

Voice OF Dementia

THE NEWSLETTER OF DEMENTIA SINGAPORE



HIGHLIGHTS

Your New Digital Dementia Care Companion

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CARA - A Pioneering Digital Dementia Care Companion

More than a decade ago, the National Council of Social Service (NCSS) launched the Safe Return Card (SRC) programme, with the SRC serving as an identity card for the safety and protection of persons with invisible disabilities and conditions, including those living with dementia.

Using the SRC as a solution foundation, Dementia Singapore saw the need to better support the dementia community with technologically-enhanced functions, thus initiating a global first-of-its-kind dementia membership programme - CARA.

WHAT IS CARA?

CARA is a digital lifestyle and community platform with the aim of connecting everyone impacted by dementia to an ecosystem of solutions and support, at the touch of a button via a mobile application.

In a nutshell, CARA seeks to empower members to navigate their unique journeys with purpose and independence.

For the core team behind the programme, CARA has been nothing short of a labour of love. The one-year journey was also an opportunity to create and deliver a seamless platform together with persons living with dementia and their care partners.



Following the successful launch of CARA on 23 November 2021, the team is all smiles together with Dementia Singapore CEO, Mr Jason Foo [fourth from left]!

“”

CARA is truly an exemplary partnership model, where multiple stakeholders work together to improve and enhance an existing solution, while also infusing technology. This allows us to continuously make the platform better and benefit more people.

To develop CARA, Dementia Singapore worked with NCSS to better understand the service gaps in the dementia care landscape. We also consulted with Melissa Chan, Founder of 'Project We Forgot' and current Atlantic Fellow with the Global Brain Health Institute. A technology partner was also

brought in to bring to life the digitalisation of the Safe Return function, which is now one of the key features of CARA.

Ultimately, CARA was created with the goal of destigmatising dementia. It also aims to educate and empower our wider communities to better understand dementia and support those in need. The true value of CARA lies in its functional, easy-to-use technology, which helps to create a community that accepts persons with dementia and caregivers with empathy and compassion.

- THE CARA TEAM, LED BY MR STANLEY HO, DIRECTOR OF ADVOCACY & COMMUNICATIONS TOGETHER WITH MS GELINE LIM, PROJECT MANAGER, MR JEREMY KHOO, SENIOR MANAGER, MS DAWN CHOO, MANAGER, AND MR DARYL SEAH, PROGRAMME EXECUTIVE.

KEY FUNCTIONS AND FEATURES OF CARA

1 Safe Return

The CARA Membership Card takes over the mantle of NCSS' now-defunct Safe Return Card, with enhanced features!

Each CARA Card features a QR code unique to each member living with dementia. In situations where the member is lost or wanders from their home or family members, members of the public can scan the QR code and submit a report. The CARA app will then notify all caregivers tagged to the member that he or she has been found. There is also a call function for members of the public to contact the caregiver directly, facilitating the safe return of their loved one within minutes.

In this way, CARA serves as a digitalised unique identifier, giving caregivers much-needed peace of mind by assuring that their loved ones with dementia can move around safely, freely and independently no matter where they go.



With a dementia-friendly design and prominent Dementia Singapore purple and yellow hues, the CARA Membership Card is easily recognisable to members of the public.

2 Connected Care Circle

The CARA app allows multiple family members to link their CARA accounts to their loved ones living with dementia. All members of this Care Circle can then receive timely Safe Return notifications.

This function helps to alleviate the pressure on the primary caregiver, as it allows for multiple caregivers to be kept in the loop in times of need.



3 Tailored Rewards



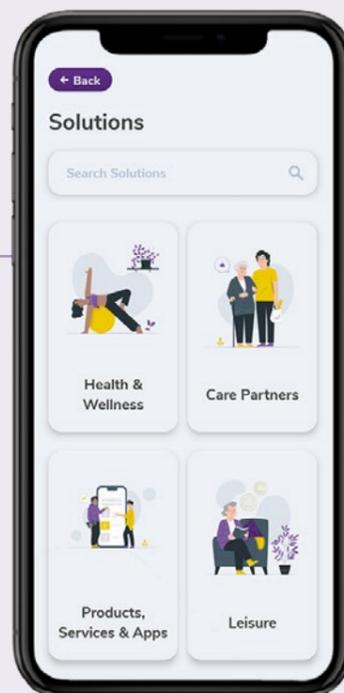
CARA has onboarded a host of Benefit Partners to enhance each member's dementia care journey, through exclusive discounts and priority privileges.

From recharging amongst lush greenery and scenic views at Gardens by the Bay, to fulfilling their medical transport needs with ComfortDelGro MedCare, each CARA member is given exclusive access to some 58 partner services, all with a singular goal – to make a meaningful impact on their quality of life.

