



Dementia Singapore



Care Services

CENTRE-BASED CARE
HOME-BASED CARE
COMMUNITY SUPPORT
TRAINING WORKSHOPS

DEMENTIA HELPLINE

6377 0700

Monday-Friday, 9am-6pm | Saturday, 9am-1pm

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Dementia Social Club

Dementia Social Club is a new care model that empowers caregivers and persons with dementia, including those with young onset dementia, to make contributions to the Club and community-at-large.

The Club provides a family approach for caregivers to participate in purposeful and meaningful activities with their loved ones. It is a social gathering place to receive skills training and peer support.

As part of the Club, caregivers can build a support network, where they can develop self-care skills, forge supportive relationships with other caregivers, and to organise or lead activities and events.

**OBJECTIVES**

- Create opportunities for caregivers, persons with dementia, and those with young onset dementia to participate in meaningful activities
- Sharing of information and experiences among caregivers
- Enable and support caregivers to reconnect with others and the community

APPLICABLE FOR

- Persons with dementia (Mild to moderate stage of dementia; formal diagnosis of dementia is required)
- Caregivers and family members

LOCATION**Dementia Social Club**

298 Tiong Bahru Road,
#10-05 Central Plaza,
Singapore 168730
Mon – Fri: 8.30am – 5.30pm

New Horizon Centres



New Horizon Centres (NHCs) are Dementia Singapore-run dementia daycare facilities that provide services and support for persons with dementia. Activities conducted include music and movement, arts and crafts, and light physiotherapy exercises.

Operating on weekdays, our diligent NHC staff use the person-centred care approach, where each client is valued as a unique individual with their own behaviours and interests, which allows us to give them suitable attention and care.



OBJECTIVES

- Daily daycare services that aim to maintain or improve persons with dementia's psycho-social and mental wellbeing.

APPLICABLE FOR

- All persons living with dementia regardless of race, language or religion.
(Formal diagnosis of dementia is required)

LOCATIONS

New Horizon Centre (Bukit Batok)

Blk 511 Bukit Batok Street 52, #01-211,
Singapore 650511
Mon – Fri: 7.30am – 6.30pm

New Horizon Centre (Jurong Point)

1 Jurong West Central 2, #04-04,
Jurong Point Shopping Centre,
Singapore 648886
Mon – Fri: 7.30am – 6.30pm

New Horizon Centre (Tampines)

Blk 362 Tampines Street 34, #01-377,
Singapore 520362
Mon – Fri: 7.30am – 6.30pm

New Horizon Centre (Toa Payoh)

Blk 157 Toa Payoh Lorong 1, #01-1195,
Singapore 310157
Mon – Fri: 7.30am – 6.30pm



More information at
dementia.org.sg/nhc

Family of Wisdom

Family of Wisdom (FOW) is a 3-hour weekly enrichment programme for persons living with dementia, based on Person-Centred Care Approach and Scaffolding Theory for Ageing and Cognition. Each session incorporates new learning, engagement, creative dance music & movement exercise, and cognitive activities; specially curated according to each client's stage of dementia, preferred spoken language, education level, and their remaining abilities. Activities are conducted in a cosy setting, which varies in sizes, facilitated by 3 to 5 staff.

This programme targets families with full-time caregiver – such as spouse, children and / or a domestic helper, as the programme requires an accompanied caregiver unlike a typical daycare programme.



TYPES OF SESSIONS

- Centre-based or Home-based
- One-to-One sessions are available too (Centre-based, Home-based or Virtual)

TYPES OF ACTIVITIES

- Optional Personalised Neurofit™ brain fitness programme using a Senzeband paired to an iPad. This cognitive game challenges attention, memory, decision making, spatial awareness and cognitive flexibility. It is recommended for persons with mild dementia. At the end of the 6-months workout, they will receive a Cognitive Training Report.
- Other iPad games
- Table-top games
- Non-pharmacological activities – art making, reminiscence, dancing, pottery, music, craft, poetry reading, baking, music appreciation, singing, music making using sensor technology called Soundbeam, and more.

OBJECTIVES

- Improve well-being and foster greater social interaction
- Promote *neurogenesis* (development of new brain cells) through specially curated cognitive and physically stimulating activities
- Provide respite and emotional support platform for client and their caregivers; offering them the freedom and anonymity to adequately express feelings and concerns without the fear of being judged.

