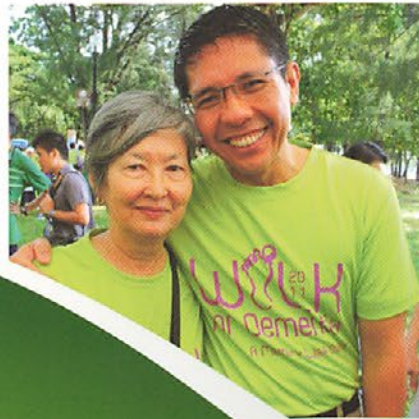


# Towards A Dementia Inclusive Society



ALZHEIMER'S  
DISEASE  
ASSOCIATION

Annual Report 2012/2013





# CORPORATE DETAILS

## Alzheimer's Disease Association (ADA)

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

### Vision

- Towards a dementia inclusive society

### Mission

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

### Our Core Values

- Compassion
- Commitment
- Innovation
- Professionalism
- Integrity

### Our Objectives

- To increase the quality and quantity of care for the elderly with dementia
- To increase the number of services for the elderly with dementia, and to be a model for other organisations to follow and learn from
- To increase families' abilities to cope with, and continue caring for, their elderly with dementia
- To manage and support Centres for the elderly with dementia
- To increase opportunities for research, the teaching and training of psychogeriatrics for personnel caring for the elderly

### We provide the following services and programmes:

- Dementia day care service through New Horizon Centres (NHCs) located in Toa Payoh, Bukit Batok, Tampines and Jurong Point
  - Dementia and Rehabilitation Care
  - Occupational Therapy and Physiotherapy Sessions
  - Respite Care & Social Activities
- Caregiver Support Service through the Caregiver Support Centre
  - Dementia Helpline: 6377 0700
  - Information and Referral
  - Counselling for Caregivers
  - Caregiver Support Groups (English, Malay & Mandarin)
  - Application for NCSS Safe Return Card
  - Training Workshops on Dementia Care
  - Eldersit Respite Care Service
  - Person Centred Home-Based Intervention
- Training and Consultancy through the ADA Resource and Training Centre
  - Training Workshops on Dementia Care
  - Resource Library
- Pilot Projects
- Research / Publications
- Public Education
- Volunteering Opportunities
- Academic attachments for Nursing, Medical, Social Work, Psychology, and Gerontology students



## PRESIDENT'S MESSAGE



After making history in 2011 by winning the NCSS Outstanding VWO Award 2011 (Innovation), ADA was hard pressed to top that achievement in 2012 / 2013. Yet, we did it again and the past year has been rich with further opportunities and achievements which has brought us to even greater heights.

On 14 April 2012, ADA held its triennial Strategic Planning Meeting to review its vision, mission, core values, key developments and achievements, and to plan its directions for the next three years. One of the initiatives identified was a Dementia Resource & Training Centre, with the view to it becoming a onestop centre for training in dementia care. The other was the decision to explore Residential Care.

In March 2013, the ADA Resource & Training Centre (ARTC) was set up, at the old Hiap Huat House building in Bendemeer Road, which is now called the Luzerne. The Centre will offer more training facilities, learning resources, and eldersit programmes. ARTC also features a mock-up apartment that can be used for realistic simulations and training in dementia-friendly design. This Centre was made possible with donations raised by the Singapore Ireland Fund through its annual Emerald Ball. We are also grateful to the Community Foundation of Singapore in securing a donation from Kwan Im Thong Hood Cho Temple to enable us to launch our Family Caregiver Training Programme.

Meanwhile, our continued efforts to reach out to family caregivers has been ramped up further, with significant increases in caregiver engagement and participation

through our Dementia Helpline, as well as increased attendance at our Caregiver Support Groups (CSG) and training workshops. The same goes for our Eldersit Respite Care Service and Person Centred Home-Based Intervention programme, which have all been well-received, praised and ramped up.

On 11 October 2012, we clinched the NCSS Pitch (People's Choice) Award for Innovation for another consecutive year. Winning the Award yet again is humbling, and motivates us to strive even harder in our dementia-care advocacy efforts. To this end, our Person Centred Care (PCC) Steering Committee had organised a highly successful symposium for professionals in conjunction with the Dementia International Implementation Group on the topic of 'The Future of Dementia Care'. This event was oversubscribed, and put ADA in the spotlight as a major advocate for the PCC movement here in Singapore.

With respect to public outreach, in addition to our regular Public Education programmes such as our World Alzheimer's Day Public Forums, public talks and involvement in mental health exhibitions, ADA crossed a milestone when it established a firm presence in social media with its Facebook page. This is a great way to reach out to the young and to encourage volunteerism and healthy living.

Our staff strength has also grown significantly over the past year – from 57 to 72 family members. We welcome Mr Jason Foo, who has joined ADA as our Chief Executive Officer on 1 August 2012. Jason was formerly our Honorary Treasurer for many years.

The year ahead will be an exciting one as ADA takes on the responsibility of hosting the Asia Pacific Regional Office for Alzheimer's Disease International, and as we further explore innovative pilot programmes in dementia care, caregiver support and residential care. Also in the pipeline are ideas for building Group Homes; expanding plans for dementia care training; offering PCC consultancy; and building upon relationships with our donor pool and corporate supporters.

All this would not have been possible without the continued support of our valued partners, donors, as well as our dedicated staff and volunteers, educational institutions and the media. To everyone who has contributed in any way, thank you for your support and generosity.

**DR ANG PENG CHYE**  
PRESIDENT



# NEW HORIZON CENTRES

## The main highlights from our New Horizon Centres (NHCs) during the year were:

- Introduction of Simulated Presence Therapy to clients
- Ministerial visits to NHC (Toa Payoh) and NHC (Tampines)
- A pilot run of Expressive Art (Art Therapy)
- Various donations from corporations

During the year, ADA introduced Simulated Presence Therapy (SPT) to our clients. This was initially launched to clients at NHC (Toa Payoh) who were in the moderate stage of dementia, and subsequently to the remaining three NHCs.

SPT is a non-pharmacological tool involving the playback of a series of video recordings, featuring a host talking to clients as if she was physically present in the same room with the clients. The host attempts to engage viewers using small talk and encouraging them to sing along to oldie songs as a form of reminiscence therapy. The SPT video was presented at the National Council of Social Service (NCSS) Pitch (Innovation) at the NCSS Members Conference on 11 October 2012, wherein it won the People's Choice Award.

NHC (Toa Payoh and Tampines) received Ministerial visits in May 2012 from Mr Chan Chun Sing, Acting Minister for the then Ministry of Community Development, Youth & Sports; and from Mr Gan Kim Yong, Minister for Health respectively. Our clients were very happy to have a chance to meet the Ministers. Besides giving visitors a better understanding of the services available at our New Horizon Centres, ADA also reiterated its mission of assisting persons with dementia and their caregivers; and its need for more physical premises to achieve its objectives.

