



FOR A DEMENTIA-INCLUSIVE SINGAPORE

COMMUNITY LIVING RESOURCE

(ANG MO KIO EDITION)

CONTENTS

4

FOREWORD

How to utilise this
Community Living Resource
(Ang Mo Kio Edition)

6

SELF-CHECKLIST

What to make of the changes
happening to you or someone
you care about

9

KIND & CARE

How to communicate with
people living with dementia

10

IS SOMEONE LOST?

What to do when someone
with dementia is disoriented

12

STAGES AND SYMPTOMS OF DEMENTIA

Symptoms at different
stages of dementia

14

A-B-C: THE ACTIVE- BEFRIENDING-CARE (ABC) WAY TO LIVING WELL

How to lead a quality
life with dementia

16

QUICK GUIDE TO SERVICES

Different services in Ang Mo Kio
for people living with dementia

60

OTHER USEFUL RESOURCES

Materials to help people
living with dementia and
their caregivers

62

ABOUT US

Information on Dementia
Singapore and its partners

FOREWORD



Singapore's population is ageing rapidly. Currently, one in 10 people aged 60 and above may have dementia. By 2030, an estimated 150,000 people in Singapore may live with the condition.

Many people living with dementia are our loved ones, family, colleagues, friends and neighbours. They face daily challenges grappling with the cognitive decline brought about by the condition.

As a community, how can we best help them live well with dementia and age in place meaningfully and

happily?

Put together by the Ang Mo Kio Partners' Network (AMKFSC Community Services, AWWA, Dementia Singapore, Tan Tock Seng Hospital and TOUCH Community Services), this Community Living Resource is a compilation of local amenities and services that Ang Mo Kio residents can tap on to live well in the community despite dementia. With an inclusive and dementia-friendly community in mind, these pages will empower and resource persons living with dementia and their families to continue living well



For more information, scan QR code or go to dementia.org.sg/campaigns/CLR/AMK

at home regardless of the stage of dementia.

Within this booklet you will find:

- A self-checklist to empower all to be aware and take responsibility;
- Knowledge of the different stages of dementia;
- How to live well at each stage of the condition;
- A quick guide to the services available for persons living with

dementia and their families;

- Maps featuring community spaces that empower persons with dementia to continue living well in the community; and many more.

We hope you will find this Community Living Resource helpful as we work together to build an inclusive and dementia-friendly Ang Mo Kio.



SELF-CHECKLIST

Source: Alzheimer's Association (US): Know The 10 Signs — Early Detection Matters

Have you noticed these changes happening to you or someone you care about?



Recent memory loss causing disruption to daily life

- ☐ Have you been told that you keep repeating the same things?
- ☐ Do you find an increasing need to rely on different ways — such as using reminder notes — to remember things?
- ☐ Can you recall what you heard five minutes ago?

It's age, not dementia: Forgets names or appointments but remembers them later.



Confusion over places and time

- ☐ Do you get lost in places that you frequent?
- ☐ Do you have trouble recalling the date and need someone to remind you?
- ☐ Do you sometimes forget where you are or how you got there?

It's age, not dementia: Confuses the day of the week but figures it out later.



Problems with visual perception

- ☐ Do you have trouble judging distances?
- ☐ Do you have trouble understanding images that are not straightforward or realistic?
- ☐ Do you have difficulty determining colour or contrast?

It's age, not dementia: Vision becomes blurred due to cataract.



Difficulties in planning, thinking and problem-solving

- ☐ Can you make a shopping list and go shopping on your own?
- ☐ Can you take a bus, train or car on your own?
- ☐ Can you manage your finances or pay rent and utilities independently?

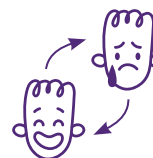
It's age, not dementia: Occasionally errs when managing finances.



Difficulties in communication

- ☐ Do you have trouble following or joining a conversation?
- ☐ Do you stop mid-conversation and don't know how to continue?
- ☐ Do you name things wrongly and struggle to communicate?

It's age, not dementia: Can't find the right words to express yourself at times.



Changes in mood, behaviour and personality

- ☐ Have you noticed changes in your behaviour and personality?
- ☐ Are you easily upset at home, at work or when outside your comfort zone?
- ☐ Do you become confused, suspicious, depressed, fearful or anxious for no obvious reason?

It's age, not dementia: Has specific ways of doing things and becomes irritable when a routine is disrupted.



Withdrawal from work or social activities

- ☐ Do you have trouble remembering how to complete a favourite hobby?
- ☐ Have you lost interest in social activities and hobbies you used to enjoy?
- ☐ Do you avoid meeting with friends because of changes you are experiencing?

It's age, not dementia: Occasionally tired of work, family and social obligations.



Difficulties completing familiar tasks

- ☐ Do you have trouble completing familiar tasks such as making a phone call, driving or doing the laundry?
- ☐ Do you have trouble finding your way to a familiar location?
- ☐ Do you forget the rules to your favourite game or sport?

It's age, not dementia: Sometimes needs help to use something new.



Misplacing things and failing to retrace steps

- ☐ Do you leave things in unusual places, such as putting your reading glasses in the fridge?
- ☐ Do you lose things and fail to retrace your steps to find the misplaced items?
- ☐ Do you mistake others of stealing your things?

It's age, not dementia: Misplaces things from time to time but can still retrace steps to find them.



Reduced or poor judgment

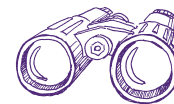
- ☐ Do you lose the instinct to know what is dangerous and unsafe, such as touching a hot kettle or crossing the road with ongoing traffic?
- ☐ Do you mishandle money, such as giving away large amounts to strangers?
- ☐ Do you pay less attention to your hygiene and tidiness?

It's age, not dementia: Makes bad decisions occasionally.

This checklist is just a guide and does not replace a proper/formal assessment and medical diagnosis.

If you or someone you care about is experiencing any of these 10 Common Signs of Dementia, please see a doctor to identify the cause.

BE KIND TO PERSONS WITH DEMENTIA



Keep a lookout for people who show signs of dementia



Interact with patience



Notice their needs and offer help



Dial for help

COMMUNICATE WITH CARE



Use **clear** and simple language when talking



Acknowledge his/her concerns



Be **respectful** and reassuring



Engage to provide comfort and build trust

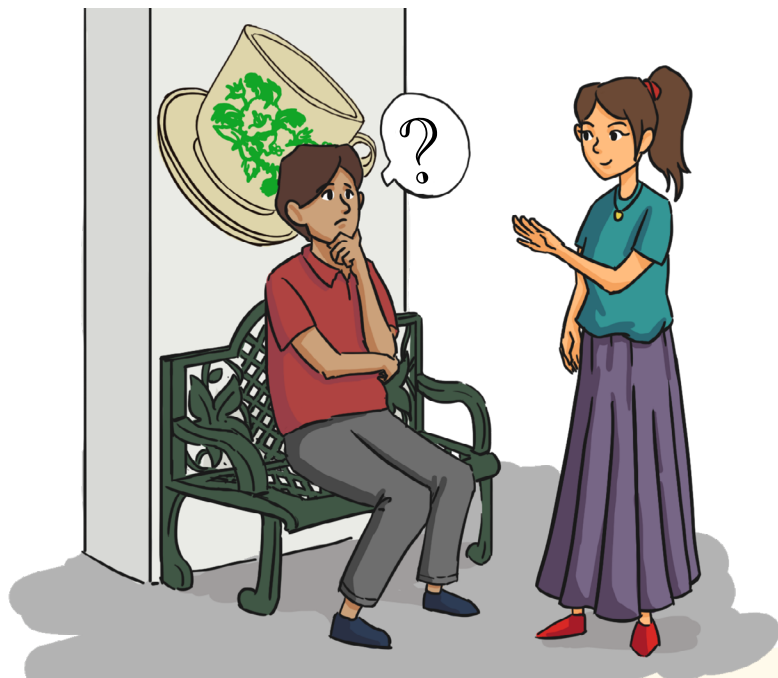
WHAT TO DO IF SOMEONE YOU CARE ABOUT IS LOST

"My loved one with dementia is missing! What should I do?"

File a police report at the nearest Neighbourhood Police Post/Centre (no need to wait for 24 hours)

The **police** will need the following:

1. Latest **photo** of missing person with dementia
2. Full **name** and **age**
3. Last seen **attire**
4. Last seen **location** and frequent haunts
5. If missing person is known to **Social Service Agencies** (for example, if he/she attends a Dementia Day Care)



WHAT TO DO IF YOU FIND SOMEONE WHO IS LOST

"I am lost. Can you take me home?"

Interact with **KIND** and **CARE**

Is he/she carrying any form of **identification**? (e.g. NRIC, CARA Membership Card, AIC ICED sticker)

Yes

Can you establish any contact number or address of **family, friend** or **guardian**?

Yes

Call the **family, friend** or **guardian**

Continue chatting with him/her until **family, friend** or **guardian** arrives

No

Can he/she give you any contact number or address of **family, friend** or **guardian**?

No

Take to nearest **Dementia Go-To-Point** or **Neighbourhood Police Post/Centre**

Can the **Dementia Go-To-Point** personnel or **police** establish the identity of lost individual and contact the **family, friend** or **guardian**?

Yes

Contact the **family, friend** or **guardian**

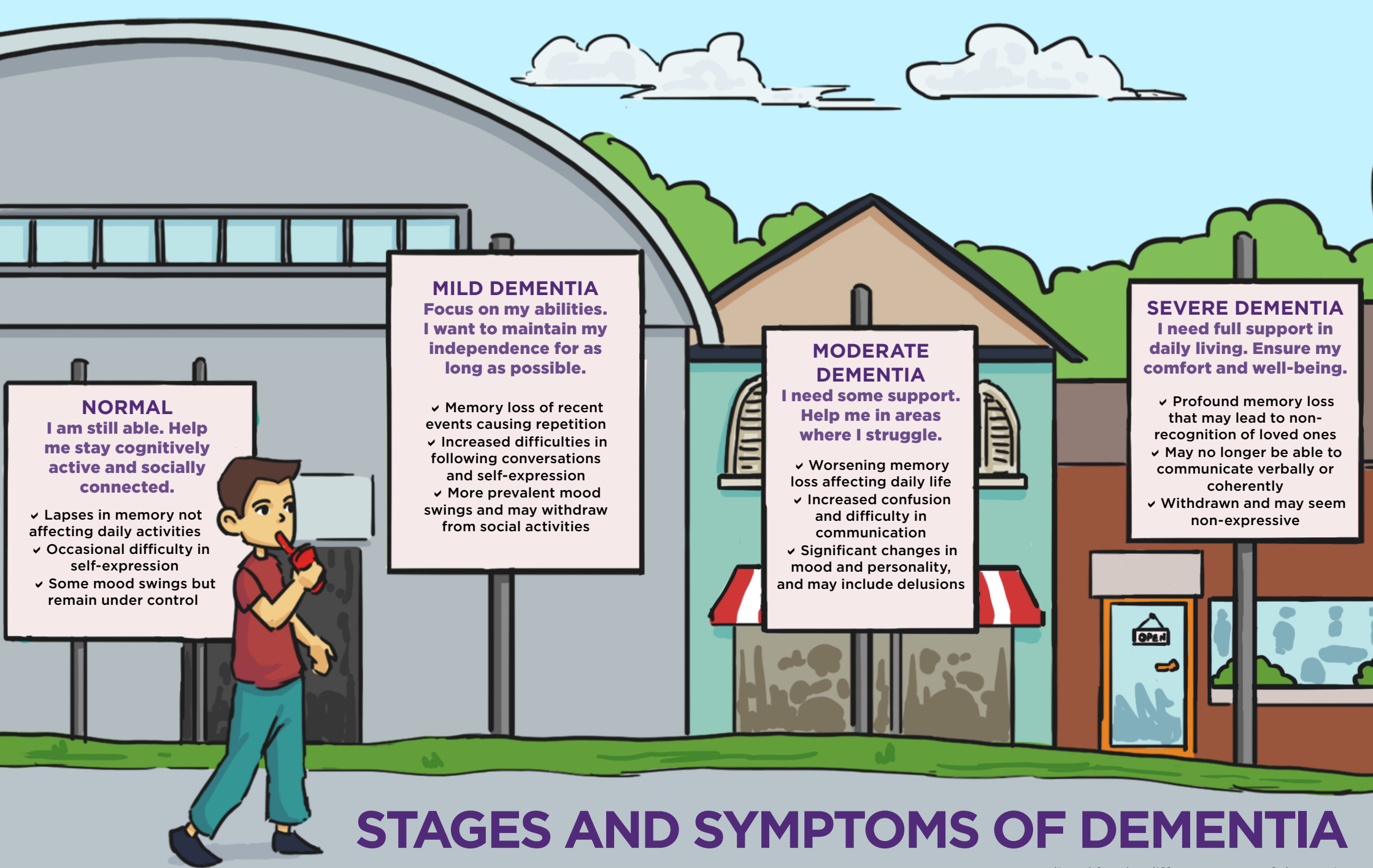
No

Establish if further support is needed through **Grassroots** or the **Ministry of Social and Family Development**

GPS-enabled devices can be used to track the whereabouts of persons with dementia (page 40)

CARA, a free dementia membership programme by Dementia Singapore, offers personalised support and benefits. Scan the QR code to find out more





NORMAL

I am still able. Help me stay cognitively active and socially connected.