**If your organisation is interested in coming on board as a partner, you can reach out to us at cara.partner@dementia.org.sg.*

4 Ecosystem of Solutions

CARA also serves as a directory, featuring a curated list of Solution Providers relevant to the dementia community. Categories of these additional support avenues and resources include Health and Wellness, Leisure, Services, and Care Partners.



With CARA, we aim to provide the best community care platform for persons living with dementia and their caregivers, now and into the future. What sets CARA apart from any dementia membership programme in the world is the utilisation of technology to facilitate the safe return of a person living with dementia swiftly back to his or her family when things go wrong.

– MR JASON FOO, DEMENTIA SINGAPORE CEO

THE ROAD AHEAD

The future of CARA is stacked up to be an exciting one, with new features to improve the app already in the pipeline. Some major developments include a membership tier for professional caregivers, as well as a broadcast function to notify members of the public to look out for persons living with dementia who have been reported lost.

CARA also has goals to reach out to the more vulnerable members of our society, particularly the elderly with senior caregivers, and seniors living alone. To serve the unique needs of this segment, the team is currently teaming up with partners in the community care sector.

Indeed, the road ahead looks bright for CARA. The team is committed to working hand-in-hand with those in the dementia community to better understand their evolving needs and support them, every step of the way!

HOW DO YOU SIGN UP FOR CARA?*

- 1 **DOWNLOAD THE CARA MOBILE APP**
Search for the **CARA SG** mobile app and download it on the Apple App Store or Google Play Store.
- 2 **SIGN UP FOR YOUR MEMBERSHIP****
The registration process requires you to fill out details of the caregiver(s) and person living with dementia.
- 3 **WAIT TO BE NOTIFIED**
You will be notified of the outcome of your registration within **7** working days. All other notifications and updates will also be via the **CARA SG** mobile app.
- 4 **ENJOY YOUR CARA MEMBERSHIP!**
Once approved, you can access your e-CARA membership card, view the list of partner benefits, solutions, and manage your profile all within the app.

**Singapore residents who are living with dementia or are caregivers of a person living with dementia are eligible for the full CARA membership. Membership is free.*

***Members of the public who want to support the dementia community can also join the membership programme, albeit with limited access to certain CARA features. Steps 2 – 4 are not applicable to members of the public.*

Download **CARA SG** from the Apple App Store or Google Play Store, or scan the QR code to find out more!



The Future of Dementia Training: 'Experience Dementia in Singapore' VR programme

Wonder how it feels like to be living with dementia? The Dementia Singapore Academy has developed the 'Experience Dementia in Singapore' virtual reality simulation, which aims to illustrate the world of those living with dementia in local contexts.

In Singapore, an estimated 100,000 people are living with dementia, and this number is rising every day. The increasing strain on dementia caregiving is projected to drive up the demand for caregiving support, training and public awareness in our community.

SUCCESS IN DEMENTIA AWARENESS THROUGH VIRTUAL REALITY APPLICATIONS

Since the introduction of Enabling 'EDIE' (Educational Dementia Immersive Experience) by Dementia Australia in March 2019, Dementia Singapore has been using this virtual reality (VR) programme for dementia awareness and training. As of November 2021, 15 trainers have helped more than 400 people through workshops and roadshows. A study conducted to evaluate the effectiveness of VR-based dementia awareness workshops found that VR implementations, like EDIE, have improved attitudes towards dementia, increased knowledge and awareness among the wider community, and promoted empathy.

Following the success of EDIE, Dementia Singapore embarked on the opportunity to use VR to enhance existing methodologies for dementia education and training.

With support from The Majority Trust, Agency for Integrated Care and Singapore Institute of Technology, Dementia Singapore developed 'Experience Dementia in Singapore' – a series of three VR applications that provides a first-person simulation of a person with dementia in the following environments:

- A Housing and Development Board (HDB) home
- A daycare centre
- Public spaces, including an MRT station and a supermarket

'Experience Dementia in Singapore' is a localised VR experience that gives users a realistic glimpse into the world of persons with dementia in Singapore and the unique challenges they face.

"With this programme, we hope to foster understanding and empathy among participants as they learn how to apply

the concept of *reablement*, to empower persons with dementia to utilise support systems available in Singapore to live more actively and meaningfully," said Ms Koh Hwan Jing, Director of Community Enablement at Dementia Singapore, which oversees public education, training, consultancy, dementia research and innovation.

In the public education space, 'Experience Dementia in Singapore' will be accessible to all via the DementiaHub.SG website. For a more immersive experience, it will also be introduced through the Oculus headset during courses conducted by Dementia Singapore Academy.

Scan the QR code to find out what Dementia Singapore Academy has to offer.



