

AN ADVOCATE FOR



ANNUAL REPORT 2017/2018

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PRESIDENT'S MESSAGE

2017 marked a turning point for Alzheimer's Disease Association (ADA) as we progress towards fulfilling our vision of a Dementia Inclusive Society. As planned, we completed our Strategy Review and Planning exercise from June 2017 to February 2018 and have now put in place the structures and resources needed to achieve our 3-year strategy. While we still have some way to go, we strongly believe we are headed in the right direction.

As part of this planning, the leadership of ADA followed a rigorous process of reviewing the current and future operating environments of the Dementia Care sector and developed our future Strategic Profile. Our strategy is to enable persons with dementia to live dignified lives and to support and empower their families through their care-giving journey. This can be broken down simply as ADA's 3-5-4 strategy:

3 Long Term Goals

- To reduce stigma through the increase of awareness and understanding of dementia
- To enable and involve persons with dementia to be integrated and accepted in the community
- To lead in quality of dementia care services which support persons with dementia and their families

5 Strategic Priorities

- Service Models - Our Centres become best practice examples for others
- Enabling - We build capacity and capability in the sector
- Alliances - Collaborate with and unite stakeholders for the common mission
- Research - Provide easy access to relevant and reliable information
- Community - Mobilise communities and advocate for policy improvements

4 Service Pillars

- Centre Based Care
- Caregiver Support
- Academy
- Community Enabling



As part of this process, we have also revamped our mission, which is to be recognised as the leading organisation in dementia care in Singapore, renowned for being a catalyst, enabler, educator and advocate that inspires society to regard and respect persons living with dementia as individuals to lead purposeful and meaningful lives.

Not to rest on our laurels, we have established the new Community Enabling pillar and updated our organisational structure to the 4 service pillars. We have also ramped up our fundraising capabilities and appointed a Fund Development sub-committee and hired a full-time fundraising team. To help advance awareness of ADA and fundraising efforts, we decided to reinstate our practice of appointing a Patron. As our past Patron was the late President Wee Kim Wee, we approached our current President to join our cause. I am pleased to announce that President Halimah Yaacob has agreed to be our Patron and we are so glad to have her on board to help us achieve our vision.

As we forge forward to develop a Dementia Inclusive Society, I would like to thank the contributions from our dedicated staff, volunteers, donors and supporters in the past year, without which none of this would be possible. My sincere thanks to all our stakeholders for their continued support and belief in the work that we do for persons with dementia and their caregivers.


Dr Ang Peng Chye,
 President



(Left to Right): The late Dr Ee Peng Liang, Founder of Community Chest, Mr Wong Kan Seng, Former Minister of Community Development and Dr Ang Peng Chye officially opened the New Horizon Centre (Toa Payoh) on 16 March 1991

OUR ORIGINS

Twenty-eight years ago, Dr Ang Peng Chye, BBM, President and Founder of ADA, was struck by news reports of seniors with dementia being abandoned by their families due to the immense challenges caring for them. This impressed on him the need for a voluntary welfare organisation that could effectively reach out to families coping with dementia, provide immediate day care and community outreach services to reduce the caregiver burden, and help overcome the societal stigma about Alzheimer's disease and dementia. In 1990, ADA was formed and the first dementia day care centre was piloted in Toa Payoh by the then Singapore Council of Social Service.

WHO WE ARE AND WHAT WE DO

ADA is a social service organisation that serves the needs of persons with dementia with quality care focused on their physical, cognitive and social engagement; as well as families and caregivers by enhancing their abilities to cope with and continue caring for their loved ones.

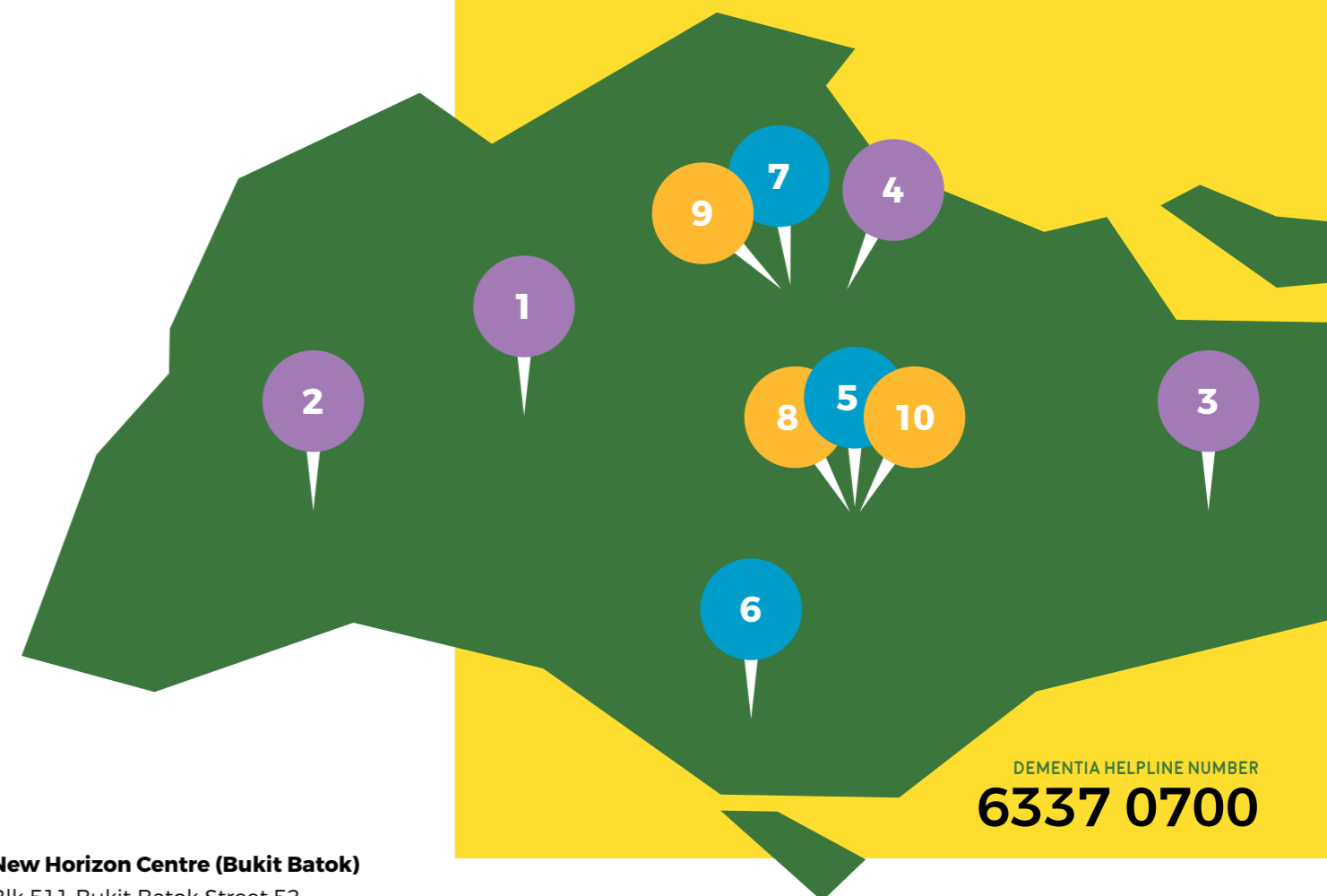
We believe that everyone has the right to live with dignity and no one should be left behind. Persons with dementia are individuals who can and should lead meaningful and purposeful lives. Through wide-reaching community engagement and public outreach efforts, we strive to facilitate members of the public, community partners and stakeholders to share the same understanding.

CORE VALUES
Compassion
Commitment
Innovation
Professionalism
Integrity

VISION
Towards a
Dementia Inclusive
Society

MISSION
To be recognised as
Singapore's leading
organisation in dementia
care – a catalyst, enabler,
educator and advocate
– that inspires society
to regard and respect
persons living with
dementia as individuals
to lead purposeful and
meaningful lives.

ADA IN SINGAPORE



DEMENTIA HELPLINE NUMBER
6337 0700

1 New Horizon Centre (Bukit Batok)
Blk 511 Bukit Batok Street 52,
#01-211
Singapore 650511
Monday - Friday: 7.30am - 6.30pm

2 New Horizon Centre (Jurong Point)
1 Jurong West Central 2,
#04-04 Jurong Point Shopping Centre,
Singapore 648886
Monday - Friday: 7.30am - 6.30pm

3 New Horizon Centre (Tampines)
Blk 362 Tampines Street 34,
#01-377
Singapore 520362
Monday - Friday: 7.30am - 6.30pm

4 New Horizon Centre (Toa Payoh)
Blk 157 Toa Payoh Lorong 1,
#01-1195,
Singapore 310157
Monday - Friday: 7.30am - 6.30pm

5 Family of Wisdom (Bendemeer)
72 Bendemeer Road,
#05-29 Luzerne Building,
Singapore 339941
Monday - Friday: 9.00am - 6.00pm

6 Family of Wisdom (Tiong Bahru)
298 Tiong Bahru Road,
#10-05 Central Plaza,
Singapore 168730
Monday - Friday: 8.30am - 5.30pm

7 Family of Wisdom (Toa Payoh)
7A Lorong 8 Toa Payoh,
#01-01, Singapore 319264
Monday - Friday: 8.30am - 5.30pm

8 Resource & Training Centre
70 Bendemeer Road,
#06-02 Luzerne Building,
Singapore 339940
Monday - Friday: 9.00am - 6.00pm

9 ADACafé
7A Lorong 8 Toa Payoh,
#01-01, Singapore 319264
Monday - Friday: 8.30am - 5.30pm

10 Caregiver Support Centre
70 Bendemeer Road,
#03-02A Luzerne Building,
Singapore 339940
Monday - Friday: 9.00am - 6.00pm