In October 2012, a pilot run of Expressive Art (Art Therapy) was initiated at our NHCs. The goal of the 10-session art intervention programme was to provide an avenue for persons with dementia to express themselves if and when verbal abilities started showing decline. The outcomes were positive, with clients showing improvements in their psychosocial and general well-being; and they were observed to be more interactive. Phase 2 of the pilot run will continue in April 2013.

Our four NHCs were fortunate to be the beneficiaries of four corporate donations which we would like to highlight, namely:

- from Raffles Medical Group whose donation enabled NHC (Tampines) to procure a vehicle to fetch clients to and from the Centre, allowed for NHC (Toa Payoh) to renovate its kitchen, and for our Centres to purchase rehabilitative equipment for the clients;
- from Woh Hup Trust for financial assistance for clients at our NHCs;
- from Jotun (Singapore) Pte Ltd for the purchase of furniture and a photocopier for NHC (Bukit Batok); storage shelves for NHC (Jurong Point); and for funding outings and festive celebrations for all Centres
- from Hillgrove Secondary School whose community-driven recycle project Green@Hillgrove, was launched in aid of NHC (Bukit Batok). The project was jointly organised with the Bukit Gombak Grassroots Organisation (GROs), National Environment Agency (NEA), South West Community Development Council (SWCDC), Lee Foundation and SembCorp.

At the end of March 2013, our four NHCs had a total of 310 clients on their roster, and 146 discharges. From the 258 referrals received, 151 were admitted as new cases, an increase of 8% over the previous year. The sources of referrals were Polyclinics, General Practitioners, Medical Centres, the Agency for Integrated Care (AIC), Tsao Foundation/Hua Mei Clinic, National Neuroscience Institute (NNI), Institute of Mental Health (IMH), Private and Community Hospitals such as St. Andrew's Community Hospital; as well as the main hospitals in Singapore: Alexandra Hospital (AH), Changi General Hospital (CGH), Khoo Teck Puat Hospital (KTPH), National University Hospital (NUH), Singapore General Hospital (SGH) and Tan Tock Seng Hospital (TTSH).

Overall, our NHCs provided 331 training attachments to individuals and students from various institutions, namely the Institute of Technical Education (East College), Nanyang Polytechnic, Temasek Polytechnic, Ngee Ann Polytechnic, National University of Singapore (NUS), Hua Mei Training Academy, TSAO Foundation and eldercare sector care staff.



ADA won the NCSS Outstanding VVO award for Innovation (People's Choice) at the NCSS Members Conference 2012



NHC (Toa Payoh) received Ministerial visit in May 2012



Mdm Rose Chan, a participant in the Expressive Art Therapy sessions at NHC (Toa Payoh)



# NEW HORIZON CENTRES

## New Horizon Centre (Toa Payoh)

Striving to engage our clients innovatively, ADA introduced localised Simulated Presence Therapy, starting with NHC (Toa Payoh). The therapy comes in the form of a video session called *Spending Time With You*. The video helped to improve clients' overall well-being, reduced behavioural issues such as frequency of wandering; and improved cognition and speech.

Another innovative project was introduced, where 10 of the Centre's clients were chosen to participate in a pilot Expressive Art (Art Therapy) programme from October 2012 to January 2013.

In this programme, clients attended both group-level and individual art therapy sessions. This improved their social skills, and clients were seen to express themselves well through their paintings. To offer a weekend respite to family caregivers, the Centre has continued to extend its day care hours to operate on one Saturday every month.

On 25 May 2012, the Minister of State for the Ministry of Community Development, Youth and Sports, Mdm Halimah Jacob, together with Acting Minister Mr Chan Chun Sing, were given a warm reception by our President Dr Ang Peng Chye and staff of NHC (Toa Payoh). The purpose of the visit was to understand the range of services available at the Centre to help persons with dementia.

During the year, a total of 72 referrals were received. The main sources of referrals were Tan Tock Seng Hospital (TTSH), Singapore General Hospital (SGH), Changi General Hospital (CGH), National Neuroscience Institute (NNI), National University Hospital (NUH) and NHG Polyclinics. The overall register of clients increased to 91 from 84 as at 31 March 2013. The Centre also provided many opportunities for students, such as from Raffles Institution, Hwa Chong Institution (HCI), Convent of the Holy Infant Jesus (CHIJ)

Primary and Secondary (Toa Payoh), and working professionals such as from Singapore Prisons Service, GlaxoSmithKline (GSK) and Eisai (Singapore) Pte Ltd, to carry out their community service involvement programmes.

## New Horizon Centre (Bukit Batok)

The Centre was once again the beneficiary of Hillgrove Secondary School's Green@Hillgrove community project, which raised \$13,720 through the involvement of more than 500 students from the school, together with a donation from the Lee Foundation.

The Centre also repeated its participation in ADA's Arts & Dementia project, with eight clients touring the Peranakan Museum on 26 March 2013. Dementia Care Mapping was carried out to map the clients' well-being in the programme. As at 31 March 2013, the Centre's register of clients had increased to 84 from the previous year's register of 68 clients. There were 101 referrals, 64 admissions and 46 discharges.

On 1 August 2012, Senior Enrolled Nurse Ramlah Binte Abdul Majid was selected to be featured in the Agency for Integrated Care (AIC)'s MosAIC Newsletter (Issue 13), and in its Nurses' Day advertorial in The Straits Times. The advertorial included a testimonial from a client's daughter on Ramlah's dedication to her wards.

The volunteer-led programme 'Extension of Day Care', initiated by Caregiver Support Centre (CSC), was in its third year of running at NHC (Bukit Batok). The programme continued to run on one Saturday every month here and at NHC (Toa Payoh), and has a register of more than 17 clients.

The Centre provided training attachments for 79 students pursuing courses such as the Advanced Diploma in Gerontology, as well as those for Neuroscience, Mental Health, Community and Social Service. This also included practical training for our Eldersit programme.



Clients responding and singing along to the SPT video played at the Centre



Receiving the donated cheque at Hillgrove Secondary School



A group photo of clients, staff, volunteers and docents from the Peranakan Museum



# NEW HORIZON CENTRES

## New Horizon Centre (Tampines)

On 16 May 2012, the Centre hosted an important visit-cum-dialogue-session between ADA's Management Committee and Minister of Health Mr Gan Kim Yong, and Minister of State (Ministry of Health and Ministry of Manpower) Dr Amy Khor, and officials from the Ministry of Health. Besides briefing our guests on the services and daily activities of the Centre, ADA also divulged its plans to build a Group Home, modeled after the Greenhouse homes in the United States of America. The visit ended with a fruitful dialogue session between the organisations.

