



## MEDIA RELEASE

**EMBARGOED TILL 5 MARCH 2022, 12PM**

# Prime Minister Lee Hsien Loong Launches Dementia Assisted Living Facility In Kebun Baru To Support Residents Ageing In Place

*Dementia Singapore and Kebun Baru grassroots hope new affordable model-of-care for frail seniors, including those with dementia, will be replicated in other neighbourhoods*



*IDeAL @115 in Kebun Baru is a new model-of-care for seniors with dementia to age in place within their communities. Photo: Dementia Singapore*

**SINGAPORE (5 March 2022)** – In a big step towards building a dementia-inclusive society, Kebun Baru has partnered Dementia Singapore in creating a new model-of-care for seniors, including those with dementia, to age in place within their communities. This project is an extension of the existing close partnership between Kebun Baru and Dementia Singapore since 2019.

Launched on 5 March 2022 by Prime Minister Lee Hsien Loong and Mr Kwek Hian Chuan Henry, Adviser to Kebun Baru Grassroots Organisations (GROs), the **Integrated Dementia (Home-based) Assisted Living (IDeAL@115)** project seeks to assist vulnerable and frail seniors, including those with dementia, through coordinated support and monitoring. As of March 2022, 40 identified residents living in the rental flats at Block 115 Ang Mo Kio Avenue 4 have been enrolled in the programme to benefit from its support and services. **IDeAL@115** offers its services



for free and has plans to expand the pilot to more seniors in Ang Mo Kio in time to come.

Tapping on technology as well as coordinated services and activities from the community, the **IDeAL@115** pilot aims to maximise the seniors' potential to live in the community, age in place, and lead independent lives for as long as possible with Person-Centred Care support, delaying the time that the seniors will need to be placed in a long-term care facility.

The **IDeAL@115** project reflects the findings from a recent survey by the Housing & Development Board (HDB) in February 2021, which found that more elderly residents in Singapore prefer to age in place. The survey also found that more than four in 10 were willing to stay at assisted living facilities should there be a need to, so that they can have access to professional medical and nursing care.

Said Mr Kwek Hian Chuan Henry, Adviser to Kebun Baru GROs: "Many vulnerable seniors live in the rental flats in Ang Mo Kio. Some of them are in frail health and lack social and familial support. Over the years, our befrienders have helped to attend to their health, financial and social needs. But befriending these seniors alone is not sufficient; we learnt that they may require a much higher level of support. We also learnt that social care is the secret ingredient to improving the health of our frail. As such, we decided to retrofit Block 115, to offer in-situ assisted living services for frail seniors. We do so by fusing together healthcare, social care, technology and financial support from our partners, our volunteers, and government agencies. We care for them like they are our family, and our services are offered for free."

Dementia Singapore CEO, Mr Jason Foo, said **IDeAL@115** is created to be an inclusive, elderly-and-dementia-friendly enclave for the residents. He added: "We hope that **IDeAL@115** will serve as a model-of-care that can be replicated in neighbourhoods across Singapore to empower the growing silver population to age comfortably in place."

Dr Chen Shiling, Board Member and Chairman of the Programme & Services Committee at Dementia Singapore, said: "These seniors – including those who display symptoms of dementia but have not yet been formally diagnosed – require assistance and close supervision, both in their basic activities of daily living (BADLs), such as personal hygiene, dressing, toileting and eating, as well as instrumental activities of daily living (IADLs), including housekeeping, doing the laundry, cooking and handling finances and medications."



**IDeAL@115** operates from a centralised “brain space”, comprising four units located on Level 2 of Block 115 Ang Mo Kio Avenue 4. It will be supported by full-time staff as well as part-time staff and volunteers, who will provide the following services:

- **Administrative Office:** To facilitate coordination between different healthcare and assisted living service providers, community partners and volunteers, to meet the needs of the seniors. The Office also leverages assistive technology such as tracking devices, teleconsultations, fall detection devices and remote monitoring, to empower the seniors to live with dignity and autonomy within a familiar, safe and secure environment.
- **Central Kitchen:** Together with a shared laundry area, the Kitchen provides support to seniors who require assistance in their BADLs and IADLs.
- **Activity Room:** To conduct small group cognitive activities according to the seniors’ interests.
- **Telehealth Room:** For seniors to be regularly assessed on their health status, as well as counselling or consultations with other service providers, pro bono doctors, community nurses, counsellors and occupational therapists.

Besides providing coordinated support and monitoring, the pilot will also provide education, awareness and activities to all at-risk seniors living in Block 115, as part of dementia prevention efforts.