- ✓ Lapses in memory not affecting daily activities
- ✓ Occasional difficulty in self-expression
- ✓ Some mood swings but remain under control

MILD DEMENTIA

Focus on my abilities. I want to maintain my independence for as long as possible.

- ✓ Memory loss of recent events causing repetition
- ✓ Increased difficulties in following conversations and self-expression
- ✓ More prevalent mood swings and may withdraw from social activities

MODERATE DEMENTIA

I need some support. Help me in areas where I struggle.

- ✓ Worsening memory loss affecting daily life
- ✓ Increased confusion and difficulty in communication
- ✓ Significant changes in mood and personality, and may include delusions

SEVERE DEMENTIA

I need full support in daily living. Ensure my comfort and well-being.

- ✓ Profound memory loss that may lead to non-recognition of loved ones
- ✓ May no longer be able to communicate verbally or coherently
- ✓ Withdrawn and may seem non-expressive

STAGES AND SYMPTOMS OF DEMENTIA

Note: Symptoms listed for the different stages of dementia are not exhaustive and may overlap through the stages. Progression of the condition also varies between individuals.

THE ACTIVE-BEFRIENDING-CARE (ABC) WAY TO LIVING WELL



NORMAL NO APPARENT CHALLENGES IN DAILY LIFE AND ACTIVITIES	MILD DEMENTIA MAY HAVE TROUBLE PERFORMING FAMILIAR BUT COMPLEX ACTIVITIES	MODERATE DEMENTIA INCREASED DIFFICULTY IN SELF-CARE, NEEDS HELP IN SOME ASPECTS OF DAILY LIFE	SEVERE DEMENTIA LOSS IN PHYSICAL ABILITIES, NEEDS FULL SUPPORT WITH DAILY LIFE AND ACTIVITIES
<ul style="list-style-type: none"> • Attend and engage in activities organised by local Volunteer Centres, Community Clubs, and Active Ageing Centres • Adopt a healthy and balanced diet, and get enough sleep 	<ul style="list-style-type: none"> • Keep to a routine for physical and mental activities • Maintain a healthy schedule for meals and sleep 	<ul style="list-style-type: none"> • Do regular exercises as much as physically possible • Maintain a balanced diet and get enough sleep and rest 	<ul style="list-style-type: none"> • Encourage movement of limbs and engage through sight, smell, taste, touch and hearing
<ul style="list-style-type: none"> • Make new social connections and stay connected with family and friends 	<ul style="list-style-type: none"> • Request for a befriender for additional companionship and keep regular contact with loved ones and friends 	<ul style="list-style-type: none"> • Request for a befriender's visit for additional companionship and support (especially for homebound individuals) 	
<ul style="list-style-type: none"> • Consult a doctor when feeling anxious/sad/worried • Consider and arrange for care planning that constitutes health, finance and legal matters while decision-making capacity is intact 	<ul style="list-style-type: none"> • Adhere to medical appointments and take medication as prescribed • Consult a doctor or contact dementia helplines for details on available support • Consider regular engagements at a dementia day care centre 	<ul style="list-style-type: none"> • Ensure a safe home environment • Consult local service providers for details on available services • If staying at home is no longer a safe option, consult a doctor or local service providers on alternate living arrangements 	

QUICK GUIDE TO SERVICES



18

SOCIAL ACTIVITIES



26

MEDICAL & HEALTHCARE



32

CARE & SUPPORT



40

SAFETY & MONITORING



44

LIVING ARRANGEMENTS



48

PLANNING AHEAD



50

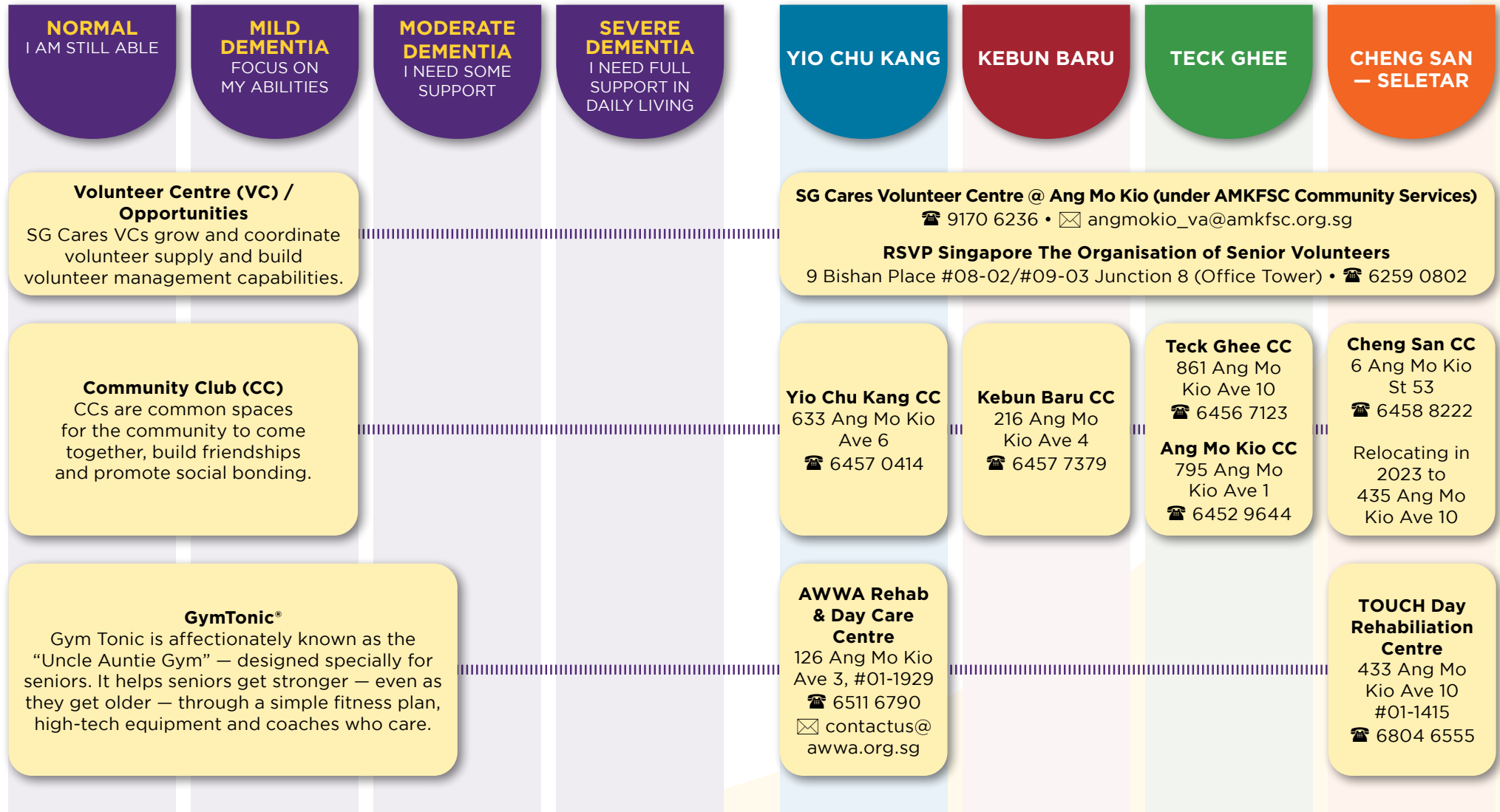
CAREGIVER SUPPORT

This directory is not exhaustive and does not determine service boundary but is based on the nearest service provider. Consult your Healthcare or Social Service Provider to discuss individualised planning and preliminary evaluation of the suitability of services to meet your needs. Listing is accurate as of September 2022.

For more information, call
CREST | AIC | Dementia Helplines.