MANAGEMENT COMMITTEE



- PRESIDENT**
 ●●●●● Dr Ang Peng Chye, BBM
- VICE PRESIDENT**
 ●●●●● Dr Ng Li-Ling, PBM
- HONORARY SECRETARY**
 ●●●●● Mr Chua Eng Chiang
- HONORARY TREASURER**
 ●●●●● Ms Yeo Su-Lynn
- OFFICER I/C OF PERSONNEL**
 ●●●●● Dr Seng Boon Kheng
- OFFICER I/C OF PROFESSIONAL PRACTICE**
 ●●●●● Dr Ong Pui Sim
- COMMITTEE MEMBER**
 ●●●●● Dr Noorhazlina Binte Ali
 ●●●●● Ms Linda Chua
 ●●●●● Ms Philomena Anthony
 ●●●●● Ms P M Kumari

SUB-COMMITTEES

NOMINATION
 Dr Ng Li-Ling (Chair)
 Dr Ang Peng Chye
 Dr Noorhazlina Binte Ali

FUND DEVELOPMENT
 Dr Ang Peng Chye (Chair)
 Ms Sasha Foo
 Mr Hardy Saat
 Ms Ang Siok Pin
 Mr Colin D'Silva

PROGRAMMES & SERVICES
 Dr Ong Pui Sim (Chair)
 Dr Noorhazlina Binte Ali
 Ms Philomena Anthony
 Dr Chen Shiling

HUMAN RESOURCE
 Dr Seng Boon Kheng (Chair)
 Mr Paul Heng
 Ms Kok Ee Lan
 Ms Wong Chee Huey

WORKING GROUPS

RESIDENTIAL CARE
 Mr Chua Eng Chiang (Chair)

ACADEMY
 Dr Ng Li-Ling (Chair)

ADVISORY PANEL

ETHICS REVIEW PANEL
 Dr Noorhazlina Binte Ali (Chair)
 Dr Seng Boon Kheng
 Mr Chua Eng Chiang
 Ms P M Kumari

ADHOC COMMITTEES

STRATEGY STEERING COMMITTEE
 Dr Ang Peng Chye (Chair)
 Dr Ng Li-Ling

**ADI INTERNATIONAL CONFERENCE 2020:
 LOCAL ORGANISING COMMITTEE**
 Ms Yeo Su-Lynn (Co-Chair)
 Dr Ang Peng Chye (Co-Chair)

**ADI INTERNATIONAL CONFERENCE 2020:
 SCIENTIFIC PROGRAMME COMMITTEE**
 Dr Lim Wee Shiong (Chair)

MANAGEMENT TEAM

CHIEF EXECUTIVE OFFICER
 Jason Foo

DEPUTY CHIEF EXECUTIVE OFFICER
 Theresa Lee

**CONSULTANT - ORGANISATION STRATEGY & GOVERNANCE,
 COMMUNITY ENABLING**
 Francis Wong

HUMAN RESOURCE
 K. T. Tan

FINANCE & ADMINISTRATION
 Yow Lin Chan

ACADEMY
 Koh Hwan Jing

CAREGIVER SUPPORT CENTRE
 Stephen Chan

FUNDRAISING, COMMUNICATIONS AND VOLUNTEER MANAGEMENT
 Jeremy Khoo

SPECIAL PROJECTS AND FAMILY OF WISDOM (BENDEMEER)
 Eunice Tan

SERVICE DEVELOPMENT
 Jocelyn Neo

INFORMATION TECHNOLOGY
 Christopher Chia

FAMILY OF WISDOM (TIONG BAHRU / TOA PAYOH)
 Chong Ying Ying

NEW HORIZON CENTRE (BUKIT BATOK)
 Mary Lim

NEW HORIZON CENTRE (JURONG POINT)
 Julaiha Binte Mohd Rashid

NEW HORIZON CENTRE (TAMPINES)
 R. S. Chandraajothi

NEW HORIZON CENTRE (TOA PAYOH)
 Maria Kung

UNDERSTANDING DEMENTIA

Dementia still remains poorly understood, judging from the myths and misconceptions surrounding it.

It is not surprising that many people use the terms 'Alzheimer's' and 'dementia' interchangeably. These two terms are not the same.

'Dementia' is an umbrella term describing a wide range of symptoms including memory loss and mental decline. Under this umbrella term, there are various types of dementias such as Alzheimer's, Vascular Dementia, Lewy Body Dementia, Fronto-Temporal Dementia and many others.

Contrary to the belief that dementia only affects the elderly – those aged 65 and above, the condition has also been observed in people aged below 50. Additionally, unlike the general perception, dementia is not part of the normal ageing process. In other words, dementia is not a natural consequence of ageing.

The most common type of dementia is Alzheimer's, a neurodegenerative condition which affects about 60 to 70% of those with dementia. As a result of chemical changes in the brain which causes the nerve cells to dysfunction and die, a person with Alzheimer's would experience difficulties in his/her memory, thinking, perception and behaviour. Unfortunately, the progressive nature of the condition also means

ALZHEIMER'S DISEASE

Affects about 60-70% of those with dementia

VASCULAR DEMENTIA

FRONTO-TEMPORAL DEMENTIA

LEWY BODY DEMENTIA

'DEMENTIA' is an umbrella term describing a wide range of symptoms, including memory loss and mental decline.

AFFECTS



MEMORY



PERCEPTION



THINKING



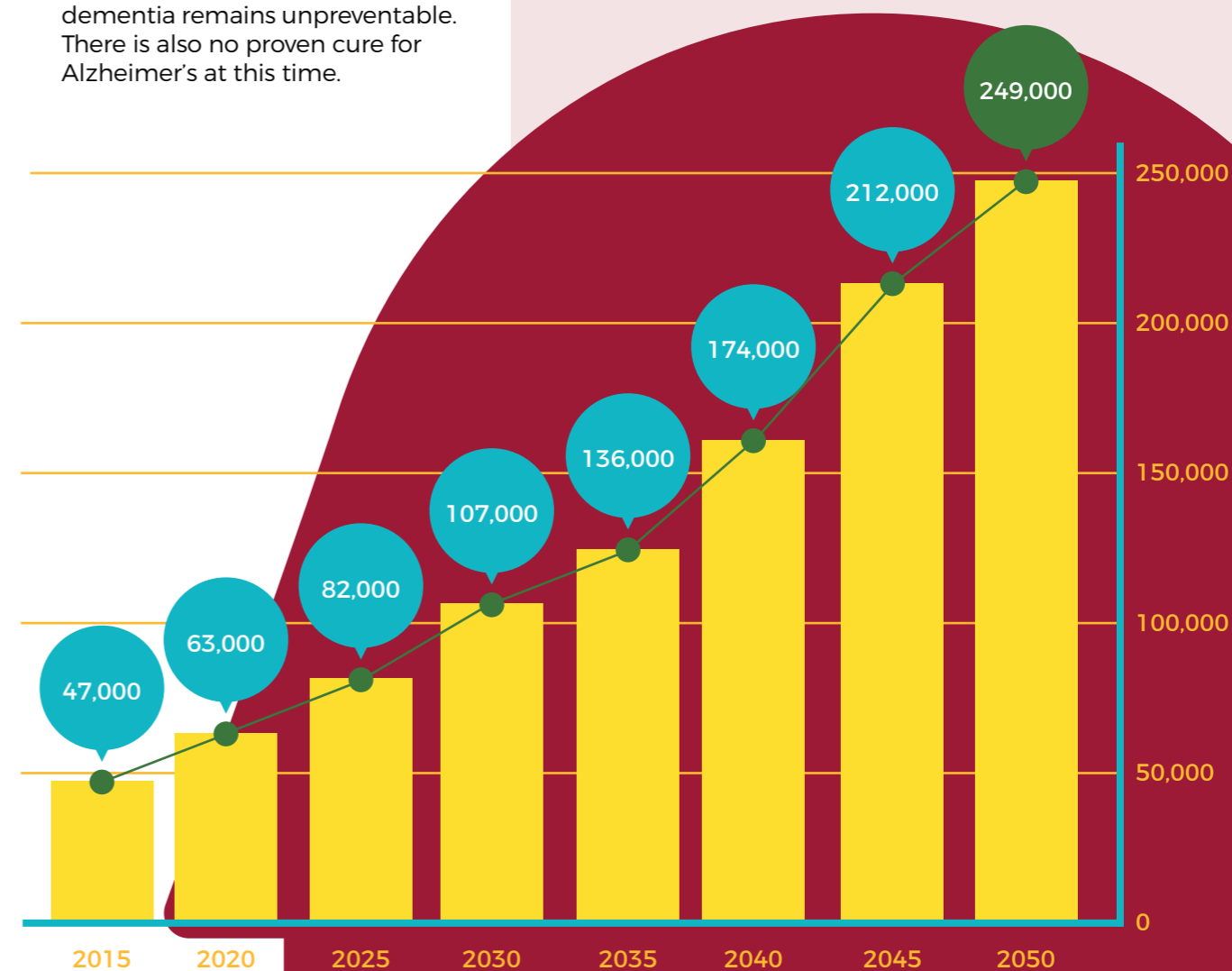
BEHAVIOUR

THE FOOTPRINT OF DEMENTIA

Dementia affects some 47 million people around the world. In Singapore alone, dementia has already affected more than 55,000 people in 2018. With one new case every three seconds worldwide, this number is set to double by 2030. The financial strain is felt worldwide as dementia is expected to become a trillion-dollar health condition. The rising costs of caring for persons with dementia is also weighing on our economy. A staggering estimated S\$2.8 billion was spent in 2015 locally and this figure is estimated to almost triple by 2030. This calls for greater awareness and intervention in the fight against dementia.

that he/she would experience worsening symptoms over time.