Mr Stephen Chan, the Centre Manager, was one of seven Occupational Therapists featured in an advertisement by the Agency for Integrated Care to commemorate Occupational Therapist Day on 11 January 2013, to honour occupational therapists for their dedication and contributions to the community healthcare sector.

NHC (Tampines) recorded the highest number of students on attachments for the year. In total, 191 students had completed their training placements with the Centre. This included, for example, 91 students from Nanyang Polytechnic's Diploma in Nursing, 55 students from Institute of Technical Education (ITE) Simei's NITEC in Nursing, and 28 students from Singapore Institute of Management (SIM)'s Master of Gerontology course. The Centre also received 4 students on training attachment from the University of Sydney in November 2012.

During the year, the number of referrals increased to 95 from the previous year's of 58 referrals. There were 37 admissions, and a waiting list of 30 at the end of 31 March 2013. The number of discharges increased from 37 in the previous year to 52. This was due to admissions to nursing homes, or the employment of a domestic helper by the family as a full-time caregiver, or to deaths. As at 31 March 2013, the overall register of clients was at 79.

## New Horizon Centre (Jurong Point)

On 4 September 2012, as part of the Arts and Dementia project by ADA's PCC Steering Committee, NHC (Jurong Point) was selected to host an interesting event, *Story Time: A tribute To Lee Dai Sor*. Clients had an enjoyable time listening to the stories told by Mdm Lee Swee Har, a student of the late Lee Dai Sor, a famous broadcast storyteller.

One of the stories told, *The Saga of the Samsui Women*, triggered the latent memories of some elderly clients who actually were *Samsui* women decades ago. After the event, they shared their experiences and challenges with other clients and staff. The successful event was supported by the Health Promotion Board (HPB), and was held in Cantonese and English.

The Centre was selected to initiate a pilot run of the PCC Steering Committee's Photography Tours in 2013. The purpose of the programme, as part of the Arts & Dementia project, was to engage clients in the early and moderate stages of dementia with exposure to the creative arts, and to give them an alternative choice of activities from their daily programme in the Centre.

The Photography Tours would provide clients with opportunities to communicate with each other while learning new things, and would serve as a platform for them to express themselves not just verbally but through art. Five clients were selected for the six-week pilot programme slated for April 2013.

As at 31 March 2013, the Centre's register of clients listed 56 clients. There were 27 referrals, 21 admissions and 26 discharges. The Centre also provided Community Service Order placements for 18 youth referred by the Ministry of Social and Family Development.



ADA's Management Committee sharing their future plans with Mr Gan Kim Yong and Dr Amy Khor.



The stories told by Mdm Lee Swee Har sparked memories of clients who were *Samsui* woman back in the yesteryears



Our cheerful volunteers preparing "Kacang Putih" for clients before the start of an event



# CAREGIVER SUPPORT CENTRE

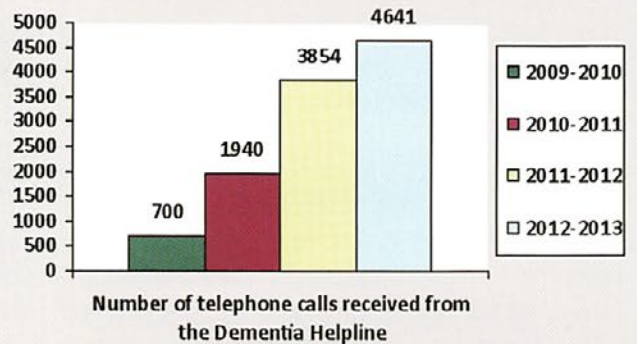
The four main highlights from our Caregiver Support Centre (CSC) during the year were:

- Processing of 4,641 telephone calls that were received via the Dementia Helpline.
- An increase in the caregiver-training workshop participation rate by 40%. The total number of participants increased from 198 in FY2011 (16 runs) to 348 caregivers in FY2012 (22 runs).
- Appointment of the Centre as one of the training providers for the Foreign Domestic Worker Grant (FDWG) initiated by the then Centre for Enabled Living (CEL) in April 2012.
- Ramping up of the Eldersit Respite Care Service after its completion from the pilot-phase.

Over the years, the number of telephone calls received via the Dementia Helpline had increased. As at 31 March 2013, CSC had processed a total of 4,641 telephone calls. The participation rate of caregivers attending training also increased.

ADA has since enhanced its training workshops to incorporate a more interactive approach via the inclusion of experiential learning, group discussions, and sharing sessions. Training is now conducted by a multi-disciplinary team of nurse clinicians, occupational therapists, physiotherapists, speech therapists, dieticians and psychologists. Community partners of ADA have also been actively referring their clients to our training workshops.

Another milestone for the Centre was its appointment as a training provider for the Foreign Domestic Worker Grant (FDWG). ADA has been conducting training in dementia care for foreign domestic workers since 2005. The demand for training in dementia care for foreign domestic helpers had increased, particularly with the Filipino domestic



Type of Calls	Info Calls	Referral Calls	Counselling Calls
No. of Calls	3633	300	708

helpers. To help them understand the training better, the Centre translated training materials from English to Tagalog.

Phase 3 of CSC's Home-Based Intervention started in June 2012, with an additional research component included. This service was ramped up by Agency for Integrated Care (AIC), with plans to build a new team of dementia practitioners. CSC received a total of 78 referrals, of which 47 were accepted after home-visit screening was conducted. Another of CSC's most sought-after services – the Eldersit Respite Care Service – was also ramped up in 2012 to serve more clients.

As at 31 March 2013, CSC had served 50 clients under this service programme, and had conducted 36 sessions of complimentary Eldersit, with a total of 73 unique clients.

The Centre also provided training attachments for four students pursuing courses in Psychology and Social Sciences from the Polytechnics.



Role-play is introduced as part of experiential learning in the training workshops for domestic helpers



One of the interns, Ms Rachael Lee, manning the Dementia Helpline as part of her training attachment



Having fun at an activity for clients during a typical CSG Eldersit Service



# PUBLIC EDUCATION

## Commemorating World Alzheimer's Day

The theme for World Alzheimer's Day (WAD) 2012 was *Dementia: Living Together*. Singapore was one of the 104 countries which observed World Alzheimer's Day on 21 September 2012. To commemorate WAD, ADA collaborated with various key partners to organise and support dementia-related events in August right up to October 2012.

On 25 August 2012, to kick-start the outreach and create buzz for our annual WAD Public Forum, we partnered with Thomson Community Centre for a public education talk on Dementia. At the event, Dr Donald Yeo, then a Clinical Neuropsychologist from the Singapore General Hospital (SGH), presented on *Understanding Dementia*. In addition, one of our senior social workers presented the various services available at ADA to help families coping with dementia. Overall, about 70 participants attended the public education talk.