SOCIAL ACTIVITIES FOR DIFFERENT STAGES OF DEMENTIA



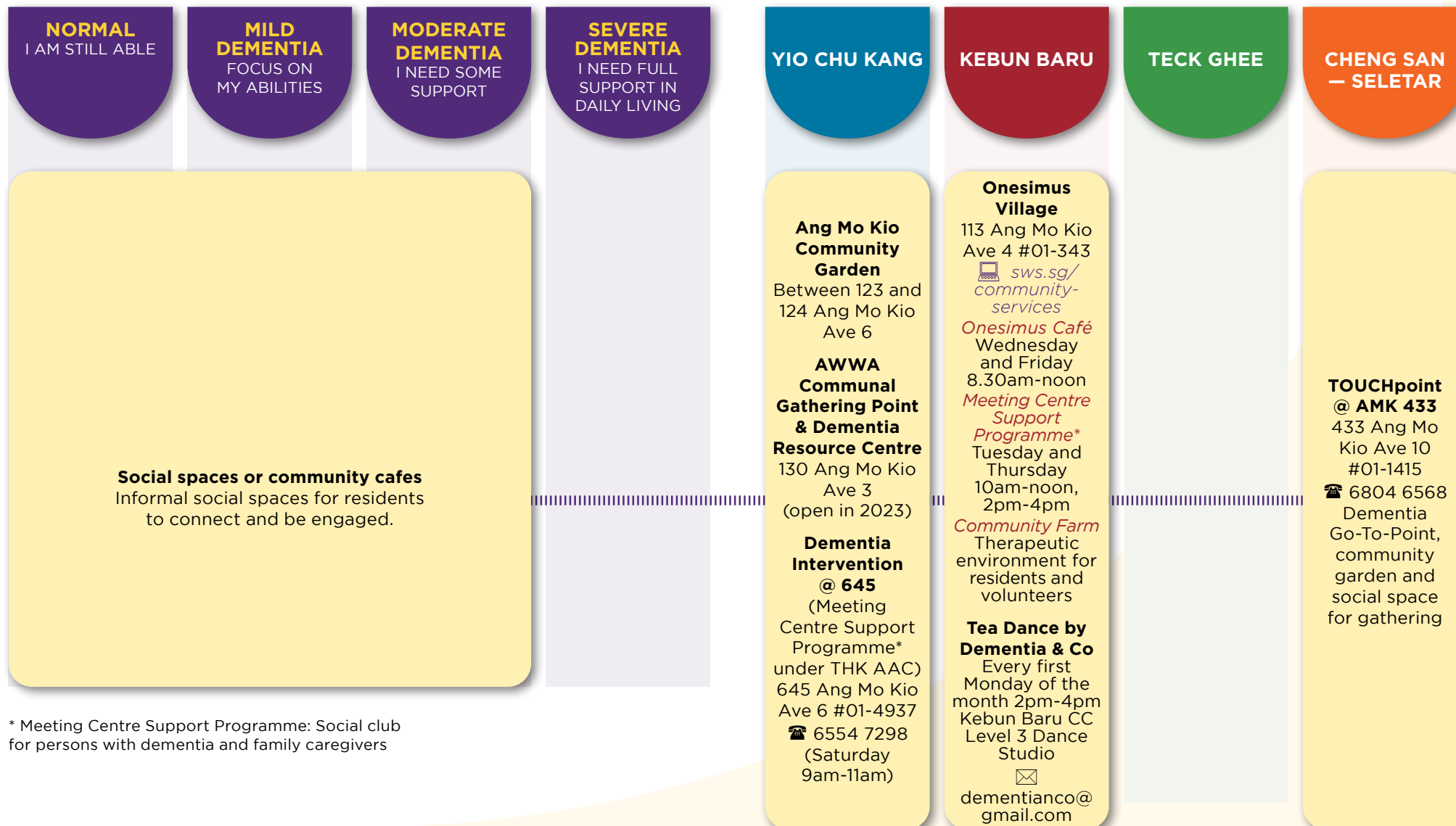


SOCIAL ACTIVITIES FOR DIFFERENT STAGES OF DEMENTIA

NORMAL I AM STILL ABLE	MILD DEMENTIA FOCUS ON MY ABILITIES	MODERATE DEMENTIA I NEED SOME SUPPORT	SEVERE DEMENTIA I NEED FULL SUPPORT IN DAILY LIVING	YIO CHU KANG	KEBUN BARU	TECK GHEE	CHENG SAN — SELETAR
<div>Senior Activity Centre (SAC) / Active Ageing Centre (AAC) A recreational centre supporting seniors living nearby. AACs provide activities to keep seniors engaged and befriending services for vulnerable seniors. They can also make referrals for care services when required. Centres also welcome seniors who want to volunteer, such as helping out with centre activities, visiting lonely seniors or running errands for other seniors.</div>				<div>AWWA AAC 123 Ang Mo Kio Ave 6 #01-4011 ☎ 6511 6690</div> <div>THK AAC 645 Ang Mo Kio Ave 6 #01-4937 ☎ 6554 7298</div>	<div>MWS Kebun Baru AAC 180 Ang Mo Kio Ave 5 #01-2980 ☎ 6238 4136</div> <div>THK AAC 257 Ang Mo Kio Ave 4 #01-67 Kebun Baru View ☎ 6459 9139</div>	<div>THK AAC 208 Ang Mo Kio Ave 1 #01-1019 ☎ 6456 2611</div> <div>Lions Befrienders SAC 318 Ang Mo Kio Ave 1 #01-1453 ☎ 6681 4900</div> <div>MWS SAC 307D Ang Mo Kio Ave 1 #01-01 ☎ 6684 0341</div> <div>ComNet@469 Teck Ghee 469 Ang Mo Kio Ave 10 #01-940 ☎ 6451 0898</div> <div>ComNet@420 Teck Ghee 420 Ang Mo Kio Ave 10 #01-1143 ☎ 6453 5364</div>	<div>ComNet@510 Cheng San 510 Ang Mo Kio Ave 8 #01-2556 ☎ 6251 1358</div> <div>Cornerstone Senior Centre 591A Ang Mo Kio St 51 #01-35 ☎ 6988 6967 or 6250 0383</div> <div>TOUCHpoint@AMK 433 433 Ang Mo Kio Ave 10 #01-1415 ☎ 6804 6568</div>



SOCIAL ACTIVITIES FOR DIFFERENT STAGES OF DEMENTIA



* Meeting Centre Support Programme: Social club for persons with dementia and family caregivers



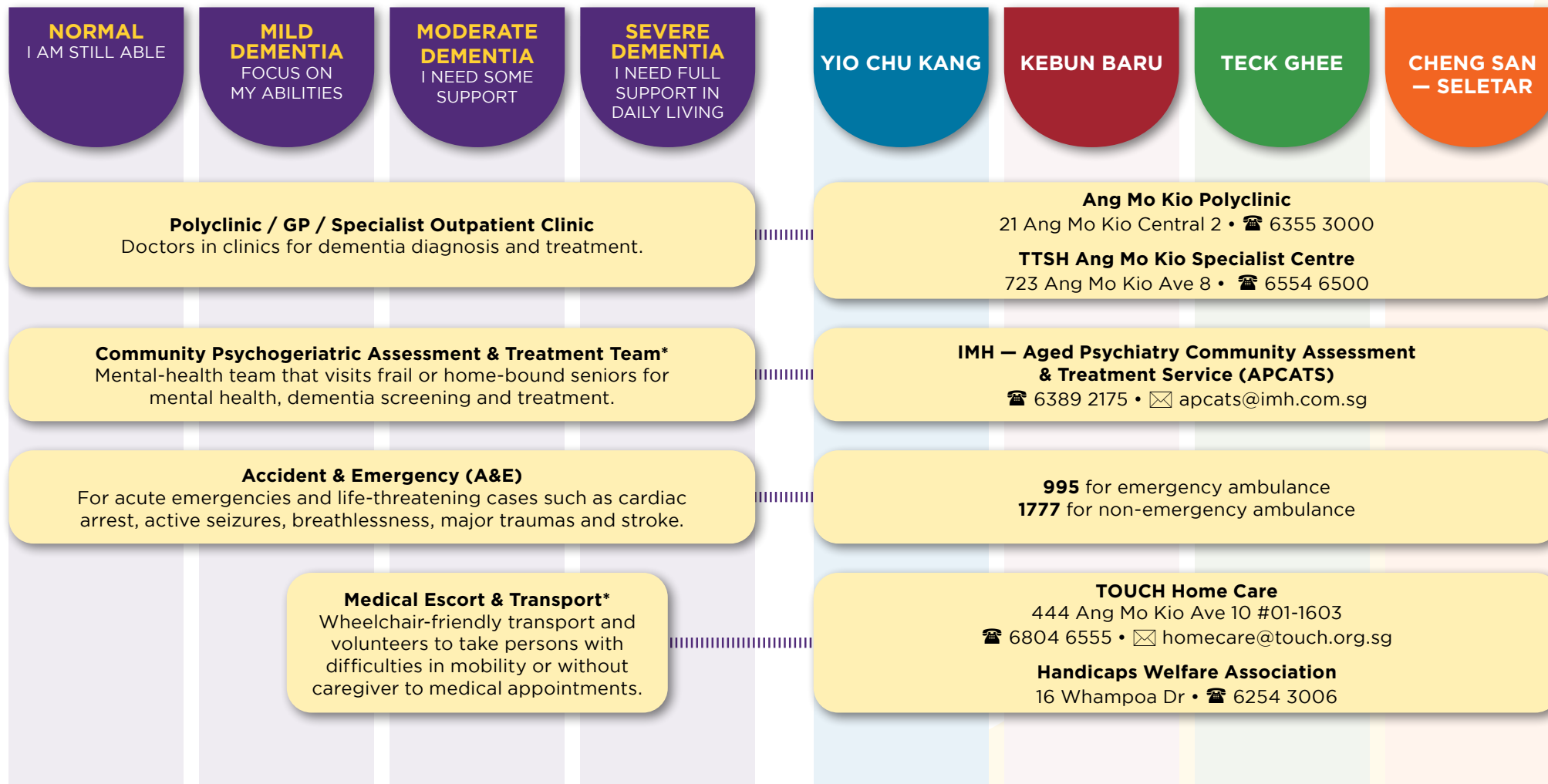
SOCIAL ACTIVITIES FOR DIFFERENT STAGES OF DEMENTIA





MEDICAL & HEALTHCARE

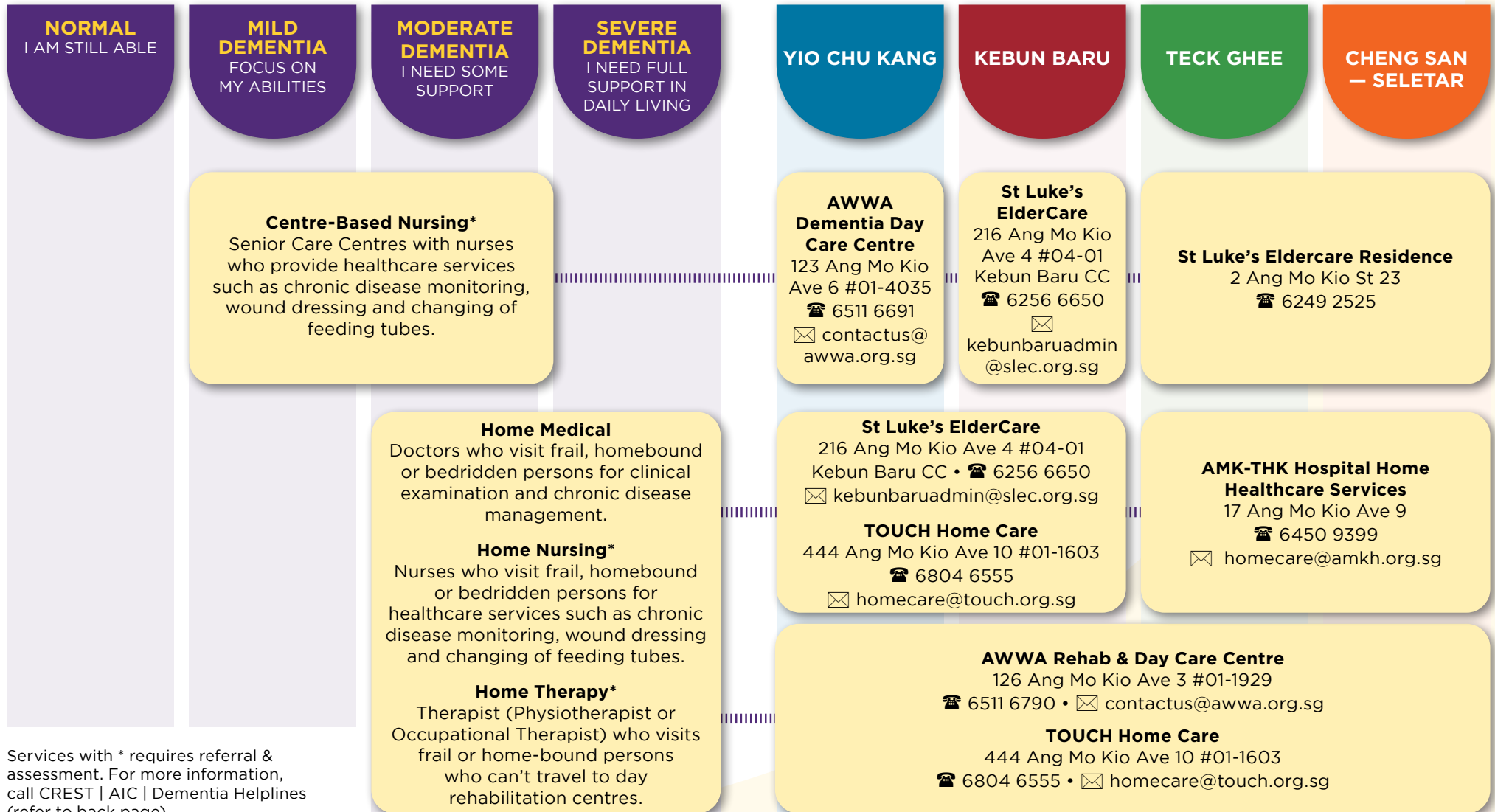
FOR DIFFERENT STAGES OF DEMENTIA



Services with * requires referral & assessment. For more information, call CREST | AIC | Dementia Helplines (refer to back page).



MEDICAL & HEALTHCARE FOR DIFFERENT STAGES OF DEMENTIA

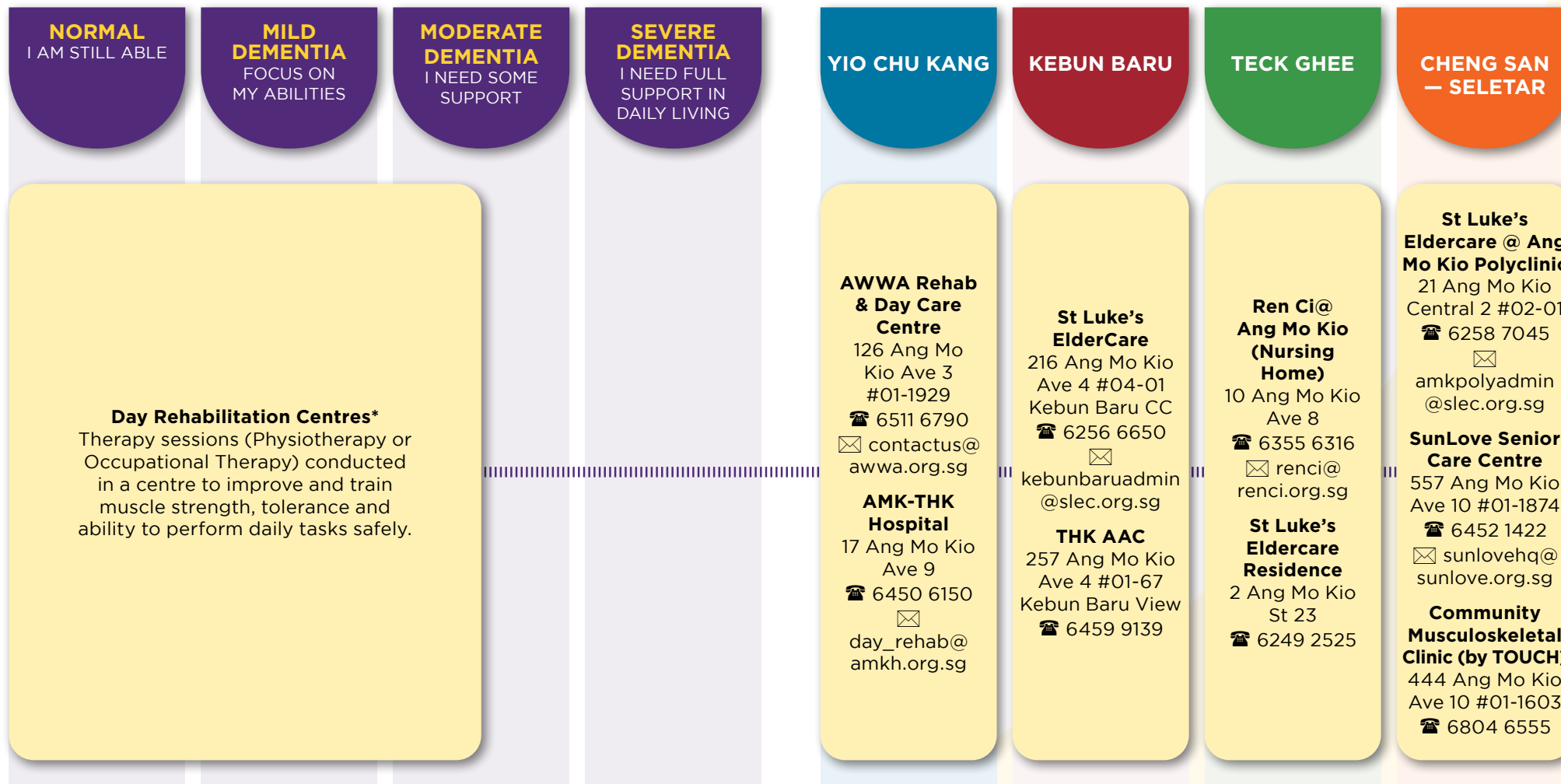


Services with * requires referral & assessment. For more information, call CREST | AIC | Dementia Helplines (refer to back page).