APPLICABLE FOR

- Persons with dementia (Formal diagnosis of dementia is required)

LOCATION

Family of Wisdom (Bendemeer)

20 Bendemeer Road,
#01-02 BS Bendemeer Centre,
Singapore 339914
Mon – Fri: 9.00am – 6.00pm



More information at
dementia.org.sg/fow

Home Support Team



In order to better connect and understand the families' needs, and to address any changing behaviours of persons with dementia, the Home Support Team engages families within their homes, develops intervention strategies, and collaborates with caregivers to carry out the interventions.

OBJECTIVES

- To support persons with dementia and caregivers within the home with behavioural management strategies, dementia psychoeducation and supportive counselling.

APPLICABLE FOR

- Caregivers facing high stress due to caregiving issues
- Persons with dementia

ADDITIONAL NOTE

A formal referral with medical diagnosis of dementia is required.



More information at
dementia.org.sg/css

Post Diagnostic Support

Upon diagnosis, the Post Diagnostic Support Programme (PDS) aims to proactively reach out and support newly diagnosed persons with dementia and their caregivers for a period of one year.

OBJECTIVES

- Enhance persons with dementia and their caregivers' understanding towards dementia
- Develop and equip families with more effective coping strategies
- Introduce and link families up with the relevant resources/services
- Build a community of support for caregivers
- Provision of psycho-emotional support
- Customisation of long-term Individualised Care Plans (ICP)

APPLICABLE FOR

- Newly diagnosed persons with dementia within the first year of diagnosis (The stage of dementia is not a factor)
- Caregivers and family members

ADDITIONAL NOTE

As this is a pilot programme, referrals are only accepted from partnering hospitals.



More information at
dementia.org.sg/pds

Dementia Helpline: 6377 0700



Operating on weekdays (except public holidays) from 9am to 6pm, the Dementia Helpline consists of a team of dedicated operators, and acts as the first line of defence and support for caregivers or members of the public in need of vital information.

OBJECTIVES

- To provide relevant and up-to-date caregiver support, resource-finding, referrals and over-the-phone counselling.

APPLICABLE FOR

- Persons with dementia
- Caregivers to persons with dementia
- Family members of persons with dementia
- Members of the public

ADDITIONAL NOTE

Operating hours may be subject to change. Any changes in helpline hours will be reflected on the Dementia Singapore website.

Eldersit Service

Eldersit is a type of home-based service where trained Eldersitters engage with persons with dementia over a short period of time. Meaningful and therapeutic activities are conducted in a familiar and comfortable home setting for the person with dementia, allowing short term respite for the caregiver.

OBJECTIVES

- To enhance the wellbeing of persons with dementia by providing interaction and stimulation through activity engagement, while providing respite to home-based caregivers.

APPLICABLE FOR

- Persons with dementia who are unwilling or unable to leave their homes and lack activity engagement at home (Formal diagnosis of dementia is required)

ADDITIONAL NOTE

- Chargeable service at \$35 per hour (before GST)*
- A deposit of \$300 will be collected before the commencement of service.*

**Rates and deposit are accurate as of 1 Oct 2021.*



Caregiver Support Groups

As one of Dementia Singapore's most widely used services, Caregiver Support Groups provide a safe space for like-minded caregivers to gather and express their feelings or stresses, exchange caregiving tips and share their experiences.

Held in English, Mandarin and Malay, each Caregiver Support Group (Open) session runs for two hours. Regular sessions are conducted and are free-of-charge.

Closed Caregiver Support Groups are conducted in English or Mandarin for caregivers who are caring for their loved ones with dementia.

OBJECTIVES

- To provide a supportive environment, safe space and open platform for caregivers to learn about dementia care and share their experiences with one another.

APPLICABLE FOR

- Caregivers of persons with dementia (Formal diagnosis of dementia is required)

ADDITIONAL NOTE

- Registration is required.
- Physical sessions are held at our various centres.
- Due to the COVID-19 situation, all sessions are conducted online.



More information at
dementia.org.sg/csg

Caregiver Support & Network



Caregiver Support & Network provides a safe space for caregivers to nurture their own interests through group activities in areas such as arts & crafts, music, fitness classes and more.