Following that, on 26 August 2012, we participated in an event organised by Tan Tock Seng Hospital (Physiotherapy Department) aimed at raising awareness of dementia. ADA set up a booth there to actively engage the public in dementia-care matters. On 8 September 2012, Ms Linda Chua, one of our Management Committee members, who was also a family caregiver, shared her caregiving experience with participants at the 43rd National Medical Convention organised by Ministry of Community Development, Youth and Sports (MCYS) and Office of the Public Guardian.

As an annual event to commemorate World Alzheimer's Day, ADA organised three sessions of Public Forums conducted in English, Mandarin and Malay on 15 September 2012. Supported by the Health Promotion Board (HPB) and National Library Board (NLB), these forums were part of ADA's outreach efforts to raise awareness of dementia among the general public and

caregivers. Speakers included geriatricians, psychologists, family caregivers, and social workers in eldercare. The forum offered useful information and sharing sessions to provide future and current caregivers with a better understanding of the disease; the skills to communicate effectively with persons with dementia; and the coping skills for living with dementia in the family. Overall, a total of 375 people attended the forum.

On 21 September 2012, ADA partnered with NLB to organise a book discussion with volunteers and individuals interested in dementia matters. The book used for the discussion was *Where's Grandma?* written by Mr Edmund Lim W.K., currently a School Principal. It tells a story of Luke, a 9-year-old boy and his relationship with his grandmother who was diagnosed with Alzheimer's Disease.

On 23 September 2012, Tan Tock Seng Hospital (TTSH) and HPB organised a Dementia Community Event entitled 'Living Together'. The event was to reach out to people whose lives were most impacted by dementia – our elderly and their family caregivers. ADA supported the event by providing various caregiving stories and photographs of our clients and family caregivers for display. At the event, ADA took up a booth to actively reach out to the public. Family caregivers of our clients were also interviewed by various national media on the challenges faced in their journey of caregiving.

Our public forums had attracted the attention of the wing of James Cook University (JCU) that is based in Singapore, to organise a Public Lecture entitled *Healthy Ageing: What science tells us about protecting your brain & managing your risk of dementia* on 11 October 2012. ADA was invited to share on its services and programmes for persons with dementia and their family caregivers.



A wide collection of books on dementia care by NLB at ADA's WAD public forum



ADA's booth at a dementia community event organised by TTSH and HPB



Participants at the NLB's Book Discussion held on 21 September 2012



# TRAINING

## ADA Resource & Training Centre (ARTC)

Due to the strong demand for caregiver and dementia-care training courses, and the need for increased space to expand on our services, the Management Committee had decided after their Strategic Planning meeting in April 2012, to set up a Resource & Training Centre. The purpose of the Centre is:

- To conduct dementia care training courses for professional caregivers, family caregivers and domestic helpers
- To provide dementia resource materials
- To provide a conducive place for caregivers to drop by and meet other caregivers to share information, network and discuss their caregiving concerns
- To provide consultancy services to care providers and organisations embarking on dementia care and services or wanting to improve on their existing standard of care for people with dementia

The ARTC is located on a 4,400 square feet site at the corner of Bendemeer Road and Boon Keng Road. ADA would like to thank The Singapore Ireland Fund, Tote Board and Singapore Turf Club for their generous donations towards the setting up of the ARTC.

## Inaugural Symposium on Person Centred Care

On 20 October 2012, a first-ever symposium was held in Singapore that focused on the philosophy of Person Centered Care (PCC).

Through workshops and round-table discussions conducted World Café style, care providers came together to challenge their thinking, and to pick up new ideas on improving Dementia Care from a panel of international experts from USA, Australia, Spain, Germany, the Netherlands, Portugal, Belgium and Denmark.

Together with Singapore's own pool of experts, this group inspired a free interchange of ideas on how we can support dementia care now and into the future. The response for this one-day event was overwhelming, with almost 300 care providers from the Intermediate & Long-term Care sector in attendance.

World Café Topics: Five rooms were set up with 60 participants to a room, with international and local experts to facilitate the exchange of ideas and thoughts. From the World Café discussions, the consensus was clear

- We want PCC to drive how we support people with dementia.
- We want policy makers to set directions on the principles of care that are consistent with a person centered approach.
- We want the close involvement of care agencies in our community.

This inaugural symposium was organised by ADA's PCC Steering Committee, and supported by Agency for Integrated Care (AIC) and the Centre for Enabled Living (CEL).

## Alzheimer's Disease International (ADI)

The World Alzheimer's Report 2012, *Overcoming the Stigma of Dementia*, released on 21 September 2012 by Alzheimer's Disease International, shared results from a worldwide survey conducted on people with dementia and their caregivers, about their personal experiences of stigma. The report provided information on stigma and dementia, highlighted best practices in the field of dementia, and made recommendations that could help reduce the social stigma. ADA presented a copy of this report to the print media.

Another report released by ADI in conjunction with the World Health Organisation (WHO) was on *Dementia: A Public Health Priority*. This report urged governments to develop national dementia plans in view of the rising incidence of dementia, wherein there is a new case of dementia diagnosed somewhere in the world every four seconds.

The 15th Asia Pacific Regional Meeting and Conference of Alzheimer's Disease International was held in Beijing, China from 25-28 October 2012. The Board of ADI approved the proposal for an Asia Pacific Regional Office to be formed and which will be hosted by ADA Singapore for the first 3 years of its operations.



# STAFF MEMBERS

## OUR STAFF MEMBERS

Our staff strength increased from 57 to 70 as at 31 March 2013. Six of our staff members received their Long Service Award at ADA's Annual Staff & Volunteers Appreciation Lunch 2012. They were:

5 years service:

New Horizon Centre (Bukit Batok)	Lim Soo Kiang
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10 years service:

New Horizon Centre (Tampines)	Chan Yew Wei, Stephen
New Horizon Centre (Tampines)	Halimah Binte Ibrahim
New Horizon Centre (Tampines)	Muharina Binte Mohd Taib
New Horizon Centre (Tampines)	Saral Elizabeth
New Horizon Centre (Tampines)	Tin Tin Shwe

## TRAINING AND DEVELOPMENT

This year, more of ADA's staff attended conferences and study trips overseas. These trips included attending the 15th Asia Pacific Regional Meeting and Conference of Alzheimer's Disease International (Beijing, China), 'Campaigning for Change' Alzheimer University (Tokyo, Japan), the Caregivers Conference (Genting Highlands) by the Alzheimers' Disease Foundation of Malaysia and the Healthcare Manpower Development Programme (HMDP) Study Trip and Attachment (Canada). Ms Ng Jek Mui, Programme Executive, Caregiver Support Centre, was also awarded the HMDP to pursue a Master of Social Work at SIM University (UniSIM). Mrs Theresa Lee, Executive Director was awarded the INSEAD-AIC 10th Anniversary Executive Development Scholarship to attend the Asian International Executive Programme held at INSEAD Singapore.