MEDICAL & HEALTHCARE

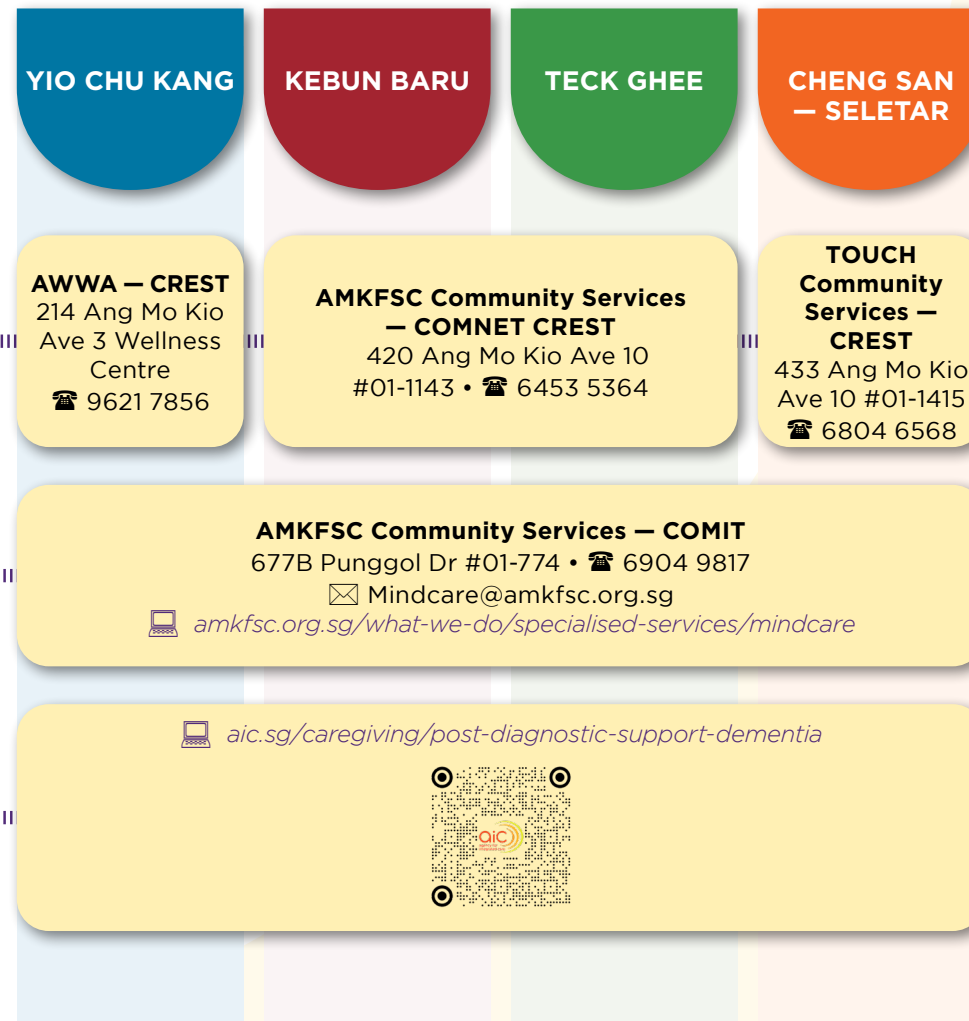
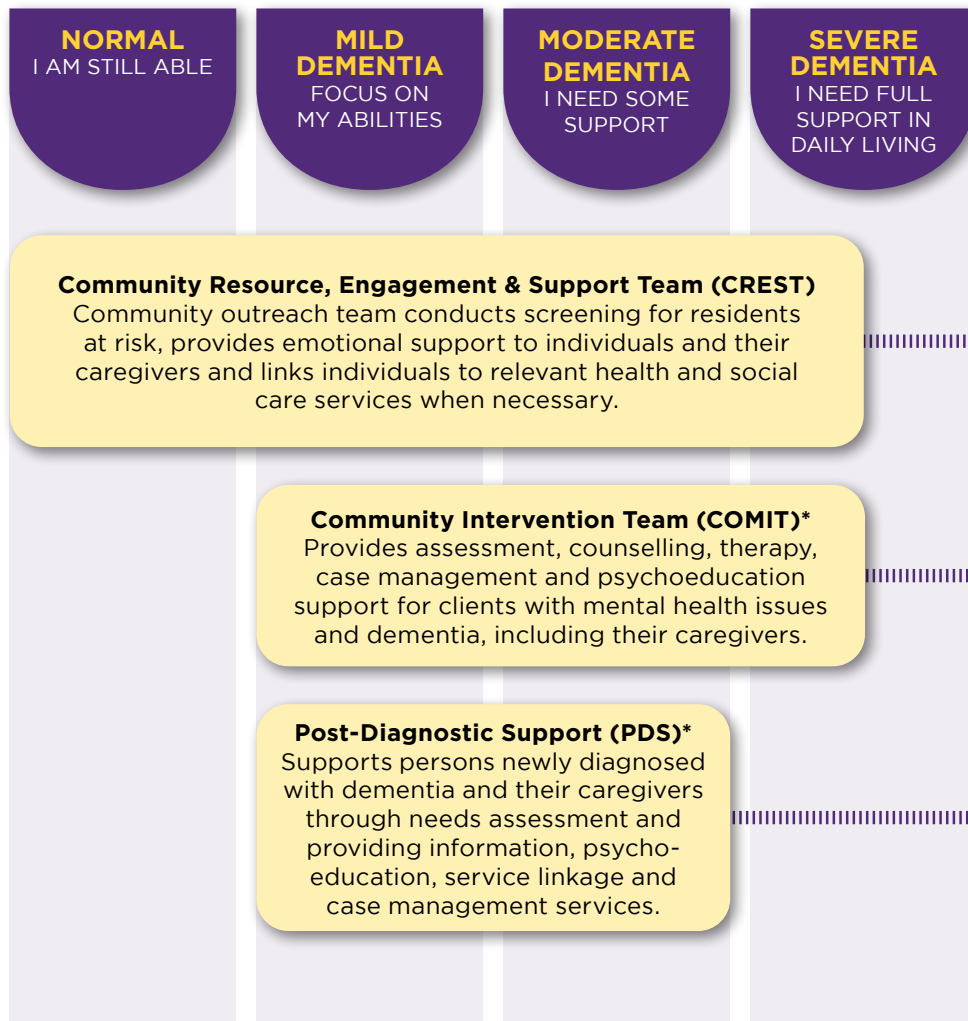
FOR DIFFERENT STAGES OF DEMENTIA



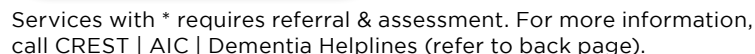
Services with * requires referral & assessment. For more information, call CREST | AIC | Dementia Helplines (refer to back page).



CARE & SUPPORT FOR DIFFERENT STAGES OF DEMENTIA

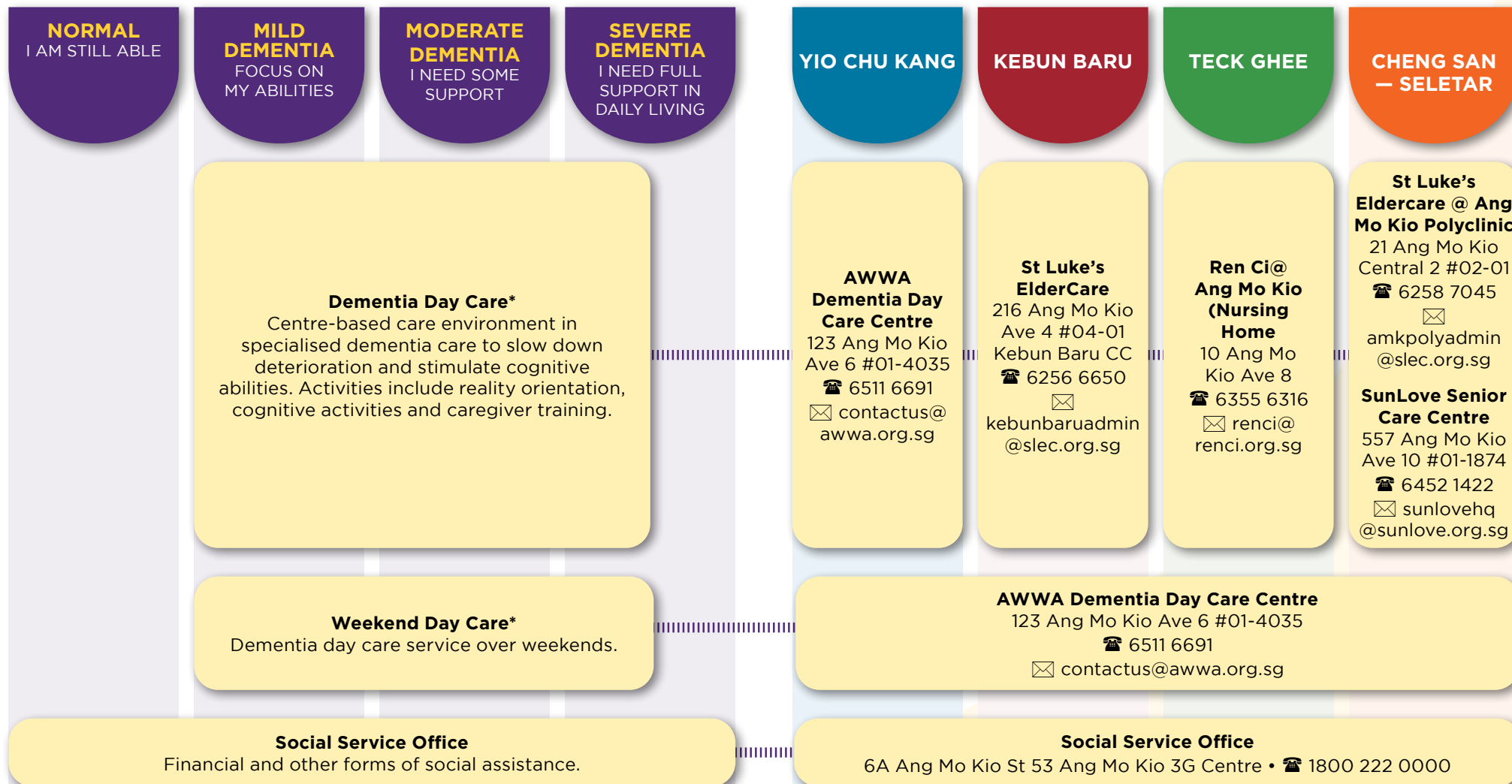


Services with * requires referral & assessment. For more information, call CREST | AIC | Dementia Helplines (refer to back page).