Dr Chen, who is also a physician specialising in dementia care at Khoo Teck Puat Hospital and Tsao Foundation, added: “For the other seniors in Block 115 who do not have dementia, they are at risk and need to be made aware of the signs and symptoms of dementia, as well as what they can do to reduce the risk. They should be monitored regularly so that if they do display signs of dementia, action can be taken as soon as possible to help them slow down the progression of the condition.”

Kebun Baru GROs also work closely with **IDeAL@115** to organise activities for the seniors so as to empower them to lead a more meaningful and active lifestyle, and at the same time prevent social isolation, promote neighbourliness and strengthen the bonds among residents. Kebun Baru Community Development Welfare Fund (CDWF) supports these seniors financially with fundings for fumigation and financial assistance.



Since its operation in November 2021, various community and corporate partners, foundations, donors, and volunteers have stepped forward to support the pilot project. Volunteers from Salem Welfare Services befriend seniors to provide support and companionship to the seniors, as well as updates on their social well-being to the staff of **IDeAL@115**. St Luke's Eldercare not only helps conduct senior-friendly exercises on a weekly basis to keep them active and healthy, but they also provide physiotherapy for seniors who require it. **IDeAL@115** also receives daily food donations which the volunteers cook and distribute, resulting in delicious healthy lunches for the seniors.

To launch the IDeAL@115 project, Prime Minister Lee Hsien Loong will be putting up the finishing touches with a paint brush to the wall mural at the void deck of Block 115. Adviser to Kebun Baru GROs Mr Kwek Hian Chuan Henry will be joining him in completing the painting. The launch signifies the commencement of the new model-of-care for seniors with dementia living in Kebun Baru to age in place.

Mr Kwek said, "It takes a village to truly support our vulnerable seniors, so that they can enjoy their autumn years in a meaningful and autonomous manner. Dementia Singapore and our grassroots volunteers have been touched by the outpour of support from the larger community. We are touched to have established partners with dedicated staff who lean forward for that extra mile whenever they can. We also see kind-hearted everyday Singaporeans stepping forward to help, be it healthy seniors volunteers who cook and clean every day, or volunteers who braved COVID-19 during the dark days of Circuit Breaker to deliver food, rain or shine, or our renovation contractor who rack their brains on how to build quality finishings at the absolute lowest cost. Imagine what more we can do for our vulnerable seniors, if we can scale up this collective compassion, within and beyond Kebun Baru!"

Dementia Singapore and Kebun Baru believe **IDeAL@115** will prove to be a viable and sustainable solution for frail seniors, including those with dementia, to age in place.

Said Dementia Singapore CEO Mr Foo: "Dementia Singapore advocates ageing in place – this can only be possible by having an inclusive, dementia-friendly community. More importantly, we should give persons with dementia a choice to choose how and where they want to live."

- END -



Thanks to the excellent supporters and generosity of the kind donors:

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- Tan Tock Seng Hospital - Community Health Team
- Thye Hua Kwan Moral Charities (AMK Cluster Support and AMK SAC@ 257)
- MSF SSO @ AMK
- St Luke's Elder Care Ltd
- Government Technology Agency
- Ang Mo Kio Family Service Centre
- Mr Michael Sim
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**ABOUT PEOPLE’S ASSOCIATION**

The [People’s Association](http://www.pa.gov.sg) (PA) is a statutory board established on 1 July 1960 to promote racial harmony and social cohesion, and to act as a bridge between the Government and the people. We offer a wide range of community [programmes](#) and volunteering opportunities for Singaporeans from all walks of life. Our network includes close to 2,000 [Grassroots Organisations](#) (GROs), over 100 Community Clubs, five Community Development Councils, National Community Leadership Institute and PAssion WaVe. More information at [www.pa.gov.sg](http://www.pa.gov.sg).

**ABOUT 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.

For more information, visit <http://dementia.org.sg>.

## ANNEX

Room	Description / Pictures
Administrative Office	<p>To facilitate coordination between residents and the different service providers, community partners and volunteers.</p> <p>The office also houses IDeAL@115's CCTV system and security area.</p> 

### Telehealth Room

In collaboration with Tan Tock Seng Hospital, the Telehealth Room is for residents to conduct teleconsultation services with GPs, polyclinics, counsellors, occupational therapists, or other service providers.





Activity  
Room

To conduct small group cognitive activities according to the seniors' interests, such as iPad games, board games, reminiscence therapy and gardening.



## Central Kitchen

The Kitchen's main role is to provide a daily lunch (either fully cooked, or the raw ingredients) to Blk 115 households that are lacking in nutrition. For seniors who are able, they are encouraged to personally collect their lunches here, to promote some physical movement and social interaction with fellow residents and staff.

The Central Kitchen also maintains a shared laundry area, for seniors who require help with their heavy washing and hanging.