Although one can actively take steps towards a healthier lifestyle by minimising modifiable risk factors (excessive alcohol consumption, smoking, lack of mental stimulation etc.), dementia remains unpreventable. There is also no proven cure for Alzheimer's at this time.



Sources:

- World Alzheimer's Report 2016, Alzheimer's Disease International
- Monetary cost of family caregiving for people with dementia in Singapore (Woo, Thompson & Magadi, 2017)
- Define Alzheimer's By Brain changes, not symptoms, Straits Times

LOOKING AHEAD

ADA'S 3-YEAR STRATEGY

THREE LONG TERM GOALS

- 1 TO REDUCE STIGMA through the increase of awareness and understanding of dementia
- 2 TO ENABLE AND INVOLVE persons with dementia to be integrated and accepted in the community
- 3 TO LEAD IN QUALITY OF DEMENTIA CARE SERVICES which support persons with dementia and their families

YEAR
1YEAR
2YEAR
3

FIVE STRATEGIC PRIORITIES

- 1 **SERVICE MODELS**
Our centres become best practice examples for others
- 2 **ENABLING**
We build capacity and capability in the sector
- 3 **ALLIANCES**
Collaborate with and unite stakeholders for the common mission
- 4 **RESEARCH**
Provide easy access to relevant and reliable information
- 5 **COMMUNITY**
Mobilise communities and advocate for policy improvements

FOUR SERVICE PILLARS



LEADER IN DEMENTIA CARE SERVICES

We emphasise the Person-Centred Care (PCC) approach in our dementia care services, where each person with dementia is valued as a unique individual with varied interests and talents. They are able to experience an individualised care plan, that is specially tailored based on their unique physical, cognitive and social functions.



Clients from NHC (Tampines) at a supermarket outing

THREE-YEAR REVIEW OF CLIENTS SERVED AT OUR CENTRES

2015/2016	315	138
2016/2017	312	153
2017/2018	336	170

Over the years, the number of clients served at our centres has grown

■ Number of Clients at New Horizon Centres
■ Number of Clients at Family of Wisdom



Engaging our clients physically, cognitively and socially

NEW HORIZON CENTRES



Making wantons at NHC (Bukit Batok)

Our New Horizon Centres (NHCs) are dementia daycare centres providing daycare services for persons with dementia, and respite for their caregivers. They enable caregivers to pursue their livelihoods/personal activities while being assured that their loved ones are well cared for by professional care staff.

At the Centres, our clients are engaged with cognitively-stimulating activities and games (sudoku, jigsaw puzzles, card games, reading, puzzles, reminiscence, iPad games, mahjong, paro-robotic therapeutic seal).

Psycho-social and physical well-being are just as important. This is why group outings, exercises,

excursions and festive celebrations remain a vital component of the activities at our centres.

Our clients are also empowered, reassured and nurtured through therapy sessions conducted by our trained professionals, which include a physiotherapist, a social worker, occupational therapists, art therapists and nurses.

In collaboration with The Esplanade, activities at our "Sing Out Loud" sessions at NHC (Toa Payoh) include exercises to help persons with dementia utilise their visual, auditory and tactile senses, which lengthen their attention and retention spans. Participants use percussion instruments of their choice to create their own rhythms.



Clients enjoying music and movement activities



ART THERAPY PROGRAMME

Since 2012, ADA has recognised the benefits of art therapy by piloting an Art Therapy Programme at its NHC (Bukit Batok). It is now incorporated into the programmes at the NHCs and Family of Wisdom (FOW) Centres. All art therapy sessions are conducted based on the Person Centered Approach by the art therapist. The programme allows for individual, dyad or group sessions.

About 200 clients (including caregivers) who participated in the programme saw an

improvement in their overall well-being. Mdm Wong, one of the clients, was observed to be able to talk more and became more alert after the dyad session. One of the domestic helpers shared that she now sees art as one of her ways to destress.



ABOVE: Besides drawing and painting, NHC (Jurong Point) clients create designs on their own bags



ABOVE: Clients creating their own cups at FOW
RIGHT: FOW Art Exhibition at Tan Tock Seng Hospital Atrium



FAMILY OF WISDOM

Family of Wisdom (FOW) is a weekly 3-hour enrichment programme that is modelled after a successful programme in Taiwan. Meant for persons with dementia and full-time caregivers, the programme aims to improve the well-being of both participants. FOW complements a full-day dementia programme with shorter hours to offer caregivers respite and an opportunity to bond outside the context of caregiving. Cognitive activities are designed with a social element to foster greater interaction.

Every year, a FOW Art Exhibition will be held at Tan Tock Seng Hospital to showcase and celebrate our clients' creative and artistic works. On 15 November 2017, their artworks at the exhibition raised \$1,605.20.

ADACAFÉ

On 22 September 2017, President Halimah Yacob graced Agape Village to find out more about ADACafé. Situated together with FOW (Toa Payoh), it is a café within the community where persons with dementia help with certain duties and interact with public diners.

In an effort to move away from more conventional approaches of engaging persons with dementia and their caregivers in activities, ADACafé is a new concept that explores tying vocational meaning to activities that persons with dementia can participate in, within a dementia-inclusive environment.



ABOVE (left to right): President Halimah Yacob with Deputy CEO Mrs Theresa Lee (in blue) and Mr Henry Siah, the first person with dementia to be engaged under the ADACafé project
BELOW: The ADACafé team
BELOW, LEFT: ADACafé @ Agape Village (Toa Payoh)



Since people in the early stage of dementia are still quite high functioning, there is a need to maintain their functional abilities with activities that interest them and make them feel useful. Set up in October 2016, ADACafé offers persons with young onset and early stage dementia with opportunities to help out with duties in the café. By taking simple orders, serving customers and helping out with general cleaning duties, they are engaged physically, cognitively and socially. The café setting also offers public diners the chance to interact with persons with dementia, creating

greater public awareness and reducing the stigma of dementia.

Currently, three persons with dementia volunteer in the café at least twice a week. Café duties are assigned to each individual based on their unique strengths and interests.

George, 48, helps out at the café every Wednesday and Thursday. His workday starts at 8.30am and he ensures that the café is ready to operate. With a background in lecturing, George's organisational abilities and time-management

skills have been invaluable to his team members. In addition to keeping the staff area neat and ensuring sufficient clean utensils are ready for use at all times, George also helps to supervise another member of the team in washing the utensils. At 4pm, a fulfilling day comes to a close for him.

In response to whether he enjoys working in the café, he said, "It is not about whether I enjoy the work. I feel useful working here, knowing that I can still contribute. I am happy."

THE CAREGIVING JOURNEY



Caring for a person with dementia not only requires personal commitment but also knowledge, patience, creativity, skills and unconditional love. At ADA, we understand the concerns faced by caregivers and the importance of having a steady support network in their caregiving journey.

A CAREGIVER'S LOVE CHUA JOO EE

Worried about his mother, Mdm Toh Wee's mood changes, Mr Chua brought her to see a psychiatrist, who diagnosed her with Vascular Dementia. Having no clue about the condition, he struggled to care for his mother while balancing the demands of work.

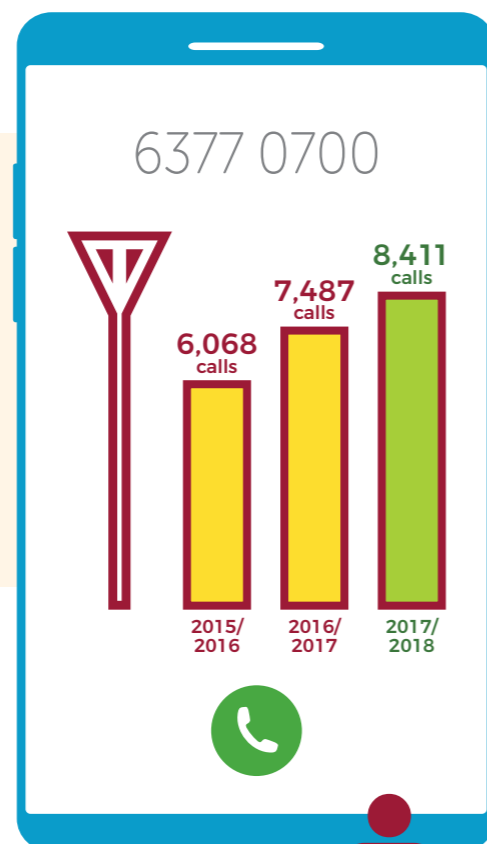
He turned to ADA for help in 2012, placing her under the care of the NHC (Jurong Point). Attending ADA's Caregiver Support Group allowed him to meet fellow caregivers with shared experience. In addition, stress-relieving activities helped him find respite and support in his caregiving journey. "I've benefitted so much from the programme and I want to continue giving back through my role as a support group facilitator," said Mr Chua.

I had to quit my job to care for mother after she suffered from a serious illness. I was overwhelmed by my responsibilities and often felt alone in my journey.

Mr Chua Joo Ee, 45
Beneficiary-turned-volunteer

DEMENTIA HELPLINE

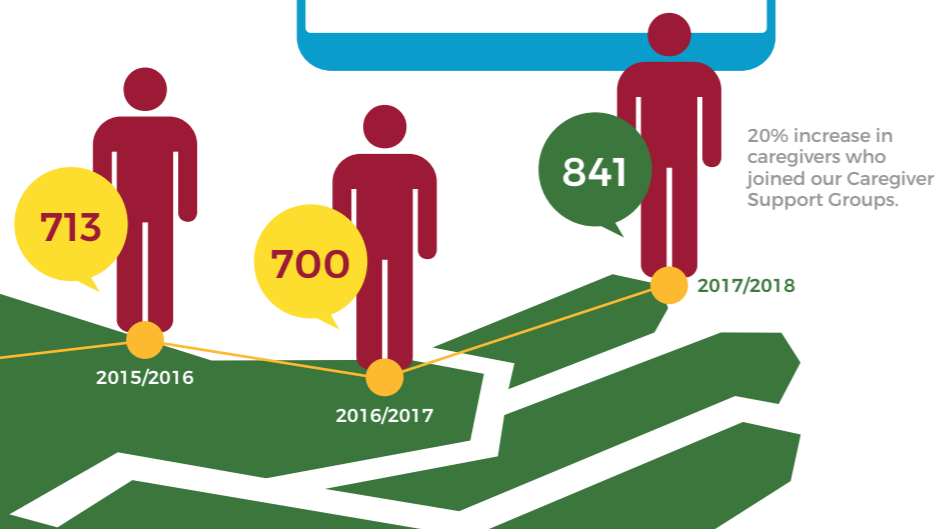
Our Dementia Helpline provides caregiver support information, referral and facilitates counselling services. It has seen an increase in the number of caregivers supported.