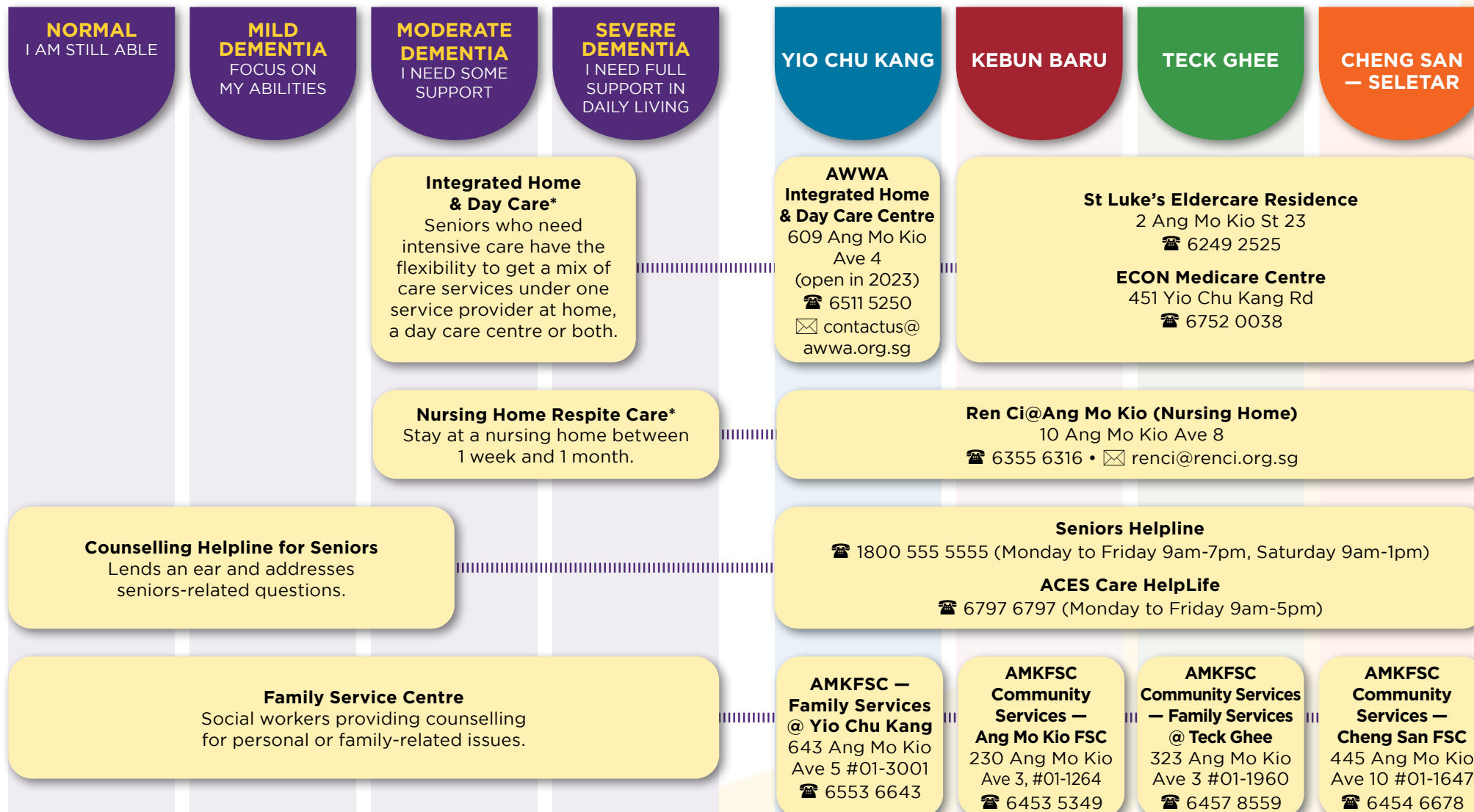
CARE & SUPPORT FOR DIFFERENT STAGES OF DEMENTIA



Services with * requires referral & assessment. For more information, call CREST | AIC | Dementia Helplines (refer to back page).



CARE & SUPPORT FOR DIFFERENT STAGES OF DEMENTIA



Services with * requires referral & assessment. For more information, call CREST | AIC | Dementia Helplines (refer to back page).



SAFETY & MONITORING

FOR DIFFERENT STAGES OF DEMENTIA

NORMAL
I AM STILL ABLE

MILD DEMENTIA
FOCUS ON
MY ABILITIES

MODERATE DEMENTIA
I NEED SOME
SUPPORT

SEVERE DEMENTIA
I NEED FULL
SUPPORT IN
DAILY LIVING

Home Modification*

Self-help to improve home safety according to dementia-friendly designs or seek an Occupational Therapist to assess your home to identify potential safety hazards, recommend improvements, apply for financial subsidies, coordinate with contractors and follow up.

CARA Membership — Safe Return

Each CARA card comes with a unique QR code that stores important identification and caregiver contact details. This aids in the Safe Return of a person living with dementia. To understand the Safe Return process, go to cara.sg/safe-return-guide.

Tracking devices using GPS

Commercial mobile tracking devices in the forms of keychains and watches, to locate a user in real time. Some devices even allow the user to press a panic button to call for help during an emergency. Find one that suits the habits and lifestyle of the person with dementia.

Police station

Services with * requires referral & assessment. For more information, call CREST | AIC | Dementia Helplines (refer to back page).

YIO CHU KANG

KEBUN BARU

TECK GHEE

**CHENG SAN
— SELETAR**

An example of a Dementia-Friendly HDB Home can be viewed at
cloudexpo.hiverlab.com/DFHome

HDB EASE

hdb.gov.sg/residential/living-in-an-hdb-flat/for-our-seniors/ease

Safe Home Scheme (by TOUCH)

444 Ang Mo Kio Ave 10 #01-1603 • ☎ 6804 6555



cara.sg

Available online. Search for “personal GPS tracker” on e-commerce platforms such as Qoo10, Lazada, Shopee, eBay and Amazon.

There are also mobile apps that can share live locations. Search for “personal GPS tracker” on the Apple App Store or Google Play.

**Ang Mo Kio
North NPC**
51 Ang Mo Kio
Ave 9 • ☎
1800 484 9999

Kebun Baru NPP
111 Ang Mo Kio
Ave 4 • ☎
1800 458 9999

Teck Ghee NPP
321 Ang Mo Kio
St 31 • ☎
1800 459 9999

**Ang Mo Kio
South NPC**
81 Ang Mo
Kio Ave 3 • ☎
1800 451 9999



SAFETY & MONITORING FOR DIFFERENT STAGES OF DEMENTIA

NORMAL
I AM STILL ABLE

**MILD
DEMENTIA**
FOCUS ON
MY ABILITIES

**MODERATE
DEMENTIA**
I NEED SOME
SUPPORT

**SEVERE
DEMENTIA**
I NEED FULL
SUPPORT IN
DAILY LIVING

Dementia Go-To-Points

Safe Return points when helping someone who may appear lost and can't identify themselves or their way home.

List on the right is not exhaustive. For a complete list of Dementia Go-To-Points in Singapore, go to healthhub.sg/directory/dementia-go-to-points

YIO CHU KANG

AWWA AAC
123 Ang Mo Kio
Ave 6 #01-4011
☎ 6511 6690

**The Lentor
Residence**
51 Lentor
Avenue
☎ 6451 6300

KEBUN BARU

**MWS Kebun
Baru AAC**
180 Ang Mo
Kio Ave 5
#01-2980
☎ 6238 4136

**St Luke's
Eldercare**
216 Ang Mo
Kio Ave 4
#04-01 Kebun
Baru CC
☎ 6256 6650

TECK GHEE

**Ang Mo Kio
Interchange**
57 Ang Mo Kio
Ave 8
☎ 6554 1056

**ComNet@469
Teck Ghee**
469 Ang Mo Kio
Ave 10 #01-940
☎ 6451 0898

**ComNet@420
Teck Ghee**
420 Ang Mo Kio
Ave 10 #01-1143
☎ 6453 5364

MWS SAC
307D Ang Mo Kio
Ave 1 #01-01
☎ 6684 0341

CHENG SAN — SELETAR

**Yio Chu Kang
Interchange**
3002 Ang Mo
Kio Ave 8
☎ 6451 1680

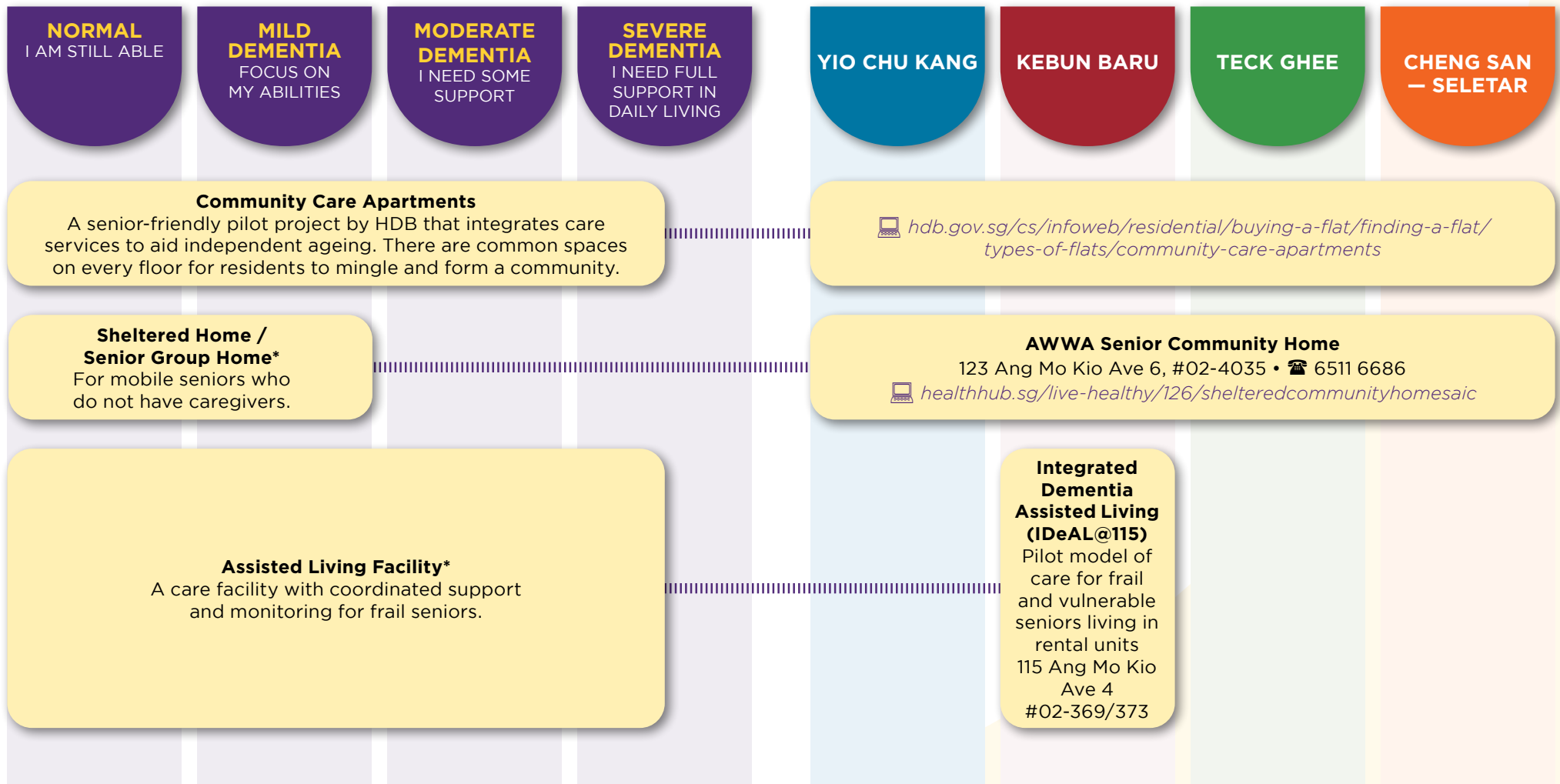
**Yio Chu Kang
Station**
3000 Ang Mo
Kio Ave 8
☎ 6767 3316

**ComNet@510
Cheng San**
510 Ang Mo
Kio Ave 8
#01-2556
☎ 6251 1358

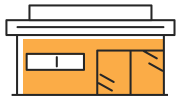
**TOUCHpoint@
AMK 433**
433 Ang Mo
Kio Ave 10
#01-1415
☎ 6804 6563