'Experience Dementia in Singapore' will be ready by the first quarter of 2022 and will be available at DementiaHub.SG. Here are examples of the scenarios:

IN A HDB HOME

Walk in the shoes of Auntie Lucy, a person living with dementia, and find out what her anxieties and frustrations are at home. As you start to understand her world, find out how her living environment and having her family's support enables her to live independently.



AT A DAYCARE CENTRE: ADOPTING A PERSON-CENTRED CARE APPROACH

Auntie Alice feels bored and restless at the dementia daycare centre as she feels ignored, and the activities are not her preference. Learn how a professional caregiver can make a person with dementia feel respected and increase their sense of belonging by using the person-centred care approach.

HEADING TO THE SUPERMARKET

It can be a daunting experience for a person living with dementia to navigate an MRT station that has multiple exits. Journey with Uncle James as he grapples with finding his way out of the station and completing his grocery shopping at a supermarket.

NEW RESOURCE: 360° VIRTUAL REALITY DEMENTIA-FRIENDLY HDB HOME GUIDE

Co-developed by Agency for Integrated Care and Dementia Singapore, this interactive guide teaches you how to make your home dementia-friendly.

To try it out, scan the QR code:



Self-care and Support for Caregivers

Caring for a person with dementia can have its challenges, and compounded with the impact of the COVID-19 pandemic, caregiving stresses were at a high over the past two years.

To address this, in July 2020, our Caregiver Support Services launched a new programme under its umbrella – Caregiver Support & Network (CSN) – to bolster its support to caregivers' needs and well-being.

Helmed by a team of three, CSN aims to promote self-care and foster interaction among caregivers of people living with dementia through group activities. These activities include themed musical performances, knitting sessions, and even learning how to play the guitar.

But what does it really take to develop and plan the programme, coordinate with volunteers, and roll out the activities for caregivers? We go behind the scenes with our CSN team to find out more!

DESCRIBE A REGULAR WORKDAY FOR YOURSELF.

Depending on the day's events, a typical workday involves the planning of the various programmes and sessions, checking in and following up on caregivers who may require some support in their caregiving journeys, liaising with caregiver peers and volunteers, attending virtual meetings, preparing logistics, recording statistics, and facilitating the CSN sessions.



Learning basic techniques of guitar strumming at 'Strum and String'.

For instance, for 'Strum and Sing' (our basic guitar skills programme), most of the work involves preparing the teaching materials, curating the music content, following up with post-session practices, and providing support to caregivers in a group chat.

WHAT, OR WHO INSPIRED YOU TO GET INTO THIS LINE OF WORK?

Each of us in the team feels inspired to do this work as it's very meaningful to give back to society by using the tools we possess and doing our part to benefit the dementia community.

Ely Lo, Team Lead: In a past volunteering experience, I had the opportunity to sit down with a person with dementia and have a good, long chat. He was composed, eloquent and humorous, which is unlike how

persons with dementia can sometimes be portrayed in the media. He shared his rich life experiences with me; all I did was listen. Even so, the joy in his eyes as he narrated his life story was evident.

That interaction led me to want to learn more about dementia, correct my own misconceptions about the condition, and find out how I can be part of a community that serves and supports persons with dementia and their caregivers.

I also came to the realisation that sometimes, instead of providing advice or tangible resources, simply lending a listening ear to someone can make their day a little better. As such, I was inspired to pursue a career in the dementia care sector and provide caregiver support services to those in need.

Chan Hwee Sin, Social Work Associate: I've enjoyed working in the community service sector for more than 10 years, from mental health to the elderly, but I had never worked in dementia care prior to this. There have been occasions when I have come across people presenting signs and symptoms of dementia, but my knowledge and understanding of dementia was insufficient at that time. Thus, this was a sector that I had always hoped to learn more about and engage in. I'm glad that the opportunity came about in 2020 when I was looking for a career in this sector, thus starting my journey with Dementia Singapore and the CSN team!

WHAT MAKES YOU SMILE OR KEEPS YOU GOING?

Simple – the satisfied smiles on the caregivers' faces! When we see caregivers laugh, bond and forge friendships with one another over time, we feel that our work is worthwhile. One group of caregivers from the CSN 'Strum and Sing' programme has been with us for a year, practising together during physical sessions or virtually almost every week without fail. From acquaintances, they have become friends who support one another.

There is also a group of caregivers from 'Knits and Knots' (from our Knitting for Beginners sessions), who keep in touch regularly via their WhatsApp group, sharing greetings, caregiving tips and resources. They have become such a close-KNIT group! Such bonds are precious, and we feel glad to be a small part of their journeys.

Also, thinking about future possibilities keeps us going. It's exciting to develop future CSN sessions that can better cater to caregivers' interests and needs! We are constantly on the lookout for ideas and resources.



'Knits and Knots' caregivers with Ely and Hwee Sin.



Chair yoga session in progress.

WHAT ARE PEOPLE'S USUAL REACTIONS WHEN YOU TELL THEM WHAT YOUR JOB IS?