Our Helpline has been receiving a double digit percentage growth in calls over the years.

CAREGIVER SUPPORT GROUPS

More caregivers benefitted from the informative talks on dementia care conducted by professionals, as well as the caregivers' sharing sessions.



20% increase in caregivers who joined our Caregiver Support Groups.

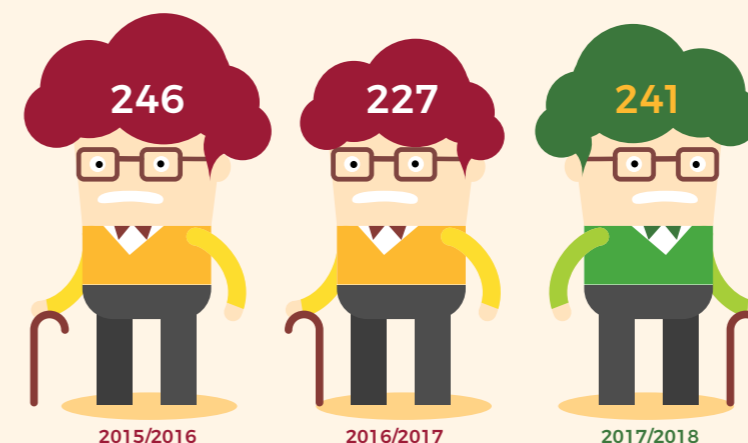
CASEWORK & COUNSELLING

This service collaborates with caregivers to identify and understand their caregiving needs. Our services include psychoeducation, emotional support, relevant service linkages and referrals. In 2017, Casework & Counselling supported 455 caregivers. 80% of them reported significant reduction in their stress levels.



ABOVE: Caregivers learning more about dementia care at a support group session

ELDERSIT RESPITE CARE SERVICE

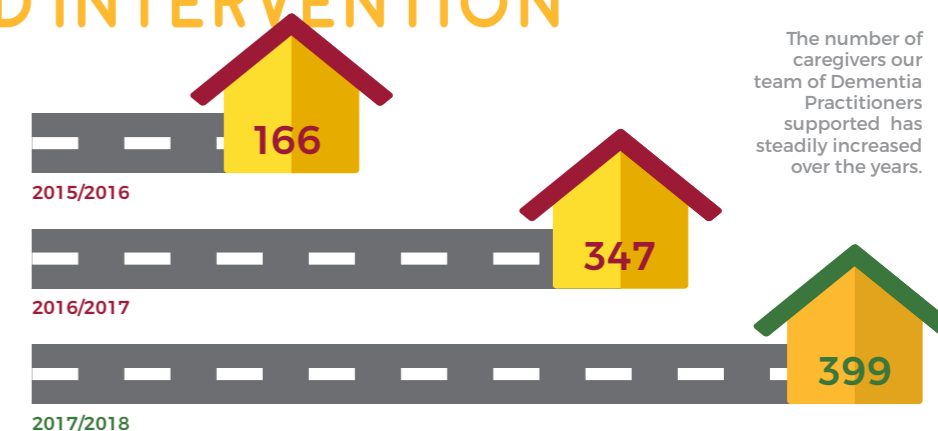


This is a home-based service where trained Eldersitters engage persons with dementia in meaningful and therapeutic activities. The focus is on cognitive, physical and sensory stimulation, which are crucial in promoting their well-being.

There has been a consistent number of persons with dementia who have benefitted from Eldersit Respite Care Service over the years.

PERSON-CENTRED HOME-BASED INTERVENTION

Provided by a team of Dementia Practitioners, this care and behavioural support service supports caregivers who are undergoing high caregiving stress, arising from managing the behaviours of concern of persons with dementia through developing intervention strategies.



The number of caregivers our team of Dementia Practitioners supported has steadily increased over the years.

ADA-EISAI CAREGIVER OUTING

As the old saying goes, 'No man is an island'. Caregivers are no exception, especially when many have neglected themselves and are prone to being isolated while providing care to their loved ones with dementia. Bearing the theme of 'kampong spirit', the ADA-Eisai Caregiver Outing held at Agape Village in December 2017, saw over 100 caregivers enjoying themselves with the rich line-up of activities. The event served as a platform to unwind and reiterate the importance of self-care to them.



Taiko Drum performance for caregivers

DEVELOPING CAPABILITIES IN DEMENTIA CARE

LEFT: Debrief
after role-play
session based
on real-life
scenarios
during
"Providing
Home-based
Support".



TRAINING FAMILY CAREGIVERS AND FOREIGN DOMESTIC WORKERS

Knowledge empowers, which is why ADA has been highly committed towards providing professionals and families with access to excellent learning opportunities in dementia care.

Training is designed to maximise learning across diverse groups of caregivers to empower them with the competencies, skills and behaviours in dementia care, using a combination of classroom lectures, group discussions and role play sessions.

458

Family Caregivers
Training Program
(FCTP)

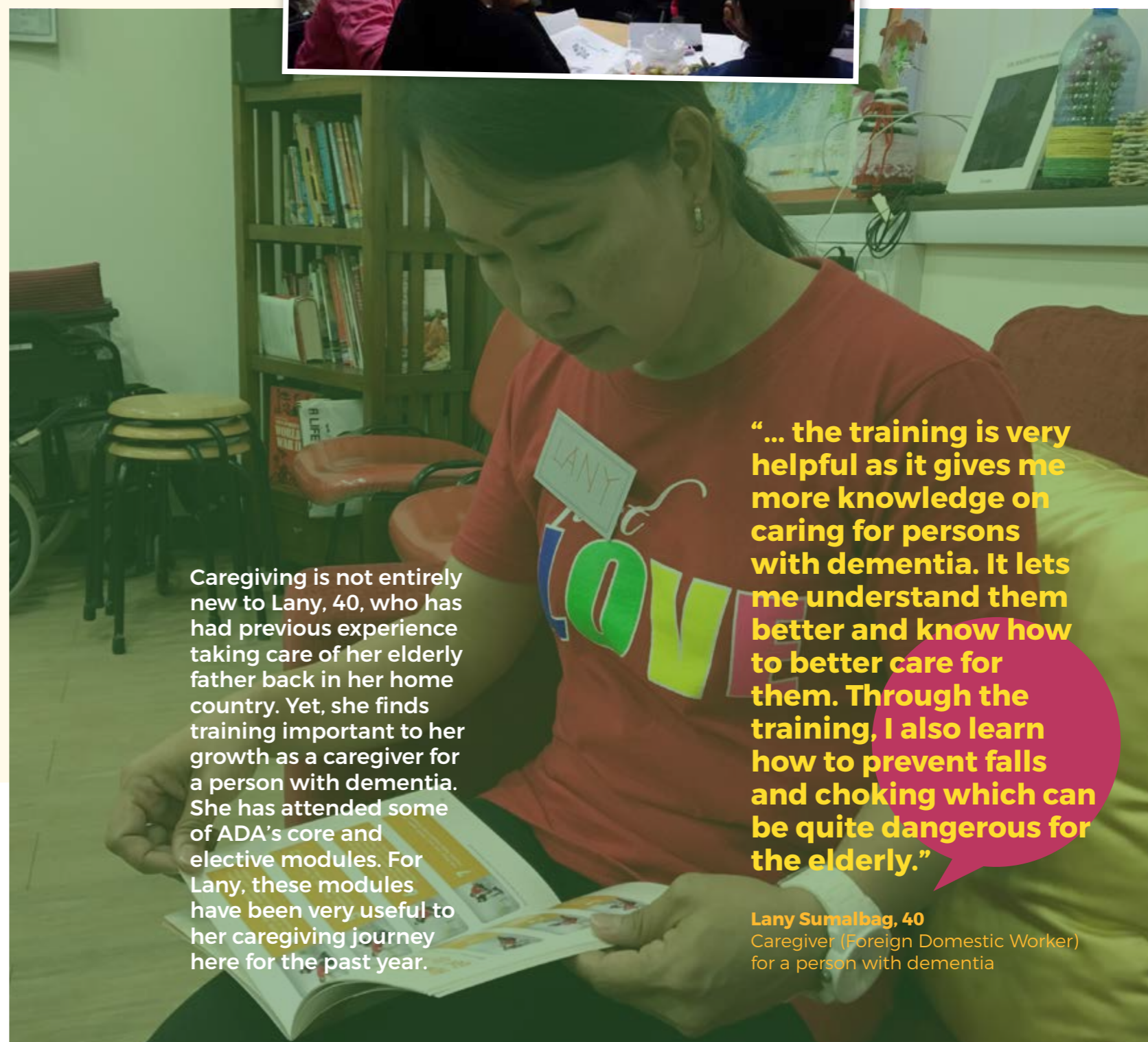
1,139

Foreign
Domestic Worker
(FDW) Training

Number of family caregivers and Foreign Domestic Workers
(Caregivers) trained from 2015 to 2018



LEFT: Training Workshop for
Foreign Domestic Workers



Caregiving is not entirely new to Lany, 40, who has had previous experience taking care of her elderly father back in her home country. Yet, she finds training important to her growth as a caregiver for a person with dementia. She has attended some of ADA's core and elective modules. For Lany, these modules have been very useful to her caregiving journey here for the past year.