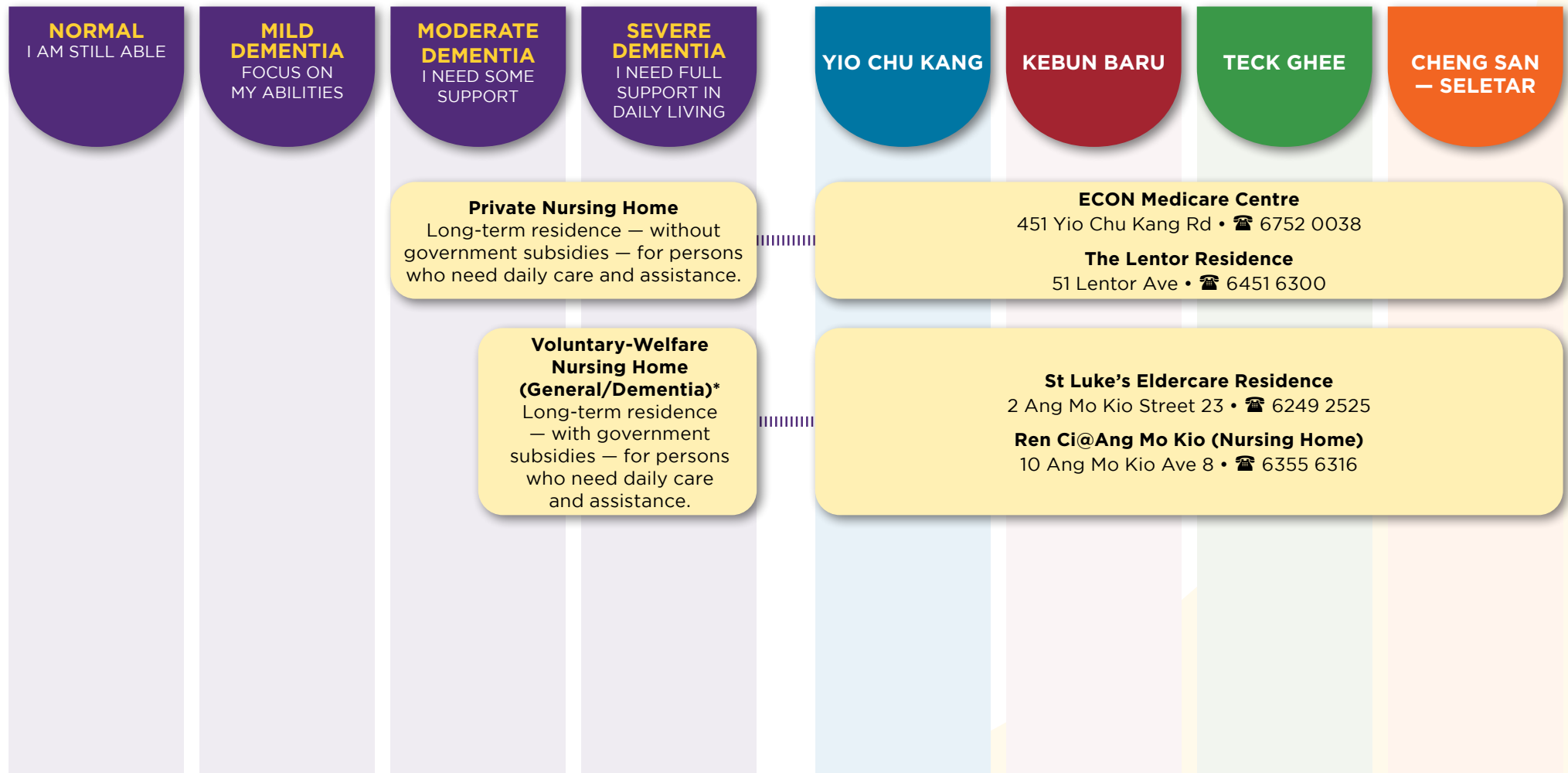
LIVING ARRANGEMENTS FOR DIFFERENT STAGES OF DEMENTIA



Services with * requires referral & assessment. For more information, call CREST | AIC | Dementia Helplines (refer to back page).



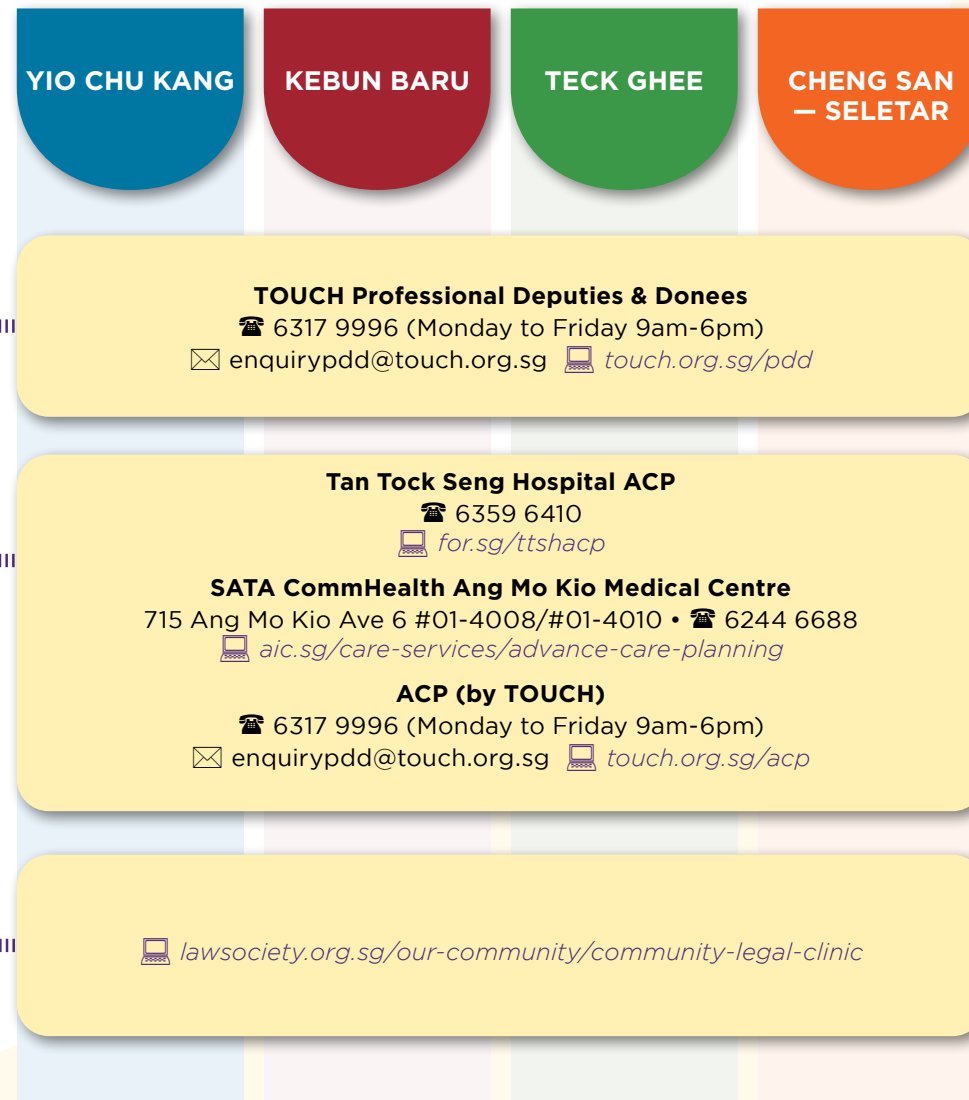
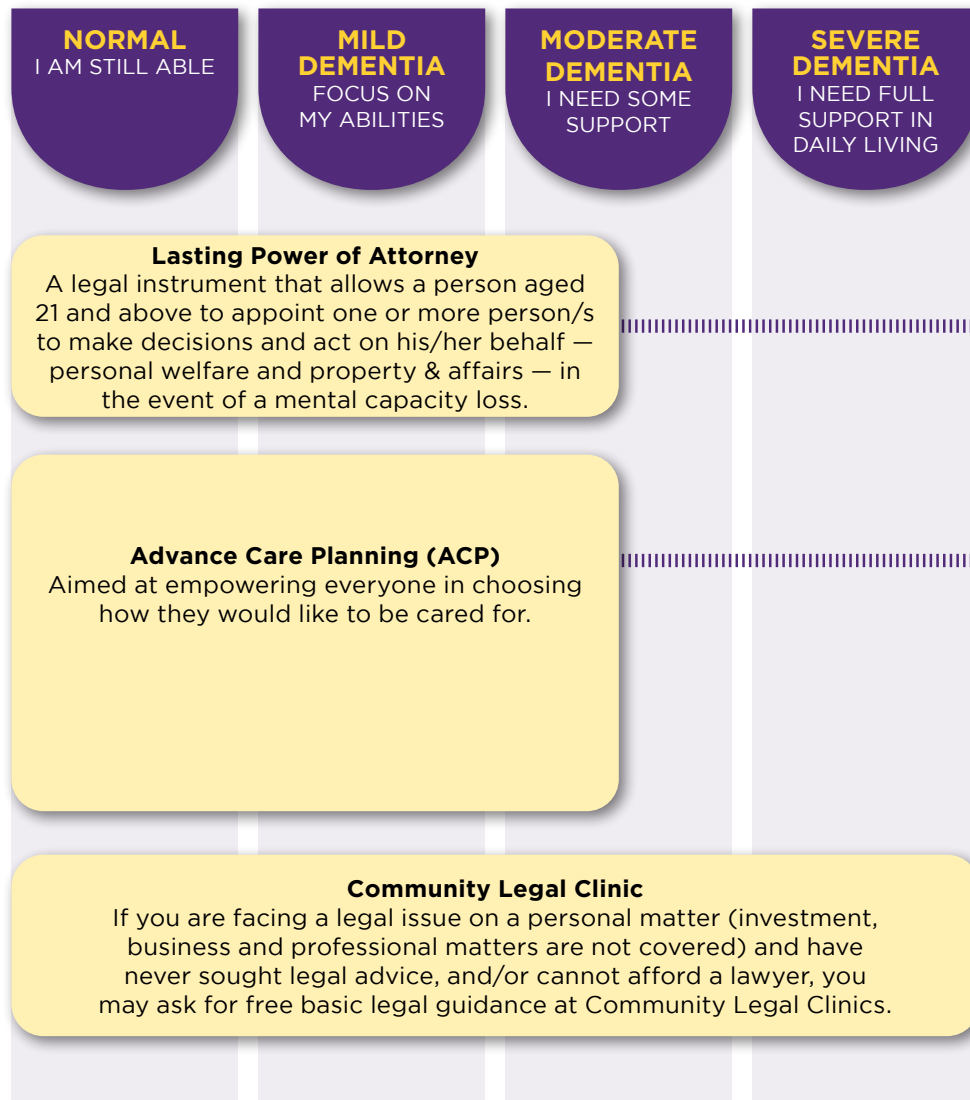
LIVING ARRANGEMENTS FOR DIFFERENT STAGES OF DEMENTIA



Services with * requires referral & assessment. For more information, call CREST | AIC | Dementia Helplines (refer to back page).



PLANNING AHEAD FOR DIFFERENT STAGES OF DEMENTIA





CAREGIVER SUPPORT FOR DIFFERENT STAGES OF DEMENTIA

NORMAL
I AM STILL ABLE

**MILD
DEMENTIA**
FOCUS ON
MY ABILITIES

**MODERATE
DEMENTIA**
I NEED SOME
SUPPORT

**SEVERE
DEMENTIA**
I NEED FULL
SUPPORT IN
DAILY LIVING

Caregiver Training

To help you learn how to better care for your loved ones at home. Choose training based on topic or provider, and the mode of learning that suits you best.

Caregiver Support & Network

To promote self-care by providing a platform for caregivers to nurture interests, learn skills and connect with other caregivers.

Helplines | Caregiver Support (by TOUCH)

These helpline services attend to enquiries or concerns related to caring for persons with dementia, provide support to caregivers, and advise and assist with referrals to appropriate services or resources.