During the year, staff members attended training courses and workshops conducted by the Social Service Training Institute (SSTI), National Council of Social Service (NCSS), Agency for Integrated Care (AIC) Learning Institute, Ministry of Health Holdings (MOHH), Singapore Red Cross Society, Institute of Mental Health (IMH), National Arts Council (NAC) and Changi General Hospital. Staff also attended 13 in-house training workshops conducted by ADA. Some of the in-house training workshops focused on 'Managing Challenging Behaviour', 'Principles of Conducting Activities' and 'Use of iPads'. Classrooms and on-the-job training sessions were also provided for the Eldersitters recruited for our Eldersit Respite Service.

Our Person Centred Care Steering Committee collaborated with Tan Tock Seng Hospital, St. Andrew's Community Hospital, Changi General Hospital and University of Bradford and AIC to conduct training in Dementia Person

Centred Care and Dementia Care Mapping. The PCC Committee also organised its inaugural symposium *The Future of Dementia Care – Setting Standards Today For Tomorrow* on 20 October 2012, with more than 300 professionals in attendance.

## CORPORATE GOVERNANCE

In compliance with the Code of Governance for Charities and Institutions of Public Character, ADA is required to disclose its reserves policy and annual remuneration of its key executives.

ADA's policy for maintaining reserves are:

- The setting up of new Centres for persons with dementia
- Funding the operations of ADA and existing day care Centres
- Funding new projects undertaken by ADA for the benefit of persons with dementia and their caregivers

For the year ending 31 March 2013, the number of key executives with annual remuneration exceeding \$100,000 each (which includes salaries, bonus and employer's Central Provident Fund contribution) was 2, in the range of \$100,000 to \$150,000.

## MEMBERSHIP

As at 31 March 2013, the association has 111 members comprising:

Life Members	: 90
Ordinary Members	: 19
Associate Member	: 1
Corporate	: 1

Membership is open to all persons interested in the care of the elderly with dementia. The application form for membership can be downloaded from ADA's website at [www.alz.org.sg](http://www.alz.org.sg).



# COMMUNITY ENGAGEMENT

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

Caregiver Support Centres, Alzheimer's Disease Association	43 eldersitters
Hua Mei Training Academy, TSAO Foundation	21 students from the following courses: - Certificate in Community & Social Services (Senior Services) - Higher Certificate in Community & Social Services (Senior Services) - WSQ Higher Certificate Community & Social Services (Senior Services)
Institute of Technical Education (College East)	55 students from NITEC Certificate in Enrolled Nursing
Ministry of Social & Family Development (Probation Services Branch)	33 youths on Community Service Order Placement
Nanyang Polytechnic	173 students from the following courses; - Diploma in Gerontology - Diploma in Mental Health - Diploma in Neuroscience - Diploma in Nursing - Diploma in Psychology - Diploma in Social Sciences (Social Work) - Advance Diploma in Nursing
Ngee Ann Polytechnic	2 students from Diploma in Psychology and Community Services
National University of Singapore (School of Medicine)	1 medical student
Singapore Institute of Management	28 students from the Master of Gerontology course
Singapore General Hospital	2 students from Psychology Department
Temasek Polytechnic	2 students from Diploma in Psychology Studies
University of Sydney	1 medical student



Ms Cai Suqi visited the Alzheimer's Society of Canada as part of her HMDP study trip



Ms Toh Poh Ling at the 15th Asia Pacific Regional Meeting and Conference by ADI Beijing (China)



Staff also attended training workshops in Dementia PCC



# KEY COMMITTEES

## MANAGEMENT COMMITTEE (2012/2013)

President	Dr Ang Peng Chye, BBM	Committee Members:	Alicia Tan
Vice President	Dr Ng Li-Ling		P M Kumari
Hon Secretary	Chua Eng Chiang		Linda Chua
Hon Treasurer	Yeo Su-Lynn		Dr Philip Yap
Officer i/c of Personnel	Dr Seng Boon Kheng		Lee Keok Kee
Officer i/c of Professional Practice	Dr Ong Pui Sim		Philomena Anthony
			Dr Mark Chan

## CHAIRPERSONS OF WORKGROUPS OF THE MANAGEMENT COMMITTEE

Caregiver Support	Philomena Anthony	Human Resource & Finance	Dr Seng Boon Kheng
Day Care Centre	Dr Ong Pui Sim	Residential Care	Chua Eng Chiang
Dementia Resource & Training Centre	Dr Ng Li-Ling	Technology	Lee Keok Kee
Domiciliary Care Support	Dr Ang Peng Chye		

## EDITORIAL COMMITTEE OF ALZ NEWZ

Editor	Helen Lydia Lim
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## WORLD ALZHEIMER'S DAY ORGANISING COMMITTEE 2012

Chairperson	Alicia Tan
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## PERSON CENTRED CARE STEERING COMMITTEE

Chairperson	Dr Philip Yap
Committee Members:	Alicia Tan
	Carol Fusek
	Dr Chow Yeow Leng
	Dr Donald Yeo
	Dr Ng Li-Ling
	Jenny Goh
	Lim Hwee Er
	May Wong



# STAFF MEMBERS

## Headquarters *(as at 31 March 2013)*

Jason Foo	Chief Executive Officer
Theresa Lee	Executive Director
Tan Piah Tze	Head of Finance, Human Resources & Administration
Yow Lin Chan	Administrator (Finance)
Irene Tan Pei Ling	Administrative Executive (Finance)
Chong Siew Fun	Accounts Assistant (Finance)
Lim Guan Bee	Senior Programme Executive (Training & Consultancy)
Lea Rose Gonda	Programme Executive (Training & Consultancy)
Chee Choon Fang	Administrative Assistant (ARTC)

## Corporate Services & Community Partnerships *(as at 31 March 2013)*

Jocelyn Neo	Manager
Norazlina Binte Wagiman	Executive (Corporate Communications)
Karen Lim	Programme Executive (Volunteer Coordinator)
Shaiful Irwan Bin Mohd Rasip	Programme Executive (Public Education)

## New Horizon Centre (Toa Payoh) *(as at 31 March 2013)*

Maria Kung Guek Hon	Centre Manager
Agatha Yong	Administrative Assistant
Eva Cheung Koon Poh	Staff Nurse
Elaine Lum Foong Leng	Nursing Aide
Seng Tian Teck	Nursing Aide
Cecelia Ang Guek Lang	Nursing Aide
Julie See Choo Noi	Nursing Aide
Janet See Siew Lan	Nursing Aide
Li Yan Ling	Health Attendant
Chee Kwai Leong Jeremy	Health Attendant
Kassim Bin Samad	Driver