A few have commented that it seems fun, as we sometimes get to participate in group activities alongside caregivers. We couldn't agree more!

Others may think it requires a lot of coordination skills to keep different CSN programmes running. That's true too! We are fortunate to have good team players and support from helpful colleagues within Dementia Singapore.

Some also believe that CSN group activities are just for caregivers to have fun. While that's true, there are also other objectives behind the programme. For instance, it's a chance to let caregivers gain some respite, while still focusing on their own interests and learning a new skill. Group activities also provide caregivers with an informal setting to connect and talk about caregiving-related concerns with one another. CSN believes in self-care and having social support in one's caregiving journey.

ANY OTHER COMMENTS YOU WOULD LIKE TO ADD ABOUT YOURSELF?

We feel fortunate to be part of the team that is supportive and possesses skill sets that complement one another's. Donnie is a talented musician, who never hesitates to share knowledge and skills with others. Hwee Sin is a meticulous person, who points out details that the rest of us may miss. And Ely is a great team leader who guides us along this fruitful journey with the caregivers. As a team, we also have ready support and sound advice from Suqi, who manages the overall Caregiver Support Programme.

Together, we hope to continue to bring value-added programmes to caregivers and their loved ones!

Dealing With Caregiver Stress

Here are some simple tips for stress management:

ADJUST YOUR MINDSET

- Reframing the situation may help you manage stress.
- Remind yourself that you are doing something important for the person in your care.
- Know your limits.
- Do not give in when your care recipient is too demanding.
- Live one day at a time.



TAKE CARE OF YOUR HEALTH

- Take short rests in-between activities or errands.
- Focus on getting relaxing sleep instead of more sleep.
- Set aside time for meditation, reflection or prayer.
- Eat a balanced diet, and find time for regular exercise.



MANAGE YOUR EMOTIONS

- Acknowledge your emotions and do not feel guilty about them. They are natural and very human.
- Express your anger and frustration by writing down your feelings.
- Allow yourself to cry.



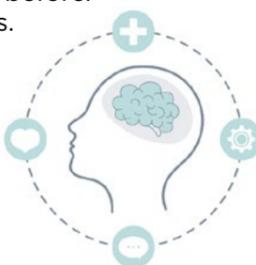
DO THINGS YOU ENJOY

- Make time for yourself.
- Treat yourself to a massage or a facial.
- Keep in contact with friends and join in fun activities.



MANAGE YOUR TASKS BETTER

- Set realistic goals - remember that you may not be able to do everything like before.
- Make a list of important tasks.
- Think of ways to make your work easier.
- Allow some things to be left until a better time.
- When handling a difficult task, make it easier by listening to music.



DO NOT SHOULDER EVERYTHING ALONE

- Speak completely, openly and honestly to people who can understand and help you.
- Join a support group or start one to share ideas and resources.
- Use respite care services that can lighten your caregiving load. Look for a service that suits you from the AIC E-care locator.
- Talk to the doctor about your caregiving responsibilities, which are just as important as talking about your loved one's needs.



NEED MORE TIPS?

Find credible, comprehensive and up-to-date information and resources on dementia including engaging persons living with dementia, self-care, caregiving tips, services, and many more! Scan the QR code to visit [DementiaHub.SG](https://www.dementiahub.sg), Singapore's one-stop resource portal on dementia!



What Is a Dementia-Inclusive Environment?



WHY IS A DEMENTIA-INCLUSIVE ENVIRONMENT IMPORTANT?

Researchers have predicted that the number of persons living with dementia around the globe is set to almost triple to more than 150 million by 2050.¹

While dementia already presents a set of challenges for persons living with dementia and their families, stigma and discrimination worsen the psychological, social, emotional and financial impacts on them, such as social rejection, financial insecurity, internalized shame, and isolation.² Similarly, with the rising prevalence of dementia in Singapore, where one in 10 people aged 60 and above is diagnosed with dementia, these ramifications are relevant and of growing concern for the nation with an aging population.

Dementia-inclusive environments are pertinent in mitigating the stigma and discrimination against those affected by dementia.² Such environments

enable them to continue living well and be involved meaningfully in the society for as long as possible, to enjoy a good quality of life.

Ensuring the inclusivity of different spaces to persons living with dementia and their families is a society-wide endeavour. Like anyone else, they can participate in many kinds of activities and have access to different spaces when the environment is designed to support their inclusion.

Physical and social environments can be continually designed and altered in dementia-inclusive ways. These environments include both places frequented most by persons living with dementia (e.g., their own homes, centre-based services, long-term care facilities) and the wider environment (e.g., public infrastructure, transport systems, arts and religious spaces, healthcare institutions, public offices).