YIO CHU KANG

KEBUN BARU

TECK GHEE

**CHENG SAN
— SELETAR**

 aic.sg/caregiving/caregiver-training-course

AWWA CREST
214 Ang Mo Kio
Ave 3 Wellness
Centre
☎ 9621 7856

**AMKFSC Community Services
— ComNet Senior Service**
420 Ang Mo Kio Ave 10 #01-1143
☎ 6453 5364

**TOUCH
Caregivers
Support**
444 Ang Mo Kio
Ave 10 #01-1603
☎ 6804 6555
Facebook group:
[Caregivers
Support
GroupSG](#)

Dementia Singapore Caregiver Support Services

 Caregiver Support Groups: dementia.org.sg/csg
 Caregiver Support and Network: dementia.org.sg/csn
 Memories Cafe: dementia.org.sg/memoriescafe

AIC Hotline

☎ 1800 650 6060 (Monday to Friday 8.30am-8.30pm, Saturday 8.30am-4pm)

Dementia Singapore — Dementia Helpline

☎ 6377 0700 (Monday to Friday 9am-6pm, Saturday 9am-1pm)

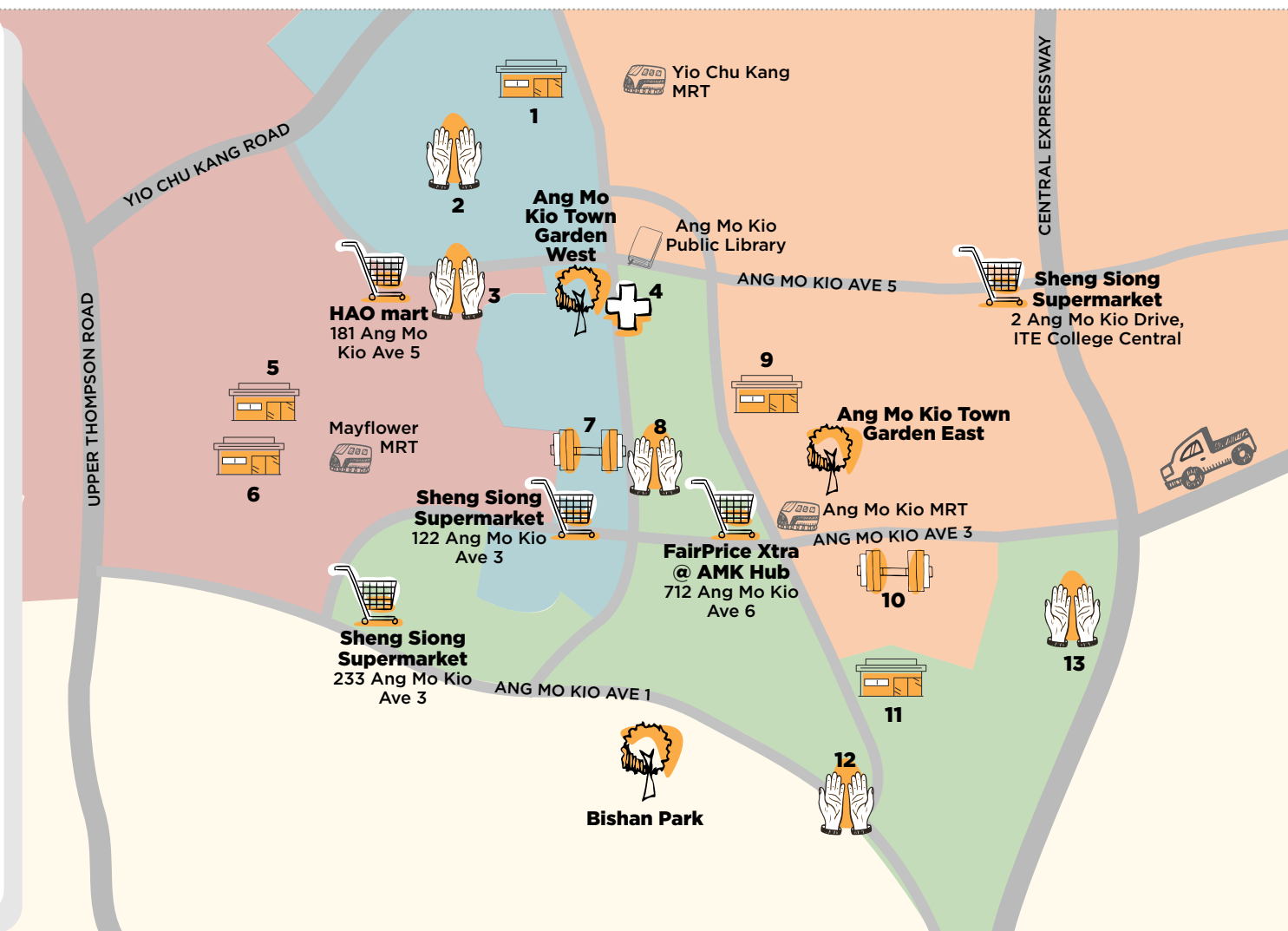
TOUCH Care Line

☎ 6804 6555 (Monday to Friday 9am-5pm)

PLACES FOR PERSONS WITH

PRE-DEMENTIA (NORMAL) I AM STILL ABLE

1. **Yio Chu Kang CC** 633 Ang Mo Kio Ave 6
2. **Bethesda Hall** 601 Ang Mo Kio Ave 4
3. **Chu Sheng Temple** 48 Ang Mo Kio St 61
4. **Ang Mo Kio Polyclinic** 21 Ang Mo Kio Central 2
5. **Kebun Bahru CC** 216 Ang Mo Kio Ave 4
6. **Onesimus Village @ Kebun Baru**
113 Ang Mo Kio Ave 4
7. **GymTonic @ AWWA Rehab & Day Care Centre**
126 Ang Mo Kio Ave 3
8. **Masjid Al-Muttaqin** 5140 Ang Mo Kio Ave 6
9. **Cheng San CC** 6 Ang Mo Kio St 53
(Relocating in 2023 to 435 Ang Mo Kio Ave 10)
10. **GymTonic @ TOUCH Day Rehabilitation Centre**
433 Ang Mo Kio Ave 10
11. **Teck Ghee CC** 861 Ang Mo Kio Ave 10
12. **Church of Christ the King**
2221 Ang Mo Kio Ave 8
13. **Potong Pasir Joint Temples & Tiong Sing Sze**
8 Ang Mo Kio St 44



PLACES FOR PERSONS WITH

MILD DEMENTIA

FOCUS ON MY ABILITIES

1. **TOUCHpoint @ AMK 433 AAC**
433 Ang Mo Kio Ave 10
2. **MWS Kebun Baru AAC** 180 Ang Mo Kio Ave 5
3. **THK AAC** 257 Ang Mo Kio Ave 4
4. **AWWA CREST** 214 Ang Mo Kio Ave 3
5. **THK AAC** 208 Ang Mo Kio Ave 1
6. **MWS SAC** 307D Ang Mo Kio Ave 1
7. **Lions Befrienders SAC** 318 Ang Mo Kio Ave 1
8. **ComNet @ 510 Cheng San** 510 Ang Mo Kio Ave 8
9. **Cornerstone Senior Centre** 591A Ang Mo Kio St 51
10. **TTSH Ang Mo Kio Specialist Centre**
723 Ang Mo Kio Ave 8
11. **ComNet @ 420 Teck Ghee** 420 Ang Mo Kio Ave 10
12. **ComNet @ 469 Teck Ghee** 469 Ang Mo Kio Ave 10
13. **Mayflower MFC** 162 Ang Mo Kio Ave 4
14. **Ang Mo Kio Central MFC** 724 Ang Mo Kio Ave 6
15. **Cheng San MFC** 527 Ang Mo Kio Ave 10
16. **SATA Commhealth** 715 Ang Mo Kio Ave 6
17. **Teck Ghee Court MFC** 341 Ang Mo Kio Ave 1



CARE & SUPPORT



COMMUNITY CLUB (CC)



PLANNING AHEAD



MARKET & FOOD CENTRE (MFC)

YIO CHU KANG

KEBUN BARU

TECK GHEE

CHENG SAN-SELETAR



PLACES FOR PERSONS WITH

MODERATE DEMENTIA I NEED SOME SUPPORT

1. **Ren Ci @ Ang Mo Kio (Nursing Home)**
10 Ang Mo Kio Ave 8
2. **AMK-THK Hospital Home Healthcare Services**
17 Ang Mo Kio Ave 9
3. **St Luke's Eldercare Residence** 2 Ang Mo Kio St 23
4. **St Luke's Eldercare**
216 Ang Mo Kio Ave 4 #04-01, Kebun Baru CC
5. **AWWA CREST** 214 Ang Mo Kio Ave 3 Wellness Centre
6. **AWWA Rehab & Day Care Centre**
126 Ang Mo Kio Ave 3
7. **St Luke's Eldercare @ Ang Mo Kio Polyclinic**
21 Ang Mo Kio Central 2 #02-01
8. **SunLove Senior Care Centre** 557 Ang Mo Kio Ave 10
9. **TOUCH Caregivers Support** 444 Ang Mo Kio Ave 10
10. **AMKFSC Community Services — ComNet Senior Service** 420 Ang Mo Kio Ave 10
11. **TOUCH Community Services CREST**
433 Ang Mo Kio Ave 10