# STAFF MEMBERS

## New Horizon Centre (Bukit Batok) *(as at 31 March 2013)*

Mary Lim Puay Cheng	Centre Manager
Angela Tay Siew Tin	Administrative Assistant
Lee Teck Hock	Occupational Therapist
Ramlah Binte Abdul Majid	Senior Enrolled Nurse
Niang Khan Hau	Assistant Nurse
Jenny Tan Siew Ching	Nursing Aide
June Khoo Geok Tin	Nursing Aide
Hung Tzyy Wan	Nursing Aide
Chua Koy @ Chua Ah Yam	Health Care Assistant
Tan Ah Tin	Health Care Attendant
Lim Soo Kiang	Driver

## New Horizon Centre (Tampines) *(as at 31 March 2013)*

Stephen Chan Yew Wei	Centre Manager
Saral Elizabeth	Administrative Assistant
Ong Boh Tan	Staff Nurse
Tin Tin Shwe	Physiotherapist
Kamala Samy d/o Michael Louis	Therapist Aide
Ivy Li Kam Fong	Therapist Aide
Muharina Binte Mohd Taib	Therapist Aide
Gary Tang Jin Huat	Therapist Aide
Halimah Binte Ibrahim	Health Care Assistant
Mok Puay Hoon	Health Care Assistant
Leow Chee Keong	Driver



# STAFF MEMBERS

## New Horizon Centre (Jurong Point) *(as at 31 March 2013)*

Julaiha Binte Mohd Rashid	Centre Manager
Tan Gek Eng	Administrative Assistant
Celia Lee Siow Keow	Enrolled Nurse
James Thia Ee Sung	Programme Assistant
Tan Chuan Kew	Programme Assistant
Alice Lim Siew Hua	Senior Health Care Assistant
Kie Lee Kheng	Health Care Assistant
Lin Ai Choo	Health Attendant
Loganathan s/o Suppiah	Driver

## Caregiver Support Centre *(as at 31 March 2013)*

Lin Aiting	Centre Manager
Lau Yu Cheng	Senior Social Worker
Cai Suqi	Social Worker
Eileen Lee	Social Worker
Joyce Ang	Social Worker
Eric Cheong	Senior Programme Executive
Ng Jek Mui	Programme Executive
Mazni Binte Kaswani	Programme Executive (Training)
Toh Poh Ling	Programme Executive (Eldersit)
Sarah Chen	Programme Coordinator (Home-based)
Doreen Lee Poh Luan	Administrative Executive
Jennifer Tay Geok Suan	Administrative Assistant
Tan Hai Ching	Administrative Assistant
Joanne Loy	Administrative Assistant
Jessie Faythe Chong	Administrative Assistant



# VISITORS

## LIST OF GUESTS

Agency for Integrated Care – Care Integration Division & Community Care Development Division
Changi General Hospital – Psychogeriatric Department
Dr Amy Khor – Minister of State, Ministry of Health and Ministry of Manpower
Eastern Health Alliance
Institute of Mental Health – APCATS Team
Lady Mayoress of London and British High Commission Singapore – Director of Political Affairs
Ling Kwang Home for Senior Citizens – Nursing Home team
Macau Alzheimer's Disease Association
Mdm Halimah Yacob – then Minister of State, Ministry of Community Development, Youth and Sports
Mr Gan Kim Yong – Minister for Health and Ministry of Health Holdings (MOHH) officials
Mr Chan Chun Sing – then Acting Minister for Social and Family Development
Nanyang Polytechnic – Occupational Therapy Department
Nanyang Technological University
National Arts Council
National Council of Social Service – Eldercare Services
National University Hospital – Education Department
National University of Singapore – Temasek Hall
Singapore General Hospital – Medical Social Workers, Psychologists
SingHealth Polyclinics – Geriatric Medicine
St Hilda's Dementia Day Care
St Luke's Eldercare – Case Management Unit
Tan Tock Seng Hospital – Family Physician, Geriatric Medicine



A visit by Lady Mayoress of London and British High Commission Singapore



Visitors from the Macau Alzheimer's Disease Association at our CSC (Tiong Bahru)



Officers from the AIC visited our NHC (Toa Payoh)



# VOLUNTEERISM

## VOLUNTEERS

Over the years, we saw an increase of volunteers, with a total of 421 registered volunteers in our database as at 31 March 2013. This was partly due to the increased need for help to cope with our year-round calendar of outreach activities, and partly due to the fact that volunteerism had increased since the last reporting. During the year, about 123 volunteers had been very actively helping ADA.

Many of ADA's programmes and activities benefit from our volunteers' selfless contributions. The Saturday Extension Programme at our New Horizon Centres (Bukit Batok and Toa Payoh), in particular, demands much commitment to provide respite for caregivers. The full-day programme calls for a lot of passion and creativity. Another example are our volunteers who assist at our training programmes and caregiver support group sessions in registration, preparations of refreshments and attending to persons with dementia. Our long-term, regular volunteers at our NHCs continue to conduct arts and craft or baking sessions; serve meals; lead group exercises and games; entertain with music; conduct sing-along sessions; and take our clients out on excursions.

As our society continues to age, and as awareness of the need for dementia-support increases, so will the call for volunteers. In order to stay relevant to the needs and preferences of volunteers, ADA shall constantly fine-tune and time its activities to suit a wider spectrum of volunteers.

## Community Service Groups

Anderson Secondary School

CHIJ Primary (Toa Payoh)

CHIJ Secondary (Toa Payoh)

Dell Global B.V. (Singapore Branch)