DEFINING THE PHYSICAL & SOCIAL ENVIRONMENTS FOR PERSONS LIVING WITH DEMENTIA

There are mainly two types of environments to consider when designing a dementia-inclusive environment for persons living with dementia – the physical environment and the social environment. It is also important to take into account the ways these two types of environments interact with each other.

The World Health Organization (WHO) defines the physical and social environments as such:

PHYSICAL ENVIRONMENT

Refers to the immediate physical surroundings and spaces, including built infrastructure and elements, and industrial and occupational structures².

Examples (but not limited to):

- Roads, pathways, etc.
- Outdoor spaces
- Spatial layout
- Safety features
- Visual cues to orientation
- Lighting

SOCIAL ENVIRONMENT

Refers to the social relationships and cultural contexts within which a person lives.²

Examples (but not limited to):

- Social and economic processes
- Healthcare and community care programmes and services
- Cultural practices
- Religious institutions and practices

BENEFITS OF A WELL-DESIGNED & SUPPORTIVE PHYSICAL ENVIRONMENT

As dementia causes changes in the brain, it affects one's perception and experience of their environments, and consequently the way they interact with the environments and vice versa. Physical environments can thus either support persons living with dementia well, or create bigger problems for them.

Designing and building the physical environments to the experience, cognitive and functional abilities, sensory changes, needs and preferences, lifestyle patterns and life history of persons living with dementia can yield positive outcomes for them.

A well-designed supportive physical environment can have several benefits for persons living with dementia, such as:³

- Reduce behavioural changes, e.g., anxiety, agitation, disorientation, social withdrawal, etc.
- Support remaining cognitive and functional abilities (lower level of dependence in activities of daily living)
- Encourage positive behaviours, e.g., increased social contact
- Enable positive and meaningful engagement
- Provide a sense of comfort and continuity of care



ASPECTS OF PHYSICAL ENVIRONMENTS TO ADDRESS FOR A DEMENTIA-INCLUSIVE DESIGN

A physical environment has four types of elements:^{1,2}

FIXED

Features which are not movable and rarely change.

Examples: Building structure, Walls, Floors, Built-in cabinets, etc.

SEMI-FIXED

Features/objects which are movable and changeable.

Examples: Flooring material, Window and door materials, Pieces of furniture, etc.

NON-FIXED

Features/objects which are movable and changeable.

Examples: Wall decorations, Pictures, Activity materials, etc.

SENSORY QUALITIES

Attributes of an environment that interact with our five senses.

Examples: Lighting, Sound, Smell, etc.

The four types of elements are further illustrated below:



References

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NEED MORE TIPS?

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The Meaning of Life

In this issue, we invited Misrudin Anwar (affectionately known as 'Din') to compose three poems in Malay. Known as a 'pantun', the poems consist of even-numbered rhyming lines to express intricate ideas and emotions.

Din is 74 years old and was diagnosed with vascular dementia in April 2019 after suffering a stroke in August 2017. He was previously a German language teacher but often enjoyed writing Malay poems before the stroke. Din and his wife, Maya Anwar, are graduates of Voices for Hope, an empowerment programme at Dementia Singapore that aims to bring persons with dementia and their care partners on a self-advocacy journey.



Din and his wife, Maya Anwar

Jika merenung ke arah langit
Pada bintang pada bulan
Perasaan megah usahlah bangkit
Bongkak dan sombong engkau jauhkan

Ingatlah pada bumi
Pada rumput pada lumpur
Itulah tempat kita kan pergi
Itulah tempat jasad terkubur

Translation:

When gazing at the sky,
the stars and the moon.
Let pride pass you by,
do not let arrogance swoon.

Remember the Earth,
the grass, the mud.
Our final resting place
when our souls depart.



Din and his
granddaughter,
Lydia Yasmin



Sungguh indah bulan purnama
Terang menarik di balik awan
Lydia Yasmin cucu pertama
Akalnya cerdas wajah menawan

Translation:

Just as the lovely full moon,
is shining in the sky so bright.
So is Lydia Yasmin,
My brilliant and beautiful grandchild.

Ikat jerami di pohon kelapa
Jerami dibawa ke tepi muara
Jika kami mudah terlupa
Maafkan kami pesakit demensia

Ikat jerami milik cik nyonya
Untuk dibawa ke pulau seberang
Jika kami sering bertanya
Ingatan kami sudah berkurang

Translation:

Tie up the straw under coconut trees
Straw to be sent to the river banks
If we forget easily,
Excuse us, it's the dementia.

Tie up the straw from the nyonya
To be sent across the island
We repeat our questions
Because our memories have dampened.

Do You See What I See?

Experience the world through the lens of dementia

Do You See What I See?