"... the training is very helpful as it gives me more knowledge on caring for persons with dementia. It lets me understand them better and know how to better care for them. Through the training, I also learn how to prevent falls and choking which can be quite dangerous for the elderly."

Lany Sumalbag, 40
Caregiver (Foreign Domestic Worker)
for a person with dementia

TRAINING PROFESSIONAL CAREGIVERS



LEFT: Participants practise giving feedback to care staff using Dementia Care Mapping (DCM) report

ADA focused its efforts on marketing and delivering dementia care training which is aligned with the AIC Dementia Care Competency Framework (DCCF). Members of the public have benefited from professional caregiving courses including Providing a Dementia Friendly Environment, Foundations of Person-Centred Dementia Care, Providing Home Based Support, Dementia Care Mapping, Transforming Care the Person-Centred Way, and Mental Health First Aid for Older Persons.

In-house training workshops, covering a range of topics like managing dysphagia, falls prevention etc, were organised to ensure that ADA care staff are equipped with the basic skills to provide care for persons with dementia.



2015/2016



2016/2017



2017/2018

Number of professional caregivers receiving training from ADA over the years



“Many times, I have to counsel family members when they have issues on how to care for their loved ones. The training is definitely an important tool we can use in our daily life as a professional caregiver. Moreover, what you have learnt many years ago may not be applicable at the present state, therefore we have to invest in training for our staff so that they will be professional in carrying out their duties in caring for the clients.”

Mr R S Chandraajothi, 55
Centre Manager, NHC (Tampines)

Having been in the healthcare sector for over 10 years now, learning new skills is never enough for Mr R S Chandraajothi (Jothi), Centre manager of NHC (Tampines). Training has made him more confident in handling dementia clients.



LEFT: Foundations of Person-Centred Dementia Care Course attended by professional caregivers

PERSON CENTRED CARE AND DEMENTIA CARE MAPPING

ADA's position as a leader in dementia care services throughout the years has been made possible by our commitment to hold our dementia care practices to the highest standards with consistent assessments.

As the Strategic Lead for Dementia Care Mapping (DCM) in Singapore, we have been actively using DCM as a means of promoting Person Centred Care (PCC) and enhancing the quality of care provided to persons with dementia in care facilities. DCM was used to evaluate "Sing Out Loud!", a series of singing workshops led by the Community Engagement team from the Esplanade.

Sing Out Loud Session at NHC (Toa Payoh) where clients clap in tune with the music



The evaluation found that participants displayed high levels of engagement and mood during the singing sessions. The findings from the DCM data was used to guide programme implementation during the first and second series of the singing workshops held at NHC (Toa Payoh).

An oral presentation on *How Person-Centred are we? An Approach to enhancing PCC practice in an Assisted Living Unit for People with Dementia* was presented at the 32nd International Conference of Alzheimer's Disease International. This presentation provided the key findings from the PCC consultancy work completed for Apex Harmony Lodge from June 2015 to January 2017. We were also engaged by NUS Saw Swee Hock School of Public Health and the Geriatric Education and Research Institute to conduct Dementia Care Mapping and the Person-directed Dementia Care Assessment Tool. This was to evaluate person centred care provided in nursing homes in Singapore, and make recommendations on enhancing the psychosocial aspects of care.

EMPOWERING SECTOR PARTNERS

ADA was contracted by NTUC Health to provide training for their staff from centre-based and home-based services, and the Ministry of Social and Family Development to provide customised dementia training for social workers. We were also engaged by NTUC Health Silver Circle to assess the feasibility of converting part of Henderson Home into an assisted living unit for persons with dementia.

We also partnered with the National University of Singapore (NUS) Department of Social Work, to run a two-day workshop on *Formulating Intervention Strategies for Persons with Behavioural and Psychological Symptoms of Dementia*, as part of their Continuing Education programme.



ABOVE: We have conducted a series of Foundations of Person-Centred Dementia Care workshops for the staff at NTUC Health since December 2017.

COMING TOGETHER AS A COMMUNITY

Our long-term goal is to create communities and neighbourhoods where persons with dementia and their families are able to live with dignity, choice and confidence to contribute to society.

VALUING THE PEARLS OF WISDOM. THEIR SMILES AND HUMOUR

Through community programmes, like Memories Café, Arts and Dementia and roundtable discussions, we seek to facilitate people in all communities to show inclusiveness, empathy, understanding, compassion and patience to those living with dementia and their families.

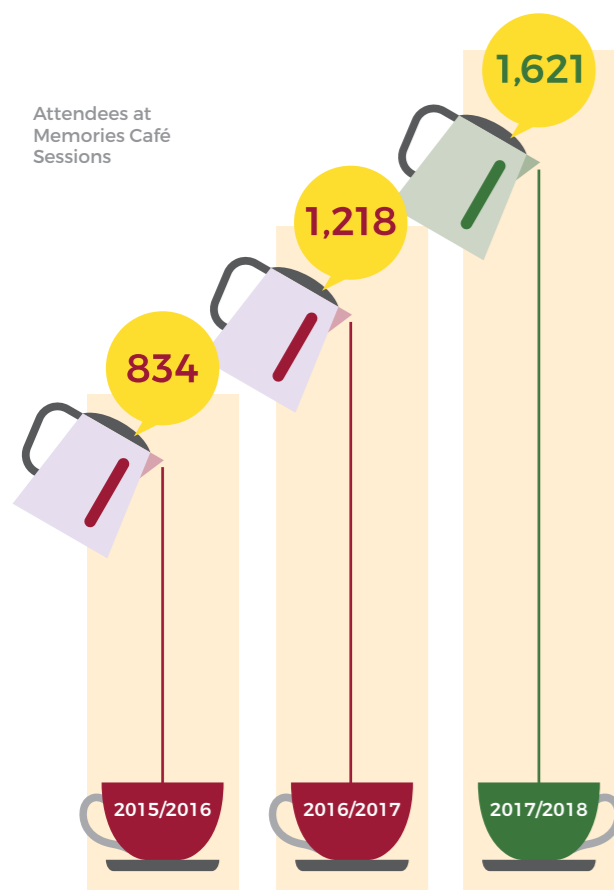


MEMORIES CAFÉ

This two-hour programme for persons with dementia, accompanied by their caregivers, aims to reduce societal stigma through the engagements in a café within a community setting. Moving away from a long-term care environment, it also provides an alternative platform for social interactions and respite to persons with dementia and their caregivers.



TOP: Our client, Mr Tan (middle) enjoyed himself as he sang at a session at Crossings Café
LEFT: Participants all set for the music session at Over the Counter Café

Attendees at
Memories Café
Sessions

Since early 2017, Mr Soh has accompanied his wife, Mdm Lai, to many Memories Café events. Over time, Mr Soh is heartened to see the positive changes in his wife after attending the sessions. According to him, Mdm Lai is always lively and joyful amidst the singing and merrymaking – a clear testimony to her enjoyment. From the dedication of our staff and volunteers in facilitating Memories Café's sessions, to the restaurant owners' willingness for us to use their premises for the programme, Mr Soh is very touched by the involvement of the community in creating a more inclusive society for persons with dementia. The programme has benefitted Mr Soh as well. As a caregiver, he has gained a better understanding of persons with dementia and gathered invaluable caregiving tips after participating in the programme.

“The Memories Café programme offers very meaningful activities. We get to sing songs, eat delicious food and enjoy ourselves in the moment. When I see my wife happy, I am happy too. The entire experience has been a very fulfilling and enriching one.”

Mr Soh Tiong Hua, 76
Family Caregiver and participant of
Memories Café

ARTS & DEMENTIA

The programme, which is run at both NHCs and FOWs, has been designed to provide persons with dementia opportunities to connect with their past experiences and memories, and to express their creativity through various forms of arts. Funded with a grant by the National Arts Council, this is the fifth year of the programme.

CONNECTING WITH PAST EXPERIENCES AND MEMORIES

Our clients took a trip down memory lane during their visits to the Peranakan Museum, held in collaboration with the National Heritage Board and the Peranakan Museum. First piloted at our various NHCs in 2013, these visits were introduced to FOW (Bendemeer) and FOW (Toa Payoh) in August and October 2017 respectively.

Such experiences serve to stimulate their cognition as they reminisce about their past and open up about their unique selves. Clients were encouraged to create simple drawings based on the stories shared or discussed during the Peranakan Museum visits. These drawings were then incorporated onto enamel mugs and wooden clogs.



EXPLORING AND DISCOVERING ONESELF

Recognising the value of the arts in providing a non-pharmacological approach in dementia care, art making has become a core part of the programme.

In 2017, pottery was introduced to our clients from the various NHCs and FOW (Toa Payoh). Within the comforts of the cosy studio environment, our clients were able to try their hands on the various hand-building techniques of pottery. The therapeutic quality of the activity was apparent from the peaceful and joyful expressions of our clients who were immersed in the activity.

Our Photography tours, which first started at our various NHCs in 2013 were introduced to the clients at FOW (Tiong Bahru) in April 2017. During these tours, clients are given free rein to express themselves creatively through the photographs they take. The photographs were developed and made into scrapbooks, which were used to tell stories about themselves.



EXTREME LEFT: A visit to the Museum – a docent explained the Peranakan food through the screen

INSET, LEFT: Participants reconnected and shared their stories with the docent at the Peranakan Museum

IMMEDIATE LEFT: Client Mdm Phoh Ah Nan with her pottery artwork

BELOW: Photography tour at Gardens by the Bay



DEMENTIA ROUNDTABLE



ABOVE: First Roundtable discussion on young onset dementia with Ms Kate Swaffer, caregivers & persons with dementia.