Eisai (Singapore) Pte Ltd

GlaxoSmithKline

Hillgrove Secondary School

Hwa Chong Institution

Jotun (Singapore) Pte Ltd

Lianhua Primary School

Lighthouse Evangelism

Raffles Institution

Singapore Prison Service

## Individual Volunteers

Adelene Oh

Adnin Ryan

Amanda Lim

Amelia Haines

Andrew Yeong

Angela Toh

Arthur Wu

Ashley Ng Ding Wen

Audrey Lee

Audrey Ling

Benjamin Low Wei Yao

Benjamin Tan

Bennett Chan

Bharat Senthil Vijaya  
Ratna Peter Durairaj

Catherine Chong

Chan Foong Chai

Chee Chew Chin

Cheng Joo Yin, Judy

Cheryl How

Chia Yew Lin

Chong Chelsea

Choo Meng Kwee

Cynthia Gomez

Damien Fu

David Pattiselanno

De Las Alas Paulie  
Franchesca

Kyaw Moe Lwin

Lee Chiew Meng

Lee Sok Fun

Lek Lee Tiang

Li Xiaojian

Lim Chwee Kim

Lim Hang Siew

Lim Sheng Reu

Lim Siew Chin

Loh Kang Eng

Loo Yuxian

M. Kaaveri

Mabel Seah

Marianne  
Loy Juan Cheng

Maurice Limuco

Michelle Loh

Michelle Tan

Myint Aung

Nancy Ng

Nasyrah Bee Mohamed

Nirwati Selamat

Nurul Jannah Karam

Nurulhuda Wagiman

Ong Ser Gin

Pamela Fan

Memory Walk  
Volunteers



# VOLUNTEERISM

## Individual Volunteers

Donn Gonda	Jow Wei Wei Lorraine
Dr Kan See Mun	Judy Leow
Dr Shiou Chuang	Keet Lin TingRui
Dulesh Peiris	Kendra Kwan Jia Wen
Edmund Ow	Kenny Cheong
Elaine Gonda	Khaing Ziw
Elina Oh	Koo Yeng Ping
Eliska Ho Chye Pheng	Kuan Kim Kian
Emily Lim	Paul Fischer
Evan Quek	Poh Ching Koh
Fang Sheng Rong Darren	Roger Lek
Fang Yan	Roger Soh
Florence Kong	Rozita Aripin
Fong Yong Loke	Sally Ang
Geann Kiew	Samantha Fam
Ginny Quek	Sandra Lim
Goh Gek Ying	Seer Jia Yhin
Ho Ai Tee	Shayne Yeo Siok Peng
Huang Le Hui Ann	Sherry Chang

## Individual Volunteers

James Cai	Sindhu D/O Raveedran
James Loo	Sister Lim Siew Choo Rosa
Jason Cheong Junjie	Tan Candace Zee Chunn
Jenny Kim	Tan Hui Qi
Joe Moreira	Tan Jit Hui
Joey Koh	Tan Ming Hui
Joey Lau	Tan Qiuling
Johanna Tay	Tan Woonlu
Jonathan Lim	Tan Xin Yi, Jaslyn
Tania Ng	Valerie Tan
Teo Sok Huang	Victor Yap
Teresa Chan	Wen Jing
Teresa Lee Mooi Lin	Winston Yoo
Toh Shao Wei	World Alzheimer's Day Volunteers
Tok Hui Ying	Yong Koon Yuan
Ummi Artika	
Valerie Leong Shu Xian	



Our dedicated volunteers and clients from the the Saturday Extension Programme at Gardens by the Bay



Volunteers strumming their guitars and singing oldies songs to entertain our clients at NHC (Tampines)



During the Chinese New Year celebrations, clients were treated to a lion dance performance by Eisai (Singapore)



# DONORS AND SPONSORS

## CORPORATIONS / ORGANISATIONS

Acadian Asset Management Pte Ltd
Aberdeen Asset Management Asia Ltd
Attorney General's Chambers
Citi-YMCA Youth For Causes 2012
Dell Global B.V.
East Spring Secondary School
Eisai (Singapore) Pte Ltd
Guan Lee Hoe Engineering Pte Ltd
Hillgrove Secondary School
HSK Investment Pte Ltd
Jotun (Singapore) Pte Ltd
Kwan Im
Landsat Communications Pte Ltd
Lee Foundation
Lian Beng Construction (1988) Pte Ltd
Monetary Authority of Singapore
Moey & Yuen Advocates & Solicitors
Nanyang Technological University Buddhist Society
Raffles Medical Group
Roselle Mont-Clair Furnishing Pte Ltd
Safer Wireline Operations Research & Development Pte Ltd
Seng Sheoh & Co
Singapore Ireland Fund (SIF)
Singapore Pools Pte Ltd
The Community Foundation of Singapore
The Singapore Island Country Club
Woh Hup Trust
YAH College

## INDIVIDUAL DONORS

Akbar Khan	Dr Ang Peng Chye
Anand Jayaratham	Dr Lam Sian Lian
Andrew David Michael Leci	Dr Loo Choon Yong
Andrew Yeow	Dr Ng Li-Ling
Ang Beng Wei, Donald	Evelyn Ng
Ang Seng Bin	Ferrandi Luigi
Boey Yin Choong, Lynette	Florence Wong
Brendan Wong	Goh Beng Wang
CB Wee	Goh Gek Ying
Chai Seow Kong	Goh Tiong Siang
Chan Shen Yun	Goh Zheng Wei
Chen Siew Keng	Gunasekaran Arunkumar
Cheong Sook Mun	Haryanto Tanuwijaya
Chew Kok On	Ho Mui Peng
Chew Kong Wai	Huw Philip Bevan
Chia Poh Choo	Jasmine Lim Bee Ping
Chia Yew Lin	Jerry Lim
Chim Wai Tuck	Jim Ribbans
Chong Chee Meng	Kek Ho Boon
Chor Shy Kuan, Alehea	Kelly Latimar
Chu Choon Pang	Kelvin Chua
Chua Hong Thuan	Khor Chai Heah
Chua Sher Li	Koh Kah Choo
Chua Siew Kim	Lee Chien Wen, Karen
Chua Suet Kian	Lee Chor Tiang
Chua Weiling, Serina	Lee Chuan Huei
Colette Wong	Lee Jia Jun
David Kong	Lee Kwai Kheong
David Ratner	Lee Pak Yin
Dennis George Health	Lee Si Hui, Jhana
Diana Lie	Lee Xue Ling



# DONORS AND SPONSORS

## INDIVIDUAL DONORS

Lee Yean Lin	Ong Beng Koon
Lee Yee Ming	Ong Seng Gee
Lim Phuay Eng	Ong Sze Ling
Lim Soo Ching	Ong Ying Ying
Lim Yangzi	Ong Yiting, Mindy
Loh Cheng Song	Ow Yong Tuck Leong
Loh Lean Kang	Peck Leong Chin
Loh Sin Gee	Philip Andrews Belt
Loh Woon Chen	Philip Kenchington
Loy Hwee Lan	Phua Chun Lay
Lum Wei Ming	Phyllis P L Tan
Mecabe Adam John	Poon Kum Seng
Meow Khoon	Qi Lin
Mohamed Sha'Aidil Mohd	Quek Geok Cheng
Molly Lim	Quek Lee Peng
Nalini d/o Rangasamy Raja Krishnan	Quek Ser Aik
Ng Soh Shan	Quhan Arunasalam
NK Anitha	Raelene Reani Mattu
Nur Shafawati Bte Kasami	Rajineesh Kumar