Photo exhibition by persons living with dementia

Choong Wah King

Steven Lau Hwai Kien

Rodney Sterling Phillip Paglar

George Chong Kok Loong

Alison Lim

www.doyouseewhatisee.sg

The unfortunate truth about persons with dementia is that many a time, people may not pay enough attention to what they say or point out. Due to their condition or perhaps old age, we assume their minds may be playing tricks on them, or that their eyes are seeing a different, less important reality than what we see.

However, this is a belittling of the capacity of the power of their eyes. In reality, persons with dementia can express certain levels of understanding and perception through what they see, and in turn, the photographs that they capture.

To capture and immortalise their visual experiences, Dementia Singapore was proud to launch an online photo exhibition titled 'Do You See What I See', featuring photographs by five people living with young onset dementia, on 12 October 2021. Also known as our dementia self-advocates, the five amateur photographers belong to Dementia



Reflection by Steven Lau

Singapore's advocacy and empowerment group, the Forget-Us-Not Network.

Not only are the various photographs masterfully shot, but they also offer a glimpse of what the world looks like from the perspective of a person with dementia.

Take Mr Choong Wah King for instance, who is living with vascular dementia. Despite Choong slowly losing the ability to express himself through words, he manages to express himself beautifully through the photos he takes, using a portable palm-sized digital camera that he carries around in his pocket. The result? High-rise buildings, temples, and sunrises splashed in an array of colours and hues, capturing the essence of human touch and our world's transient nature.



Flying Over Sunrise by Choong Wah King



My Daughter by Alison Lim

For Ms Alison Lim however, who is living with progressive aphasia dementia, it is the mysteries of nature and the cycle of life which fascinate her. Alison's photos, which she takes using her mobile phone, depict an artistic usage of natural sunlight on her subjects - be it her pensive daughter donning a draped head scarf, or a bee quietly pollinating a vibrantly-coloured flower.

'Do You See What I See' is also part of Dementia Singapore's advocacy initiatives, as it aims to reduce the negative stigma in Singapore and showcase that despite dementia, people impacted by the condition can still contribute to society, and have their art be appreciated by all.

Explore 'Do You See What I See', the five featured artists, and the full photo gallery by scanning the QR code.



ONE with Dementia

Last year, Dementia Singapore collaborated with Singapore Press Holdings (SPH) Radio's One FM 91.3 in a unique fundraising and media partnership. Titled 'ONE with Dementia', the six-month partnership aims to tap into One FM's vibrant airwaves to spread more public awareness about dementia and the niche topics related to the condition.

To kick off the partnership in September 2021, weekly interviews were held on 'The Big Show' – One FM's morning drive show with veteran DJs The Flying Dutchman, Glenn Ong and Angel Teo – with the first interview on 8 September 2021 featuring Dementia Singapore CEO, Mr Jason Foo. On a live radio and Facebook Live simulcast, Mr Foo spoke about our recent successful rebrand from Alzheimer's Disease Association, common misconceptions about dementia, and key programmes and services for the dementia community.



Mr Jason Foo, CEO of Dementia Singapore, on The Big Show TV, 8 September 2021.

Other interview topics, aimed at increasing dementia education and touching the hearts of listeners, included the launch of DementiaHub.SG, common caregiver challenges and how we can better support caregivers in

Singapore, and the importance of dementia advocacy. And from now till the end of February 2022, guests and self-advocates led by Dementia Singapore will continue to appear on 'The Big Show' on alternate Wednesday mornings.

With a fundraising goal of half a million dollars, the 'ONE with Dementia' partnership also features a series of commercials and radio spots to continue driving donations.



Mr Sherwan Sharip, Director of Fundraising and Volunteer Management, shared about our constant drive and need for fundraising on the 15 September 2021 show.

Keppel Charity Golf Tournament 2021

For a second year running, Dementia Singapore was honoured to be selected as one of 18 beneficiaries as part of the 51st Annual Keppel Charity Golf tournament. Held on 17 October 2021, the charity golf tournament was graced by guest-of-honour President Halimah Yacob.

Representing Dementia Singapore was Director of Fundraising and Volunteer Management, Mr Sherwan Sharip, who attended the charity golf event and participated in the fun-filled buggy drive-by in appreciation of the \$60,000 donation.

As always, all donations will help bolster Dementia Singapore's programmes, services and operations, as well as provide immediate resources to our beneficiaries and support their families in their dementia care journey. Thank you, Keppel Club!



Colourful and heartfelt 'Thank You' cards made by our clients with dementia, to show their appreciation to the donors of the Keppel Charity Golf Tournament

Make a Difference

Donate to our 'ONE with Dementia' fundraising campaign, in collaboration with Singapore's radio station, ONE FM 91.3.



Scan and donate now!



In partnership with **onefm 91.3**

Amplifying Virtual Experiences with Our Youths

2021 proved to be a year of discovering innovative virtual means to engage our clients and reach out to the community together with our volunteers. In this edition, we put the spotlight on our youth volunteers who navigated this journey with us, oftentimes leading the way.