BELOW: Ms Kate Swaffer (second from right) speaking during the Roundtable discussion on young onset dementia

On 24 November 2017, Kate Swaffer, CEO and Co-Founder of Dementia Alliance International (with her care partner and husband Peter Watt) shared her experiences with 40 representatives of stakeholder groups including MOH, AIC, NCSS, AWWA, Apex Harmony Lodge, Care Corner, Tsao Foundation, TOUCH Community Services, St Joseph's Home, Duke-NUS Medical School, Changi General Hospital, Montfort Care and NTUC Health. The event, sponsored by

the Lien Foundation, focused on the increasing need to support people with young onset dementia (YOD) as well as the engagement of communities in building a more Dementia Inclusive Society.

Sharing her journey since diagnosis in 2008, Kate emphasised the importance to "see the person, not the dementia". An effective way is to encourage more persons with dementia, especially those with early stage and YOD, to speak up as self-advocates.

Kate also shared that "persons with dementia do not specifically want their community to only be friendly, nice or kind to us. We want the community to be inclusive and accessible." An interesting model of a dementia friendly/inclusive community is in Kiama, New South Wales, Australia where persons with dementia are part of the Dementia Advisory Group and are actively involved in decision making.

ADA will continue to organise such sharing sessions with persons with dementia as key speakers, as part of our efforts to be inclusive and to be a platform for their voices to be heard.



REACHING OUT TO COMMUNITIES

10% of Singaporeans aged 65 and above may have dementia. By age 85, up to 50% may succumb to dementia. Yet, dementia does not change the desire of persons with dementia to lead dignified lives. The community is vital in supporting persons with dementia living among them, which is why we have placed foremost importance on raising awareness and understanding of dementia. Through forums, talks, exhibitions, road shows, events and media publicity, ADA managed to reach out to over 3,096 people across various communities and organisations last year.

There has been a steady increase in the number of community outreach events. This reflects our unfaltering resolve to generate greater awareness and understanding of dementia.



ABOVE, LEFT: Community Outreach - Members of the public immersed in the activities at our interactive booth at Silver Carnival @ Yew Tee Community Club 2018

ABOVE, RIGHT: School Outreach - The first time ADA participated in outreach efforts during National Day Observance Ceremony and Health Carnival 2017 - "Know Your Dementia Risk"

RIGHT: Corporate Outreach - Lunch time dementia awareness talk for the staff of Bodynits Group



VIBRANT VOLUNTEER ENGAGEMENT

The hearts of our volunteers are not measured in size, but by the depth of their commitment to make a difference in the lives of others. Our volunteers have been a constant source of support and encouragement to us and those we serve. We are pleased that our volunteer orientation programmes continue to reach out to an encouraging number of volunteers. In 2017, we had 1,063 active volunteers.

At ADA, we are committed towards building a vibrant giving ecosystem whereby individuals and organisations share in our vision of moving towards a Dementia Inclusive Society. With more people stepping forward to contribute their time, talent, and treasures towards charitable causes, in both formal and informal ways, it has been a privilege for us to tap on the valuable skills and experiences of our volunteers.



Swee Larn was first acquainted with ADA as a caregiver accompanying her mum to Memories Café events. She began her volunteering at Memories Café in early 2017 and eventually went on to volunteer at NHC (Tampines) and FOW (Bendemeer). She considers her experience at ADA to be invaluable. "It was a blessing that my mum got to participate in Memories Café. To me, it is really a privilege to meet and interact with other persons with dementia. When they recollect their precious memories, I like to think of it as their hidden treasures being brought to light. This is something I like to experience as I continue my journey alongside them at ADA."

Ms Ng Swee Larn, 57, ADA Volunteer

TOP: Community Volunteerism: Art teachers from BE Arts Group guided our clients in decorating lanterns in an array of colours with calligraphy, flora and fauna

MIDDLE: Student Volunteerism: All smiles from the SIM iCare students after spending the morning with our clients

ABOVE: Corporate Volunteerism: One of the volunteers, from CitiClub C&V Committee and CCB Business Planning & Analysis Team CitiBank making lanterns together with a client

IMPACTFUL COLLABORATIONS

ADA continues to work with our partners, strengthening cooperation and bonds in the community, to form new initiatives, services, academic and infrastructure collaborations.



NEGRONI WEEK 2017 MY APRON FOR YOUR CAUSE JUNE 2017

Sugarhall's bartender Rhyse Borland made ADA his charity of choice

First launched in 2013, Negroni Week is an initiative that seeks to give back to society where participating bars donate a portion of their proceeds from the sale of specially crafted Negroni cocktails to charitable causes. From 5 - 11 June 2017, every \$1 for each cocktail sold at the five participating bars during

Negroni Week went towards supporting ADA, one of the chosen charities.

In conjunction with Negroni Week 2017, Sugarhall, one of the participating bars, hosted 'My Apron for Your Cause' on 8 June 2017, where customised aprons donned by the invited bartenders

were auctioned off to raise funds for the respective charities of their choice. Following the recent loss of his grandmother who had Alzheimer's, Sugarhall's principal bartender, Rhyse Borland, chose to donate the full proceeds from his auctioned apron to us, in hope of raising greater dementia awareness.

ANGLO CHINESE SCHOOL (BARKER ROAD) BAND CONCERT SYMPONIA JUNE / JULY 2017

30 June – 1 July 2017, current and alumni members from Anglo-Chinese School (Barker Road)'s Concert Band put together a spectacular performance at Symponia - a concert organised by the school to support ADA's cause. Symponia held great meaning for many of the band members who had relatives with dementia. Some of the students also shared their experiences with caregivers of persons with dementia. A total of \$8,099.20 was raised.



FORGET US NOT WITH LIEN FOUNDATION AND KHOO TECK PUAT HOSPITAL DECEMBER 2017

As part of the "Forget Us Not" (FUN) initiative, a Memorandum of Understanding was signed with Lien Foundation to collaborate and implement various activities related to dementia friendly communities in Singapore. FUN, started by Lien Foundation and Khoo Teck Puat Hospital, aims to raise awareness of the growing number of persons with dementia and inspire a coalition of public, private and non-profit sector organisations to share in the creation of a Dementia-Inclusive and Friendly Singapore.



FUN - Building a Dementia-Friendly Community Road Show at Square 2 manned by volunteers from Republic Polytechnic



Motorcyclists hanging out at Handlebar Singapore in Gilman Barracks

BELLE MOTO ASIA ALL WOMEN CHARITY RIDE DECEMBER 2017

A team of women on wheels were all revved up for the very first Belle Moto Asia All Women Charity Ride on 16 December, to support ADA. The event was a successful soft-launch for Adventure Before Dementia - an initiative by Belle Moto and ADA.

"Belle Moto Asia celebrates the love of riding while raising

awareness for dementia and presses on the importance of staying active," says Georgina Tey, a member of the team that organised the event.

Alongside other activities like a lucky draw and a charity Hunk Bike Wash featuring Host Bobby Tonelli, a total of \$10,879 was raised for ADA. With performances by local

band Astreal and Japanese biker-musician Hiroshi Sasaki, the event drew a crowd of 150 people.

"It feels good to be able to mix my hobby with charity. It was great to be able to raise awareness of dementia while meeting new people with similar interests," said Anne Chua, a participant at this event.



RIGHT: Gearing up for the charity ride

HIGHLIGHTS

WORLD ALZHEIMER'S MONTH 2017 SEPTEMBER 2017



ABOVE: The event saw an encouraging turnout of over 800 attendees across two days

BELOW: May, an attendee at WAM 2017

BOTTOM, RIGHT: Artworks by our clients during their visit to the Peranakan Museum, at the 'Remember Me through my Arts' exhibition held alongside WAM event



This was the first time the World Alzheimer's Month (WAM) public forum event spanned across two days since it started in 2013. Held at the premises of co-organiser Ng Teng Fong General Hospital, with the theme *Remember Me: Early diagnosis means I can live well for longer*, the event saw an encouraging turnout of approximately 650 attendees for the talks and 175 participants for the workshops and other activities.

"Through this event, ADA hopes to showcase our programmes, services, and other resources that may be helpful to persons with dementia and their caregivers," said Jason Foo, Chief Executive Officer of ADA. "We also hope to raise awareness and challenge the stigma that surrounds dementia, while highlighting the importance of early diagnosis."

May, 64, who chanced upon the event, was grateful she attended it. "The event is very good," she said. Her husband has been diagnosed with dementia, and May felt that the information she learned about dementia helps her to take care of her husband and herself and becoming less of a burden to her loved ones.



ABOVE: Celebrating our client Mdm Alice Lim's 100th birthday, with her son-in-law Scott (right of back row), helper Yasoma (middle of back row) and her daughter Molly (left of back row)

CELEBRATING OUR OLDEST CLIENT'S 100TH BIRTHDAY SEPTEMBER 2017

On 23 September 2017, we celebrated the 100th birthday of our client, Mdm Alice Lim. With an easy smile and the occasional hearty chuckle, Madam Lim certainly embodies the spirit of someone who has seen it all and appreciates the simple things in life. Beneath her jovial, vibrant appearance, however, lies a steely, silent determination not to let life get the better of her even though she has been living with Alzheimer's for more than a decade. "ADA is part of that village that has helped Mum reach this hundred mark," said her daughter Molly.

DEMENTIA SYMPOSIUM 2017 "IT CAN STRIKE EARLY" NOVEMBER 2017



ADA held its first event centred on Young Onset Dementia (YOD) on 25 November. A joint effort between ADA and Lien Foundation, organised as part of the Forget Us Not initiative, The Dementia Symposium 2017 - It can Strike Early saw close to 400 participants attending to learn more about Young Onset Dementia.