## INDIVIDUAL DONORS

Sai Ram Nilgiri	Tan Poh Hoon
Sandra Chan	Tan Siew Huay
Saw Min Hui	Tan Siok Tze, Jennifer
Seah Jade Wei	Tan Suat Cheng
Shen Suk Ka	Tan Thuan Mong
Sin Hui Zhen	Tan Yanyi
Soh Mei Yen	Tee Hongli
Soong Gum Chuen	Teoh Chong Lew
Sudhakar Kumar	Tham Tuck Wah, Richard
Sueanne Teo	Toh Yude
Sujoy Sen	Wee Joon Siang
Sumila Valsalan	Wong Yoon Hsie
Tai Mun Wah	Xin Hui Zhen
Tan Boon Kiat	Yeo Ee Ling, Irene
Tan Boon Wee, Kegan	Yeo Guek Leng, Helen
Tan Khuan Seng	Yeo Siak Yau
Tan Muay Muay	Yip Kit Fong
Tan Pei San	Yip Wai Ping
Tan Phuay Miang	Yuan Liu



# DONORS AND SPONSORS

## DONORS-IN-KIND

Ah Sow	Biscuits for NHC (Toa Payoh)	Lui Ah Soh, Mandy Low, Paul Teo	Cakes for NHC (Toa Payoh)
Ailena Das	Assorted Lunar New Year cookies for NHC (Toa Payoh)	Michelle Lim	Assorted dumplings for NHC (Toa Payoh)
Ang Kok Chin, Chan Wen Li Winnie, Delphine Wee Sau Pheng, Teo Choon Yong, Yvonne Lim Zhiwen	Chinese New Year Lunch for NHC (Jurong Point)	Neo Han Keong	Coconut Jelly and cake for NHC (Toa Payoh)
Boey Kim Chee, Lee Mooi Lin	Food items for NHC (Tampines)	Ong Beng Hwee	Lunar New Year cookies for NHC (Toa Payoh)
Chia Yew Lin	Presents for Bingo game for NHC (Tampines)	Ong Yeow Chan	Beverages and Groceries for NHC (Toa Payoh)
Dignity Kitchen	Lunch Treat for NHC (Bukit Batok)	Rina Ng	Biscuits & coffee powder for NHC (Bukit Batok)
Eng Heng Lee, June Low, Sandy Woo	Snacks for NHC (Toa Payoh)	Sally Ho	Antiques (weighing scale & metal charcoal iron) for NHC (Toa Payoh)
Evelyn Eng-Lim	Groceries for NHC (Toa Payoh)	Tan Geck Kwan	Pineapple Tarts for NHC (Toa Payoh)
Goh Kam Yoke	Plasticine for NHC (Toa Payoh)	Tan Hsui Li	Cakes and fruits for NHC (Toa Payoh)
Hillgrove Secondary School	Food Hampers for NHC (Bukit Batok)	Tashna Ang Abdullah	Yu Sheng, fruits and snacks for NHC (Toa Payoh)
Katherine	Egg Tarts and muffins for NHC (Toa Payoh)	Too Ching Tim	Cakes & Kuehs for NHC (Bukit Batok)
Koh Quee Eng, Lee Beau Yoong, Lim Thean Hor	Mooncakes for NHC (Toa Payoh)		



Dr Ang Peng Chye, President of ADA receiving the cheque at the Singapore Ireland Fund Emerald Ball 2012



A lunch treat for the elderly sponsored by the Dignity Kitchen



Donations from Raffles Medical Group enabled NHC (Tampines) to procure a vehicle to fetch clients to and from the Centre



# 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](mailto:adahq@alz.org.sg)  
URL: [www.alz.org.sg](http://www.alz.org.sg)

## ROS Registered Number

142/90 WEL

## Date Established

31 December 1990

## Constitution

Society

## Charity Registration Number

0902

## Charity Registration Date

21 September 1992

## IPC Registration Number

IPC 000304

## IPC Registration Date

3 September 1993

## UEN Number

S91SS0018J

## Auditor

Kreston David Yeung PAC

## SUPPORT CENTRES

ADA Resource & Training  
Centre (ARTC)  
70 Bendemeer Road  
#06-02 Luzerne Building  
Singapore 339940  
Tel: 6293 9971  
Fax: 6293 3438

### Caregiver Support Centre (CSC Bendemeer)

70 Bendemeer Road  
#03-02A Luzerne Building  
Singapore 339940  
Tel: 6389 5121  
Fax: 6293 6631  
Dementia Helpline: 6377 0700  
Email: [infocsc@alz.org.sg](mailto:infocsc@alz.org.sg)

### Caregiver Support Centre (CSC Tiong Bahru)

298 Tiong Bahru Road  
#03-01 Central Plaza  
Singapore 168730  
Tel: 6593 6440  
Fax: 6593 6444  
Email: [infocsc@alz.org.sg](mailto:infocsc@alz.org.sg)

## DAY CARE CENTRES

### New Horizon Centre (Toa Payoh)

Blk 157 Toa Payoh Lorong 1  
#01-1195  
Singapore 310157  
Tel: 6353 8734  
Fax: 6353 8518  
Email: [alzheimers.tp@alz.org.sg](mailto: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](mailto: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](mailto: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](mailto:alzheimers_jp@alz.org.sg)

## Member of



## Awards





## 10 TIPS FOR A HEALTHY BRAIN:

# REDUCING DEMENTIA RISKS

### 1. **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.

### 2. **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.

### 3. **CHALLENGE YOUR MIND** *Mind your mind*

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

### 4. **CONNECT WITH OTHERS** *Mind the importance of social interaction*

Interact and communicate with your family members, friends, and neighbours. Engage yourself in social and leisure activities. Be a volunteer; join a club or go travelling.

### 5. **HEART OF THE MATTER** *Mind your heart*

What is good for the heart is also good for the brain. Live healthily to avoid contracting heart disease, high blood pressure, diabetes and stroke, which are all risk factors of dementia.

### 6. **HEALTH FOR LIFE** *Mind your health*

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

### 7. **MEASURE ALL** *Mind the numbers*

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

### 8. **KNOW THE LIMITS** *Mind your habits*

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

### 9. **WATCH OUT** *Mind your safety*

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

### 10. **TAKE ACTION NOW** *Mind what happens tomorrow*

Reduce your risk of developing dementia by constantly raising your awareness of new findings about dementia prevention.





ALZHEIMER'S  
DISEASE  
ASSOCIATION

70 Bendemeer Road  
#06-02 Luzerne Building  
Tel: 6293 9971  
Fax: 6293 3438

FB: [www.facebook.com/alz.org.sg](http://www.facebook.com/alz.org.sg)  
Email: [adahq@alz.org.sg](mailto:adahq@alz.org.sg)  
URL: [www.alz.org.sg](http://www.alz.org.sg)