng		
Yeo Chiu Ping		
Yeo Ee Ling, Irene		
Yeo Eng Heng		
Yeo Eng Huat		
Yeo Hock Huat		
Yeo Mui Khim		
Yeo Shu Yi, Donna		
Yeo Siok Peng		
Yeo Ying Ying		
Yeow Ah Moh		
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Yip Lai Mei, Sharon		
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The following organisations and individuals have been very generous in supporting ADA's New Horizon Centres via the donation of food items and groceries (food hampers, mooncakes, biscuits, tarts, muffins, breads, mineral water bottles, fruits, chocolates and many more items) and various household supplies such as washing detergents.

We would like to thank the following donors for their kindness and support:

INDIVIDUAL DONORS

Adrian Ng	Loh Eng Kiat
Agnes Yee Mei Tuck	Loi Chang June
Alan Chu	Maureen Ho
Andy Lau	Michelle Ang
Annie Lim	Molly Lim
Chan Kwee Neo	Ng Li Ling (Dr)
Chew Siew Wei	Ng Yong Hui
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Chua Siew Suan	Paul and Mei Teo
Davina Hok	Peter Lai
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CORPORATE DONORS-IN-KIND

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Food From The Heart
Hillgrove Secondary School
Lianhua Primary School
Residents Committee – Toa Payoh Central Zone 5
Royal Park Hotel
Slappy Cakes
Tian Yuan Vegetarian Food
We Care For Life

CORPORATE INFORMATION

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 Dec 1990

Constitution

Society

Charity Registration Number

0902

Charity Registration Date

21 Sep 1992

IPC Registration Number

IPC 000304

IPC Registration Date

3 Sep 1993

UEN Number

S91SS0018J

Auditor

Kreston David Yeung PAC

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

DEMENTIA 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

Family of Wisdom Centre (Bendemeer)

72 Bendemeer Road
#05-29
Luzerne Building
Singapore 339941
Tel: 6291 6268 Fax: 6291 6260
Email: fow_ben@alz.org.sg

FAMILY OF WISDOM CENTRE (TIONG BAHRU)

298 Tiong Bahru Road
#10-05
Central Plaza
Singapore 168730
Tel: 6593 6440 Fax: 6593 0615
Email: fow_tb@alz.org.sg

10 Tips For A Healthy Brain: Reducing Dementia Stress

01

EAT WELL *Mind your diet*

Eat a balanced and healthy diet with sufficient vitamins. 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.

02

MOVE YOUR BODY *Mind your body*

Physical exercise will keep the blood flowing, 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.

03

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 crossword or jigsaw-puzzles. Play card games. Take a course. Learn a new skill.

04

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.

05

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.

06

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.

07

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.

08

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.

09

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.



ALZHEIMER'S
DISEASE
ASSOCIATION

70 Bendemeer Road | #06-02 Luzerne Building | T: 6293 9971 | F: 62933438
FB: www.facebook.com/alz.org.sg | Email: adahq@alz.org.sg
URL: www.alz.org.sg