From engaging our clients and caregivers to raising greater awareness about dementia amongst their peers, youth volunteers from schools such as Hwa Chong Institution, Singapore Management University, Republic Polytechnic, and Nanyang Polytechnic have been supporting us in different ways.



From left to right: David, Joshua, Isaac, Clarence and Reyes, members of Project CURAE

"CURAE-TED" EXPERIENCES

Project CURAE from Hwa Chong Institution is one such group. Taking the baton from their seniors who volunteered with us throughout 2020, Joshua Ng, Clarence Loi, Isaac Kok, David Cho and Reyes Liong conducted a series of virtual activities like trivia games and arts and crafts for clients and caregivers at FUN Club. These inspiring young volunteers also have an Instagram page, @project_curae where they share bite-sized information about dementia, myths, and other interesting facts to encourage peer learning.



The lovely student volunteers from Project CURAE also gifted our clients some brushes to hone their calligraphy skills!

Expressing his gratitude, group leader Isaac shared, "I especially thank the clients like Uncle Steven who taught me a lot." Echoing similar sentiments was David, whose grandparent is living with dementia. He shared that it was enriching for him to learn about communicating with persons with dementia through regular volunteering.

The team has since handed over their duties to a new batch of volunteers who will continue Project CURAE's good work in the new year.

#YOUTHSFORDEMENTIASINGAPORE

We were also supported by three teams of volunteers from Republic Polytechnic who actively engaged our clients at our care centres, while creatively educating their peers on dementia.

Through virtual sessions led by students from the Local Service-Learning Project and DEAFining interest group, our clients were delighted in a National Day festive-themed party. Party activities included teaching our clients how to sign from 1 to 10 and A to Z, as well as hosting a fun-filled Bingo game and seated exercises for them.

Indeed, our youths and clients had a blast interacting with each other, as evident from the laughter and enthusiasm on both sides throughout the sessions! The youth volunteers were very encouraged by the positive response from our clients during the activities that they had planned.

The final set of sessions from Republic Polytechnic was a series of interactive webinars interspersed with polls, quizzes and live skits called, "I'll Remember You". This series is the brainchild of Emelia Tang, Lee Wan Ling, Chloe Goh, Felicity Oh, Annabelle Neo and Joey Wee for their Community Leadership Initiative Project. Complemented by their Instagram page (@iwillrmbyou), which is filled with information about dementia, the team set forth to generate awareness about the condition amongst their peers.

Sharing about the team's main source of encouragement was Felicity, who said, "What kept me motivated is the need to raise awareness about dementia, especially amongst youths. It is so important to ensure the next generation understands the condition so that we can be more accepting of persons living with dementia."

Wan Ling opined that dementia is a condition that Gen Z youths may overlook or not be aware of. Summarising the team's experience, she said,



All touchpoints checked!: Personalised Zoom backgrounds, a creative marketing campaign, and interactive content for our dementia community!



Our clients at New Horizon Centre (Bukit Batok) in action!

"My team wanted to shed light on dementia to our peers. Hence, we experimented with live skits which resulted in good feedback from the participants. We thank Dementia Singapore for this opportunity!"

The team pioneered the hashtag - #YouthsForDementiaSingapore - encouraging peers to take on a pledge of action towards building a dementia-inclusive society.

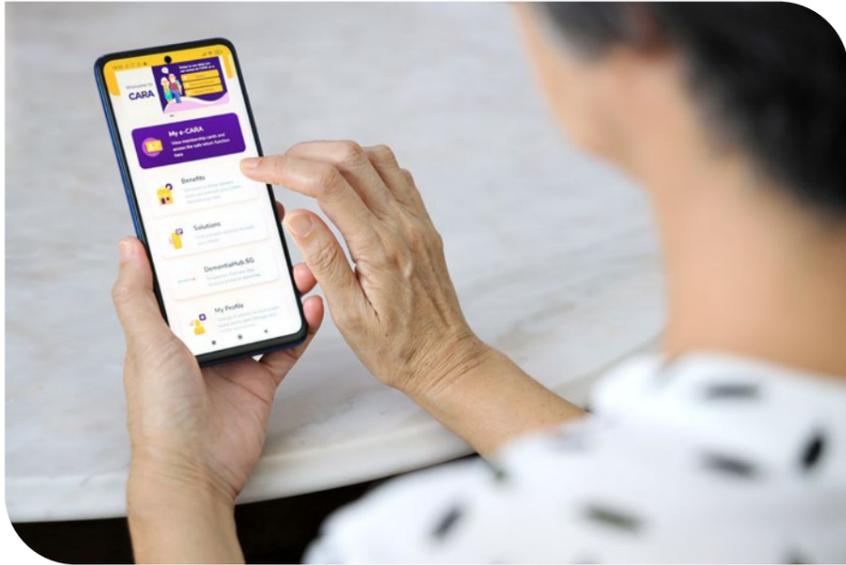
Dementia Singapore thanks all our youth volunteers for investing their time and leading the way in creating meaningful engagements, that in turn inspire us to enhance the youth volunteerism and leadership landscapes in Singapore. Here's to our future changemakers who continue to step up to serve the communities that need our support the most. Thank you all of you who make our reality (virtual or otherwise), better!