OBJECTIVES

- To promote respite and self-care, and foster interaction among caregivers of persons living with dementia through group activities.

APPLICABLE FOR

- Caregivers of persons with dementia (Formal diagnosis of dementia is required)

ADDITIONAL NOTE

- Sessions can be conducted physically or through online platforms.
- Registration is required.



More information at
dementia.org.sg/csn

Dementia Care Training Workshops for Foreign Domestic Workers

Foreign Domestic Workers (FDWs) may find it challenging to address the daily needs and wants of persons with dementia, as well as cope when a person with dementia exhibits certain challenging behaviours. As the condition progresses, communication between the person with dementia and their FDWs may also decline.



With training modules designed to cover various aspects of dementia care, FDWs will be able to learn through classroom lectures, group discussions, sharing and role play. Modules are conducted in English, Malay and Burmese.

OBJECTIVES

- To equip FDWs with the practical knowledge and skills to care for persons with dementia.

APPLICABLE FOR

- Foreign domestic workers

LOCATION

Dementia Singapore Academy

20 Bendemeer Road,
#01-02 BS Bendemeer Centre,
Singapore 339914
Mon – Fri: 9.00am – 6.00pm



More information at
dementia.org.sg/fdw

Memories Café

Memories Café is a community-based programme for persons with dementia and their caregivers, held at various partner cafés and restaurants across Singapore*. Held on Saturdays, the sessions focus on the use of the performing arts to engage persons with dementia and their caregivers.

**Due to the COVID-19 situation, Memories Café has suspended all physical sessions. Sessions are now conducted virtually on Dementia Singapore's YouTube page or via Zoom.*

OBJECTIVES

- To minimise the social stigma on persons living with dementia and to encourage social acceptance through the engagements within a community setting.
- To provide an alternative platform for social interactions and respite to persons living with dementia and their caregivers.
- To improve interactions and bonding between persons with dementia and their caregivers, and as a group.

APPLICABLE FOR

- Persons with dementia and their caregivers

ADDITIONAL NOTE

- A fee of \$8* per person is chargeable for physical sessions held in cafés and restaurants. Refreshments are provided.

**Fees are subject to change.*

- Registration is required.

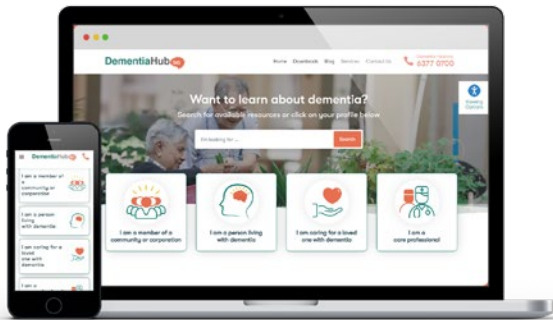


More information at
dementia.org.sg/memoriescafe

DementiaHub SG

Singapore's first
one-stop resource portal on
dementia

www.dementiahub.sg



DementiaHub.SG is Singapore's first one-stop resource portal that houses the most relevant, comprehensive and up-to-date information on dementia.

This knowledge hub serves as a key touchpoint for members of the community and corporations, persons living with dementia, caregivers and care professionals based on your needs. You can gain quick and easy access to curated information and resources about dementia and be connected to a network of support and services.

Brought to you by:



CARA

A pioneering Dementia
Membership Programme by
Dementia Singapore

www.cara.sg



CARA is a lifestyle and community mobile app that provides assurance through its unique identifier, offers tailored rewards for those impacted by dementia, and aims to drive social acceptance.

With CARA, personalised support is provided across the journey of living with and caring for dementia, empowering members to lead meaningful and purposeful lives #DespiteDementia!

'CARA SG' is available for download on Google Play Store and Apple App Store.

Supported by:



Dementia Singapore

Dementia Singapore was formed in 1990 as the 'Alzheimer's Disease Association' to better serve Singapore's growing dementia community, increase awareness about dementia, and reduce the stigma surrounding the condition.

As Singapore's leading Social Service Agency in specialised dementia care, Dementia Singapore aims to **advocate** for the needs of people with dementia and their families; **empower** the community through capability-building, knowledge and consultancy; and deliver quality, person-centred **care innovations**.

All information is accurate as of publishing date and is subject to changes. Visit our website for updates.

CONTACT US

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 dementia.org.sg

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