"Kate's sharing was particularly inspiring," said Siok Pin, 49, a real estate professional who attended the conference to learn more about dementia. "It's amazing how she did so much after her diagnosis, showing that with active intervention and determination, persons with dementia can lead active lives too."



ABOVE, LEFT: An overwhelming turnout for the Dementia Symposium 2017 - 'It can Strike Early'
LEFT: Sharing by Keynote Speaker, Kate Swaffer (right), 59 who was diagnosed with dementia at 49, and has gone on to become a published author, academician and speaker



DEMENTIA SYMPOSIUM 2017 "IT CAN STRIKE EARLY" (CONTINUED)

It was not just healthcare professionals who took the stage. Caregivers and persons with dementia bravely shared their challenges living with dementia too. Among them was 50-year-old Edna. With her poignant testimony, Edna is one of the few Singaporeans with YOD to speak in a public forum. With her younger sister and caregiver Ellen Woo, the pair moved the 400-strong audience to tears with their sisterly love.



TOP: Lively discussions on how to cultivate more dementia-friendly communities in Singapore – one of the main objectives of the Forget Us Not initiative

MIDDLE: Edna Woo, a person with young onset dementia (second from left) and her caregiver, younger sister Ellen (third from left), share their experiences

IMMEDIATELY ABOVE: The seminar struck a few chords among participants, with some moved to tears by the open sharing

VISIT TO ISTANA GARDEN AND MEETING WITH PRESIDENT HALIMAH YACOB FEBRUARY 2018

Together with 16 other persons with dementia from ADA, Mr Lew Chin Hoo, 77, visited the Istana gardens on 28 February 2018, at the invitation from President Halimah Yacob and as part of the President's Challenge 2018. It was a fruitful learning session for them as they listened to the gardening enthusiasts from the Volunteer Gardeners@Istana. During their time at the Istana, they took some photographs for keepsake. Afterwards, they met President Halimah Yacob for photographs before having lunch. She wished everyone happy new year in Mandarin and presented them with a pair of Mandarin oranges each.



President Halimah Yacob with our clients amidst nature at the Istana

THE GLOBAL VOICE ON DEMENTIA

ALZHEIMER'S DISEASE INTERNATIONAL

Alzheimer's Disease International (ADI) Asia Pacific Regional Office (APRO) continues to develop its understanding of the needs of the members in Asia Pacific and its work to meet them, with the goal of improving the quality of life of people with dementia and caregivers. ADI APRO consistently fosters an environment where member countries can be self-reliant and take ownership of the challenges and solutions, readily support one another and reach out to non-member countries to encourage and inspire them.

ADI APRO's long term strategic goal is to develop strong Alzheimer's associations in Asia Pacific through:

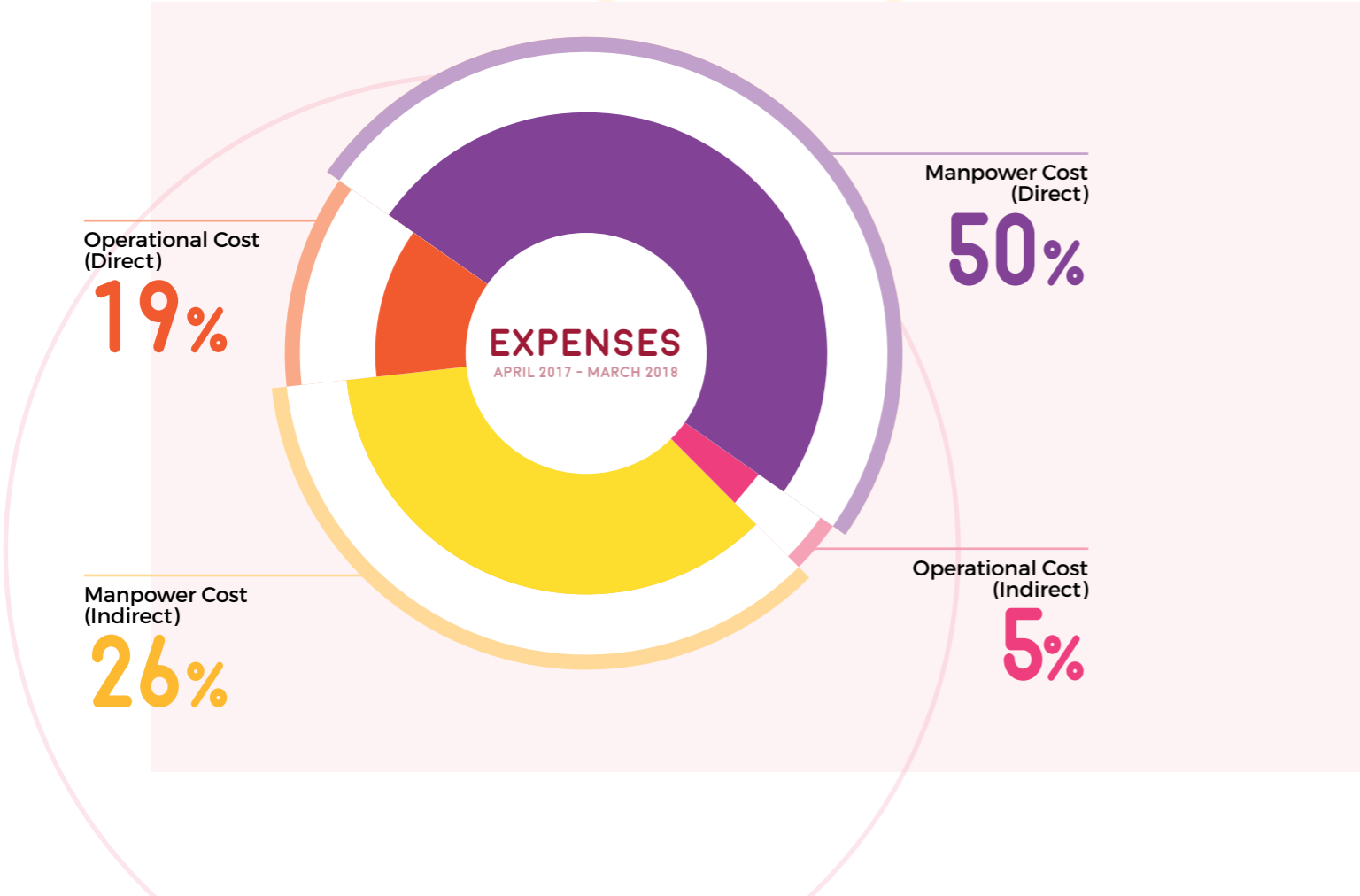
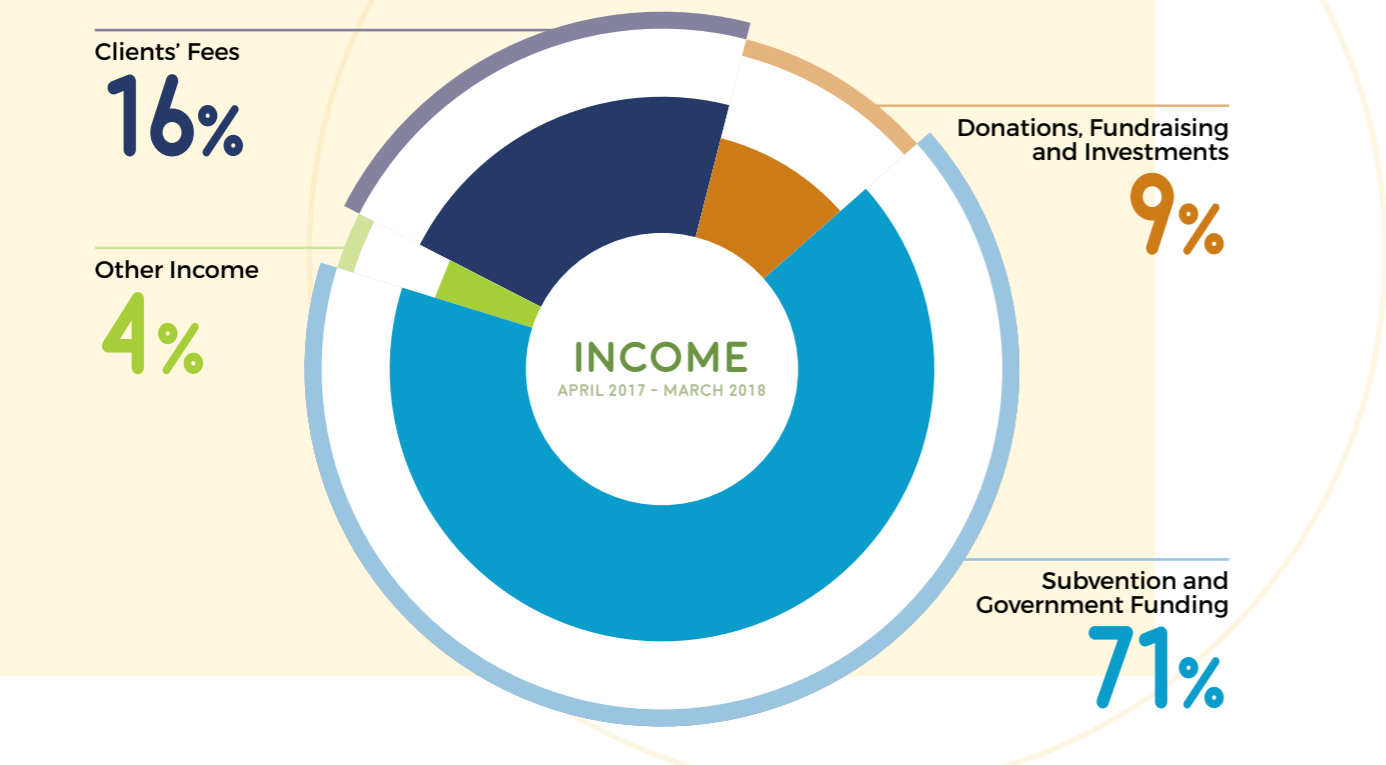
- Building sustainability through capacity building
- Improving the quality of life of people with dementia and caregivers through the creation and implementation of government policies on dementia
- Mobilising and empowering community to create changes for people with dementia and their caregivers based on their needs.
- Strengthening leadership of our member associations.