Find out more about volunteering with us at dementia.org.sg/volunteer.



Discover

CARA



A Pioneering Dementia Membership Programme by Dementia Singapore

As the first-of-its-kind in the world, CARA is a lifestyle and community mobile application that delivers the most innovative care solutions across the journey of living with and caring for dementia.

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Get acquainted with CARA and its full suite of features on page 2.



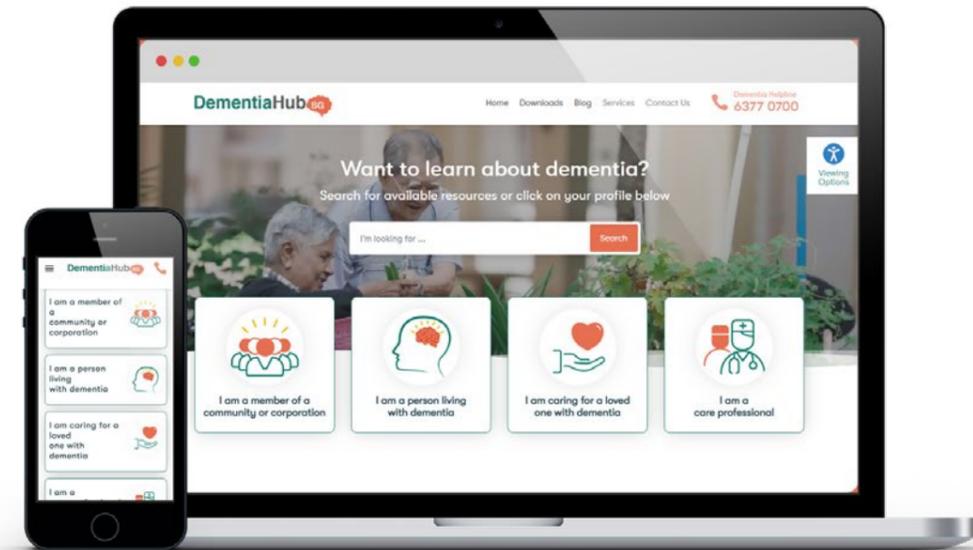
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DementiaHub SG

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.

DementiaHub.SG is brought to you by:



Scan the QR code to access DementiaHub.SG, Singapore's one-stop resource portal on dementia.



Join us in supporting the dementia cause today!



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 dementia.org.sg/volunteer

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 dementia.org.sg/vod

SCAN TO DONATE



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 (SSA) in specialised dementia care, Dementia Singapore aims to advocate for the needs of people living with dementia and their families; empower the community through capability-building, knowledge and consultancy; and deliver quality, person-centred care innovations.

Dementia Helpline

 6377 0700

 Monday - Friday: 9.00am - 6.00pm
Saturday: 9.00am - 1.00pm

Headquarters

Caregiver Support Services

Dementia Singapore Academy

Family of Wisdom (Bendemeer)

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

 Monday - Friday: 9.00am - 6.00pm

Dementia Social Club

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

 Monday: 2.00pm - 4.30pm
Tuesday - Friday: 9.30am - 12.00pm,
2.00pm - 4.30pm

New Horizon Centre (Bukit Batok)

 Blk 511 Bukit Batok Street 52, #01-211,
Singapore 650511

 Monday - Friday: 7.30am - 6.30pm

New Horizon Centre (Jurong Point)

 1 Jurong West Central 2, #04-04,
Jurong Point Shopping Centre,
Singapore 648886

 Monday - Friday: 7.30am - 6.30pm

New Horizon Centre (Tampines)

 Blk 362 Tampines Street 34, #01-377,
Singapore 520362

 Monday - Friday: 7.30am - 6.30pm

New Horizon Centre (Toa Payoh)

 Blk 157 Toa Payoh Lorong 1, #01-1195,
Singapore 310157

 Monday - Friday: 7.30am - 6.30pm

DEMENTIA IN NUMBERS

3 in 4

of people with
dementia globally
are undiagnosed.



Clinician stigma is
still a major barrier to
diagnosis, with
1 out of 3
believing that nothing
can be done.



90%

clinicians identified
additional delays/wait
times due to COVID-19.



Source: World Alzheimer Report 2021 - Journey through the diagnosis of dementia

Editorial Team

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    Find us @DementiaSingapore