CAREGIVER
SUPPORT



POLYCLINIC

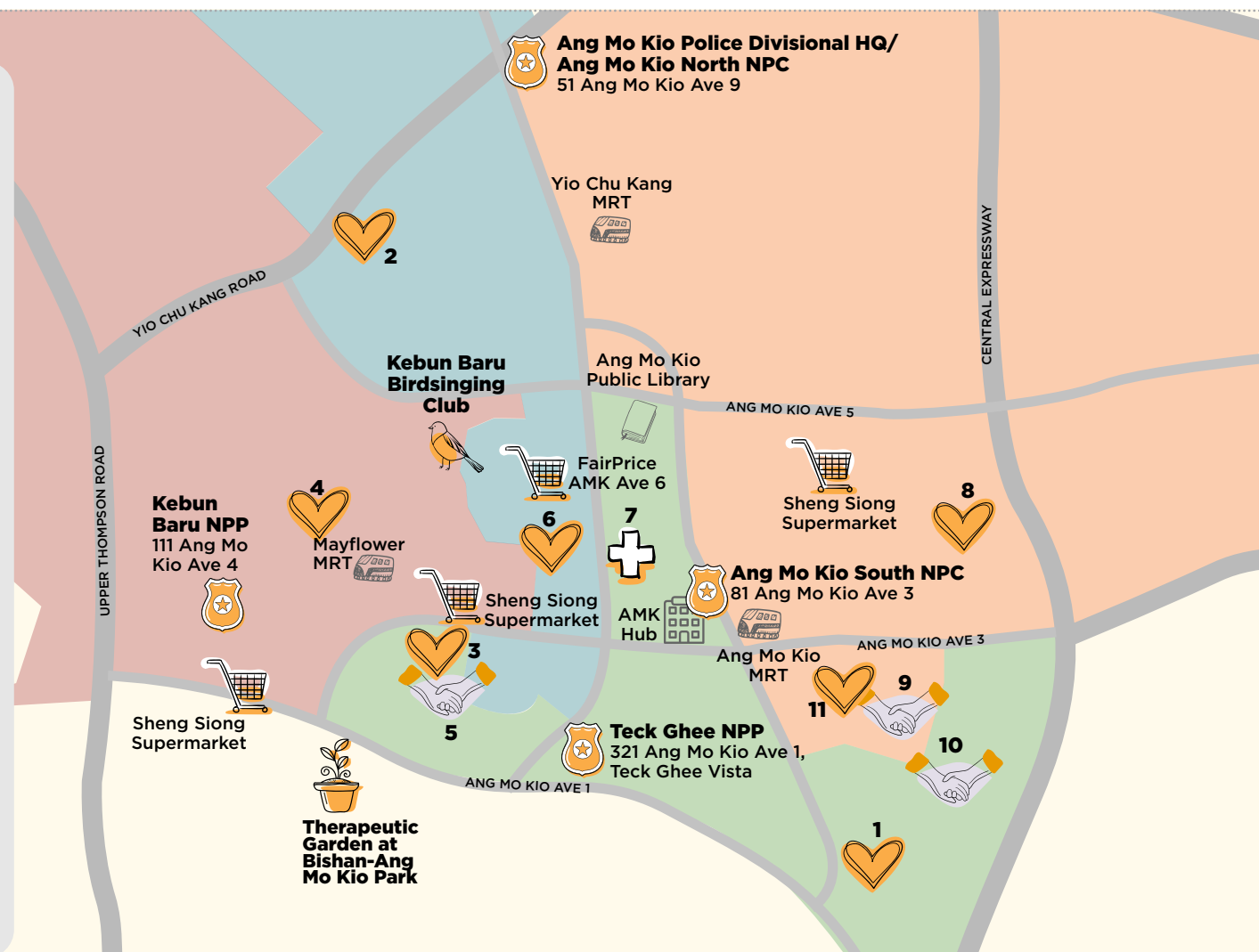


SUPPORT
CENTRE



SHOPPING

■ YIO CHU KANG
■ KEBUN BARU
■ TECK GHEE
■ CHENG SAN-SELETAR

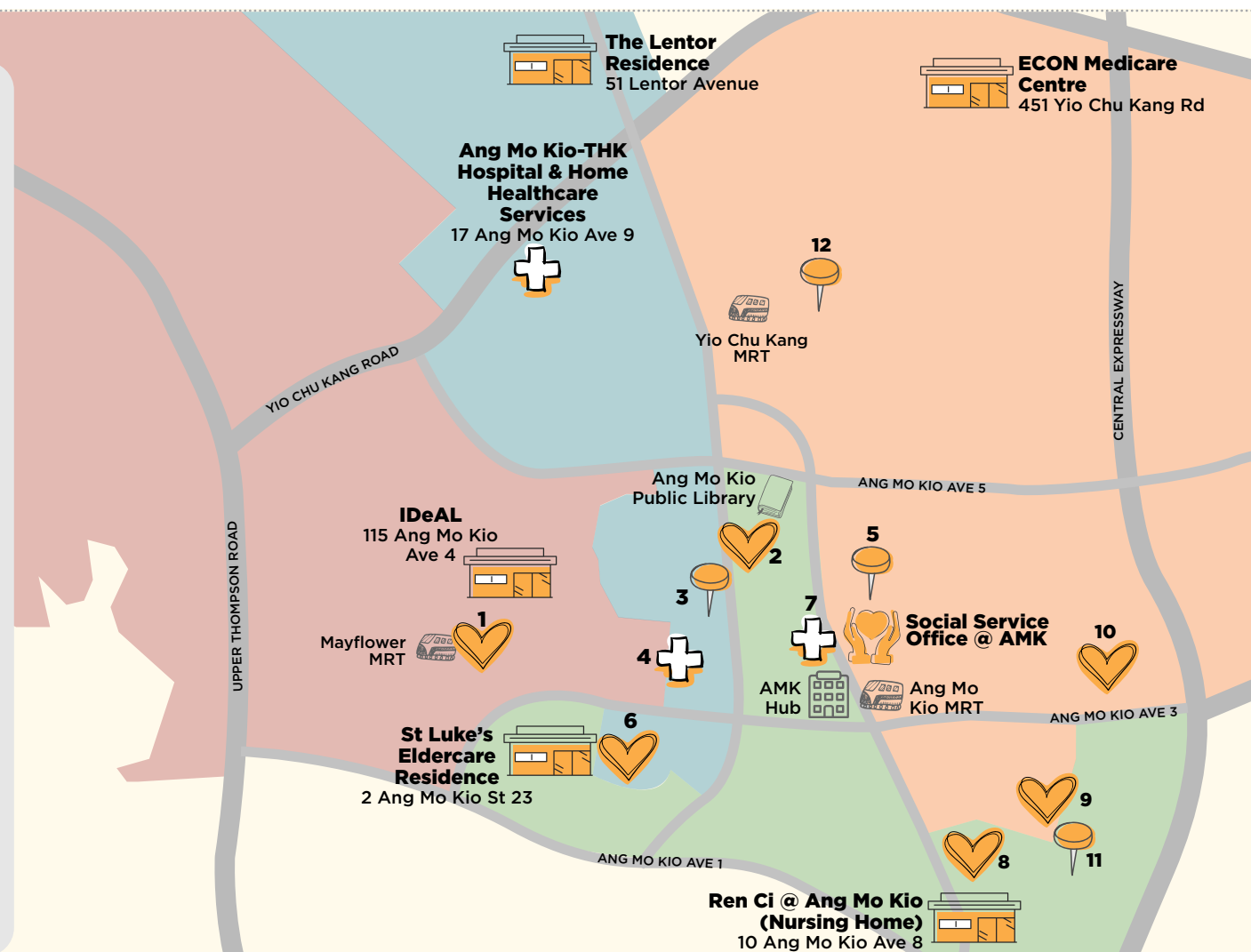


PLACES FOR PERSONS WITH

SEVERE DEMENTIA

I NEED FULL SUPPORT IN DAILY LIVING

1. **St Luke's Eldercare**
216 Ang Mo Kio Ave 4, Kebun Baru CC
2. **St Luke's Eldercare @ Ang Mo Kio Polyclinic**
21 Ang Mo Kio Central 2 #02-01
3. **AWWA Dementia Day Care Centre**
123 Ang Mo Kio Ave 6
4. **AWWA Rehab and Day Care Centre**
126 Ang Mo Kio Ave 3
5. **AMKFSC Community Services** 510 Ang Mo Kio Ave 8
6. **AWWA CREST** 214 Ang Mo Kio Ave 3 Wellness Centre
7. **TTSH Ang Mo Kio Specialist Centre**
723 Ang Mo Kio Ave 8
8. **ComNet @ 420 Teck Ghee** 420 Ang Mo Kio Ave 10
9. **TOUCH Home Care** 444 Ang Mo Kio Ave 10
10. **SunLove Senior Care Centre** 557 Ang Mo Kio Ave 10
11. **ComNet @ 469 Teck Ghee** 469 Ang Mo Kio Ave 10
12. **Yio Chu Kang Interchange** 3002 Ang Mo Kio Ave 8



OTHER USEFUL RESOURCES



DEMENTIA HUB

One-stop portal on all things related to dementia. Contains articles, medical research and how-tos. dementiahub.sg



E-CARE LOCATOR

Use the E-care Locator by Agency for Integrated Care (AIC) to find suitable services near you. bit.ly/3SOwiO4



FOR THOSE WHO WANDER

A publication by AIC to help you provide support to loved ones with dementia who wander. bit.ly/3K9IPcl



UNDERSTANDING DEMENTIA

A guide by Khoo Teck Puat Hospital for patients with dementia and their family members. bit.ly/3w3GE2T



FORGET US NOT

This handbook gives tips and knowledge on how to create a dementia-friendly Singapore. bit.ly/3w2KxVC



AS YOU ARE, NOW

This helps users navigate the personal, financial and legal complexities that come with ageing. bit.ly/3JS4ggG



ALL THAT REMAINS

A graphic novel inspired by real-life experiences and anecdotes from families touched by dementia. bit.ly/3QqbYkB



ACTIVITIES & CONVERSATIONS

This digital kit features activities and conversation-starters for people living with dementia and caregivers. dementia.org.sg/jade



DEMENTIA-FRIENDLY HOME

Practical tips and tricks, and surprising ideas to help you cope with daily challenges of caregiving. hackcare.sg/index.php



FOR BUSINESSES

A toolkit to guide businesses through a three-stage framework as they embark on their dementia journey. dementia.org.sg/business-toolkit



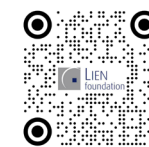
DESTIGMATISE DEMENTIA

Learn the appropriate language and words when talking about dementia to destigmatise the condition. dementia.org.sg/wordshurt



ASK THE EXPERT

This YouTube video series inspires and shares tips for persons living with dementia and caregivers. bit.ly/3U7yQY6



CAREGIVER VIDEOS

Videos share tips and personal stories by and for caregivers on how to support people with dementia. forgetusnot.sg/videos.html



RESOURCE KITS BY AIC

List of dementia-related resource kits, brochures, recipe books and other useful information by AIC. bit.ly/3zULuk4



RESOURCES ON DEMENTIAHUB

Toolkits, guides, workbooks and other useful resources by DementiaHub. dementiahub.sg/downloads

ABOUT US

ANG MO KIO PARTNERS' NETWORK

The Ang Mo Kio Partners' Network is a coalition of social and healthcare agencies, grassroots organisations and community stakeholders. It was established to build networks of communication and care, connecting like-minded stakeholders keen on supporting residents to be well and independent, and for them to age better in place. This network includes:



AMKFSC COMMUNITY SERVICES

Founded in 1978, AMKFSC Community Services is a leading community-based social service agency providing a holistic range of services to support children, youth, families and seniors at multiple touchpoints across Singapore. AMKFSC operates four family service centres across Ang Mo Kio, Sengkang and Punggol, alongside other support services such as student care, senior services, a youth centre and mental health support programmes. URL: amkfsc.org.sg



AWWA

AWWA is a Singapore-based registered charity with an Institution of a Public Character status. It was founded in 1970 by a group of volunteers supporting low-income families and has since evolved into one of Singapore's largest multi-service social service agencies. Its programmes and services include early intervention for preschoolers, education and integration support for individuals with additional needs, social assistance for vulnerable families, and care services for seniors.

AWWA aims to empower the disadvantaged, and identify and fill key social service gaps in the community. AWWA's services focus on empowering optimal participation in society, be it through independence, integration in mainstream settings or inclusivity. AWWA has been advocating for greater inclusion in the education sphere and in 2016 started Kindle Garden, Singapore's first truly inclusive preschool, with the support of Lien Foundation.



TAN TOCK SENG HOSPITAL (TTSH)

TTSH is the flagship hospital of the National Healthcare Group and part of Singapore's Public Healthcare System. As a pioneering hospital with strong roots in the community for over 178 years, TTSH is recognised as the People's Hospital, serving the 1.4 million people living in Central Singapore. Together with 70 community partners and 80 community health posts, it brings care beyond the hospital into the community as an integrated care organisation — Central Health.

As one of the largest multi-disciplinary hospitals in Singapore, TTSH operates more than 1,700 beds with centres of excellence including the

National Centre for Infectious Diseases, Institute for Geriatrics & Active Ageing, NHG Eye Institute, and TTSH Rehabilitation Centre.



TOUCH COMMUNITY SERVICES

Since 1992, TOUCH Community Services has served people of all backgrounds to see sustainable change and transformation in their lives. It believes in the worth and potential of every child, at-risk youth, family in need, senior and person with special or healthcare needs to grow, participate and contribute in the community.

The heartbeat of TOUCH is to activate potential, build independence, connect people, and deliver impact by developing sustainable solutions. In its bid to better meet the needs of Singapore's rapidly-ageing population, TOUCH in 2016 piloted the Community Enablement Project to activate communities by developing residents and stakeholders as resources to support ageing in community. Caregivers can also receive further support through the building of care networks within their community, and be empowered with skill sets to enhance their well-being.

TOUCH provides support and services for caregivers through its home care and support services, Care Line (helpline for caregivers) and online support group for caregivers. URL: touch.org.sg/caregivers



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 destigmatise the condition.

As Singapore's leading Social Service Agency 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.

ACKNOWLEDGEMENT

With inspiration from the "Dementia-friendly Community in Machida" booklet produced in Machida City (Tokyo, Japan), this Community Living Resource (Ang Mo Kio edition) for a dementia-inclusive Singapore would not have been possible without the passion, time and effort of its working group members:

**CHAI HUI MIN • JOYCE FU • HOW AI XIN • MARY-ANN KHOO
LIM WEI LIN • NG WEI XUAN • JACINDA SOH • TEO YING YING**

Design and layout by The Lede

COMMUNITY RESOURCE, ENGAGEMENT & SUPPORT TEAM (CREST)

Community outreach team conducts screening for residents at risk, provides emotional support to individuals and their caregivers and links individuals to relevant health and social care services when necessary.

AMKFSC Community Services — ComNet CREST

420 Ang Mo Kio Ave 10 #01-1143 • ☎ 6453 5364

AWWA — CREST

214 Ang Mo Kio Ave 3 Wellness Centre • ☎ 9621 7856 • ✉ contactus@awwa.org.sg

TOUCH Community Services — CREST

433 Ang Mo Kio Ave 10 #01-1415 • ☎ 6804 6563 • ✉ crest@touch.org.sg

HELPLINES

These helplines attend to enquiries and concerns in caring for persons with dementia, provide support and advice to caregivers, advise and assist in referrals to appropriate services and resources.

AIC Hotline

☎ 1800 650 6060 (Monday to Friday 8.30am-8.30pm, Saturday 8.30am-4pm)

Dementia Singapore — Dementia Helpline

☎ 6377 0700 (Monday to Friday 9am-6pm, Saturday 9am-1pm)

Seniors Helpline

☎ 1800 555 5555 (Monday to Friday 9am-7pm, Saturday 9am-1pm)

TOUCH Care Line

☎ 6804 6555 (Monday to Friday 9am-5pm)

If you need more copies of this Community Living Resource, it is available at Community Clubs in Ang Mo Kio, CREST Centres listed above and Social Service Agencies listed in this guide.

As we are learning continually, we appreciate all feedback on your experience in using the guide or any information for the team to consider. You may reach us at the CREST Centres listed above or email TOUCH Caregivers Support (caregivers@touch.org.sg).

Information stated are accurate as at September 2022.

SUPPORTED BY



IN SUPPORT OF