BELOW: Indonesian Minister of Health Prof. Dr. Nila Moeloek officially opened the 20th ADI Asia Pacific Regional Conference at Fairmont Hotel accompanied by ADI's CEO Paola Barbarino, Asia Pacific Regional Director DY Suharya, ADI's Chair Glenn Rees, WHO's Tarun Dua, ALZI's Executive Director Sakurayuki and ALZI's Board Member Dr Yuda Turana and Representative from the Medical Association Prof. Dr. Hasan Machfoed



The 20th Asia Pacific Regional Conference of ADI was hosted by Alzheimer's Indonesia (ALZI) in Jakarta in November 2017. The conference was attended by over 700 delegates including representatives from more than 20 countries who shared their knowledge and achievements in the region, alongside non-member ADI countries (Brunei, Myanmar, Korea and Vietnam). People with dementia and caregivers were actively involved in the conference. An Asia Pacific business meeting held before the conference was attended by 45 representatives from 12 countries. In the same week, the Indonesian Ministry of Health hosted the WHO Western Pacific Regional Office (WPRO) and WHO Southeast Asia Regional Office (SEARO) bi-regional meeting. The ADI Alzheimer University Programme on effective fundraising for Associations, supported by Nutricia, was also implemented in Jakarta with participants from 12 countries.

FINANCIAL YEAR IN REVIEW



OUR HEARTFELT THANKS

DONOR ACKNOWLEDGEMENT (APRIL 2017 TO MARCH 2018)



**\$5,000 -
\$9,999**

INDIVIDUAL

- Dr Ang Peng Chye
- Ho Rouying Candy
- Lawrence Lim
- Quek Meng Leng Cynthia
- Sharon Ho Seok Bin
- The Late Mdm Cheong Jin Sim
- Vinod Parsram Dadlani

CORPORATE

- Amber Electronics Pte Ltd
- Anglo-Chinese School (Barker Road)
- Concert Band
- EW Ginseng & Herbs Pte Ltd
- Mediacorp TV Singapore Pte Ltd
- Mellford Pte Ltd
- Touch Community Services Ltd

**\$10,000
AND ABOVE**

INDIVIDUAL

- Chu Choon Pang
- Loi Chee Keong, Richard
- Yap Chin Kok

CORPORATE

- Asian Medical Foundation Ltd
- Beiersdorf Singapore Pte Ltd
- BIHQ Pte Ltd
- Bloomberg L.P.
- Credit Suisse AG
- Credit Suisse Trust Limited
- HSK Investments Pte Ltd
- Lien Foundation
- Lundbeck Singapore Pte Ltd
- PAP Community Foundation
- The Community Foundation of Singapore
- Transport Capital Pte Ltd
- WongPartnership LLP



STAFFING AND GOVERNANCE

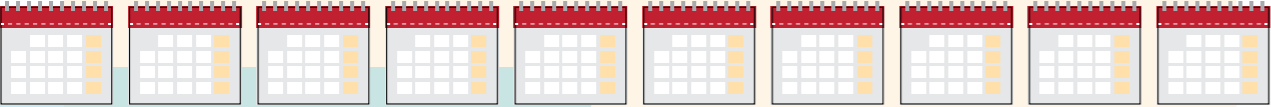
STAFF STRENGTH

ADA staff strength increased from 121 to 131 as at 31 March 2018. In addition, there were 35 casual workers who provided Eldersit Respite Care Services in the homes of persons with dementia.

PEOPLE DEVELOPMENT

ADA invested in training for staff across various levels. Centre staff were given training in dementia care practices. Through attending courses like *Preventing Falls in a Dementia Day Care Setting* and *Foundations of Person-Centred Dementia Care*, it helped them serve our clients better. Supervisory level staff were given training in team management. Some of the courses included *Managing the Emotional Success for your Staff* by AIC Learning Institute. Staff dialogues were also held to support staff career development and aspirations.

LONG SERVICE STAFF



- Jason Foo**
CHIEF EXECUTIVE OFFICER
- Karen Lim Siew Ching**
COMMUNICATIONS AND COMMUNITY ENGAGEMENT
- Joanne Loy Juan Wan**
CAREGIVER SUPPORT CENTRE
- Eileen Lee Pei Fen**
CAREGIVER SUPPORT CENTRE
- Chong Siew Fun**
FINANCE AND ADMINISTRATION
- Julaiha Binte Mohd Rashid**
NHC (JURONG POINT)
- Tang Jin Huat Gary**
NHC (TAMPINES)
- Janet See Siew Lan**
NHC (TOA PAYOH)

5 YEARS

- Lim Soo Kiang**
NHC (BUKIT BATOK)
- Li Kam Fong Ivy**
NHC (TAMPINES)

10 YEARS

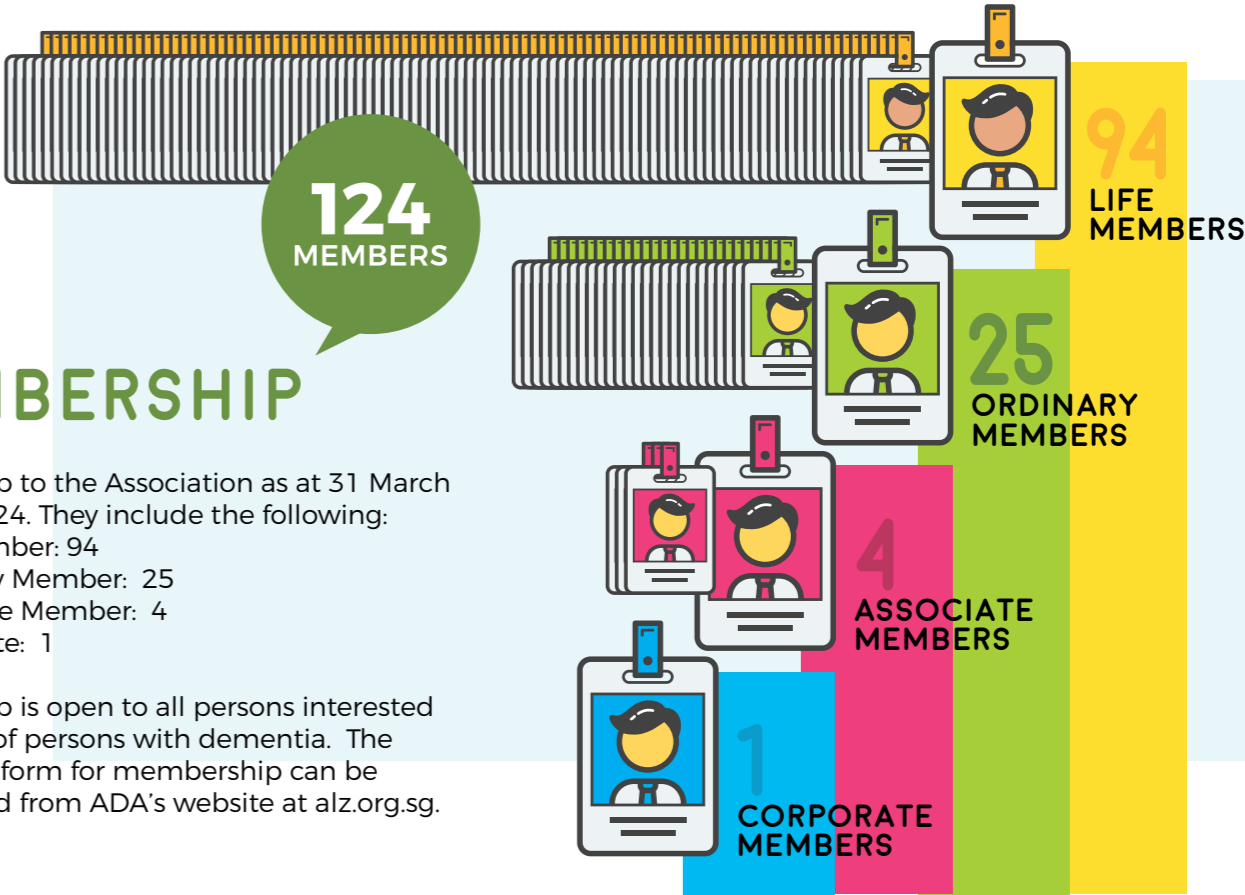


MEMBERSHIP

Membership to the Association as at 31 March 2018 was 124. They include the following:

- Life Member: 94
- Ordinary Member: 25
- Associate Member: 4
- Corporate: 1

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



CORPORATE INFORMATION

REGISTERED NAME
Alzheimer's Disease Association

ROS REGISTERED NUMBER
142/90 WEL

DATE ESTABLISHED
31 Dec 1990

IPC REGISTRATION NUMBER
IPC 000304

IPC REGISTRATION DATE
3 Sep 1993

CHARITY REGISTRATION NUMBER
0902

CHARITY REGISTRATION DATE
21 Sep 1992

UEN NUMBER
S91SS0018J

CONSTITUTION
Society

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

AUDITOR
Kreston David Yeung PAC

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 programmes and services for persons with dementia;
- Funding the operations of ADA and existing day care Centres; and
- Funding new projects undertaken by ADA for the benefit of persons with dementia and their caregivers

For the year ending 31 March 2018, 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



ALZHEIMER'S
DISEASE
ASSOCIATION

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alz.org.sg

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