

**1. WHAT IS THE FAMILY OF WISDOM (FOW) PROGRAMME?**

FOW is a new care model in Singapore which Dementia Singapore (DSG), formerly known as Alzheimer's Disease Association (ADA) started in September 2013.

This **weekly three-hour enrichment programme** is conducted in a small group setting, where persons with dementia are grouped according to their stage of dementia, spoken language, age, educational profile and gender (for clients with moderate dementia onwards). Each group size varies and is facilitated by 2 to 3 staff. The session provides a continuum of community care for persons with dementia who have completed sessional therapy outpatient programmes and are discharged for community care.

FOW's cognitive and physically stimulating activities are designed with a social element to foster greater interaction and promote neurogenesis for persons with dementia. FOW complements a full-day dementia daycare programme with shorter hours.

**In short, FOW aims to:**

- Improve the well-being of persons with dementia
- Improve or maintain persons with dementia's cognitive function
- Engage persons with dementia and caregivers through social interaction and meaningful activities
- Provide respite and emotional support for persons with dementia and caregivers
- Promote mutual self-help amongst caregivers

**2. ADMISSION CRITERIA**

- Persons with dementia must attend with an accompanying caregiver
- Diagnosis of dementia by a medical doctor (*excludes persons diagnosed with MCI*)
- Medical condition(s) must be stable and non-infectious
- Admissions will be approved on a case-by-case basis

**3. LOCATIONS****• Family of Wisdom (Bendemeer)**

Address: 20 Bendemeer Road #01-02, BS Bendemeer Centre, Singapore 339914

Operating days: Monday to Friday

Operating times: 9.30am to 12.30pm / 2pm to 5pm

Tel: 6389 5385 / Fax: 62936631

Email: eunice.tan@dementia.org.sg

**• Family of Wisdom (Tiong Bahru)**

Address: 298 Tiong Bahru Road #10-05 Central Plaza Singapore 168730

Operating days: Monday, Tuesday, Thursday, Friday

Operating times: 9.30am to 12.30pm / 2pm to 5pm

Tel: 68564606 (O) / 87644934 (HP) / Fax: 6273 0996

Email: pamela.soh@dementia.org.sg

#### 4. **ADMISSION PROCESS**

Potential clients are admitted by referral only, received after he/she has been assessed by Centre Staff at the Centre. The assessment of the potential client will be done through an one-to-one assessment at \$50 + GST or through attending a trial session, which can either \$ 50 or \$60 + GST depending on the group attended.

Upon acceptance to the Family of Wisdom, a one-month refundable deposit is required based on the number of sessions the client is attending. This amount will be refunded if/when the service is terminated if there are no outstanding dues. Payment can be either in cash, PayNow, internet banking or by cheque, made payable to “**Dementia Singapore Ltd**”.

#### 5. **SERVICE FEES**

The service fees charged for each client ranges from \$50 to \$75 per group session [for Singaporeans and Permanent Residents] or \$75 to \$100 per session [for non-residents], depending on the client’s stage of dementia. One-to-one sessions are also available at \$100 per session.

	Types of Sessions	Fees Charged Per Session		Type of Sessions available in the following Centres	
		Singaporean / Permanent Resident	Foreign Non-Resident	FOW (Ben)	FOW (TB)
Centre-Based	Mild dementia	\$50	\$75	✓	✓
	Moderate dementia	\$60	\$85	✓	✓
	Moderate to severe dementia	\$75	\$100	✓	
	Individual / one-to-one session (two-hours)	\$100	\$125	✓	
Home-based	Virtual one-to-one session via video call (one-hour)	\$50	\$75	✓	
	On-site Individual / one-to-one session (two-hours)	\$100 + \$30 transport	\$125 + \$30 transport	✓	

Rates quoted above are before GST. All Centre fees charged are subject to 7% GST.

Clients will be charged based on the number of sessions he/she has attended in a month.

**6. OPTIONAL CHARGES : SUBSCRIPTION TO NEEUROFIT BRAIN FITNESS PROGRAMME AT FOW (BEN)**

This is an optional 6-month, weekly customised brain training workout using a Senzeband paired to an iPad, which clients with mild dementia can participate at the Centre.

At \$256.80, each client will receive:

- A Loan of Senzeband and iPad at the Centre
- A personalised account for brain training workout
- A customised curriculum based on pre-training assessment result
- A post-training assessment and a printed cognitive training report at the end of programme