



# 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

# Experience Dementia in Singapore

The 'Experience Dementia in Singapore' (EDIS) virtual simulation presents common challenges of a person living with dementia in Singapore, with suggestions on how families and the community can support their enablement.



EDIS is accessible to everyone via a web-based application. For a more immersive experience, it is also introduced through the Oculus headset during courses conducted by Dementia Singapore Academy.

Supported by:



More information at  
[dementia.org.sg/edis](https://dementia.org.sg/edis)



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# 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.

The New Horizon Centres are supported by Keppel.



## OBJECTIVES

- Daily daycare services that aim to maintain or improve the psycho-social and mental well-being of persons with dementia.

## 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

## ADDITIONAL NOTE

- To apply, please approach a hospital or polyclinic for referral via the AIC Integrated Referral Management System (IRMS).



More information at  
[dementia.org.sg/nhc](https://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 the Person-Centred Care Approach and the 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 settings and vary in size, and are facilitated by 3 to 5 staff.

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

The Family of Wisdom programme is supported by Keppel.



## 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 NeeuroFIT™ 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-month 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 persons with dementia; 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](https://dementia.org.sg/fow)



# Dementia Social Club



Dementia Social Club (DSC) 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.

DSC is part of the Community Resource, Engagement & Support Team – Caregivers (CREST-CG). CREST-CG is one of the programmes under the Community Mental Health Masterplan developed by the Agency for Integrated Care (AIC), together with the Ministry of Health (MOH).

## 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



More information at  
[dementia.org.sg/club](https://dementia.org.sg/club)

# Home Support Team

Home Support Team (HST) aims to support persons with dementia and their caregivers to enable them to live well in the community. The team assesses the needs of the persons living with dementia and their caregivers to develop individualised interventions such as case management, counselling, psychoeducation, therapy, and training for holistic care. Working closely with community partners, hospitals, polyclinics, and General Practitioner partners, HST ensures the continuum of care for clients in the community. The team also promotes dementia awareness in the community to promote a dementia-friendly Singapore.

HST is part of the Community Intervention Team (COMIT) and Community Resource, Engagement and Support Team (CREST) under the Community Mental Health Masterplan developed by the AIC, together with MOH.

## OBJECTIVES

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

## APPLICABLE FOR

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

## ADDITIONAL NOTES

- A formal referral with medical diagnosis of dementia is required.
- For hospitals and polyclinics, please refer under COMIT/CREST via AIC Integrated Referral Management System (IRMS).



More information at  
[dementia.org.sg/css](https://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](https://dementia.org.sg/pds)

# Dementia Helpline: 6377 0700



Operating on weekdays from 9am to 6pm, and Saturday from 9am to 1pm (except public holidays), 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 well-being of persons with dementia by providing interaction and stimulation through activity engagement

## 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.

Dementia Singapore also runs Closed Caregiver Support Groups, which are conducted in English or Mandarin.

## 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.
- Sessions are conducted either online or in-person at our various centres.



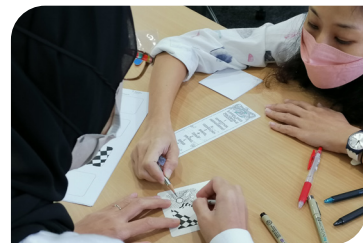
More information at  
[dementia.org.sg/csg](https://dementia.org.sg/csg)

# Caregiver Support & Network

The Caregiver Support & Network (CSN) programme focuses on caregivers who have or are at risk of developing depression, anxiety, and burnout due to their caregiving role. The team increases public awareness of caregiving concerns and promotes the identification of caregiver needs. The team also supports caregivers in self-care through health and wellness activities, stress management and future planning.

Group activities such as arts and crafts, music, and fitness classes are organised to encourage self-care for caregivers and provide a safe space to nurture their own interests.

CSN is part of the CREST-CG under the Community Mental Health Masterplan developed by the AIC with MOH.



## OBJECTIVES

- To promote respite and self-care for caregivers
- To foster interaction among caregivers through group activities

## APPLICABLE FOR

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

## ADDITIONAL NOTE

- Registration is required.
- Sessions are conducted either online or in-person at our various centres.



More information at  
[dementia.org.sg/csn](https://dementia.org.sg/csn)



# 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. The Memories Café programme is supported by Keppel.

*\*Memories Café is currently running a mix of both physical and virtual sessions.*

## OBJECTIVES

- To minimise the social stigma on persons living with dementia and to encourage social acceptance through 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 caregivers

## ADDITIONAL NOTE

- A fee of \$10\* per person is chargeable for physical sessions held in cafés and restaurants. Refreshments are provided.

*\*Fees are subject to change.*

- Registration is required.



# 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/memoriescafe](https://dementia.org.sg/memoriescafe)

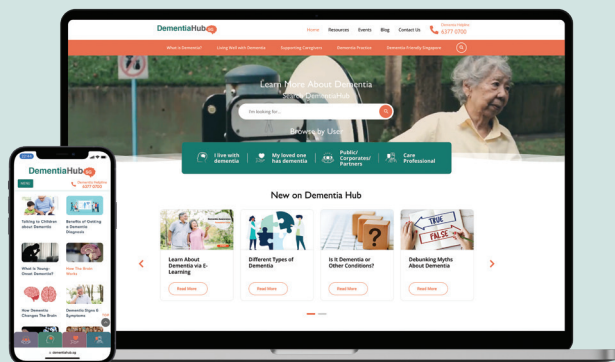


More information at  
[dementia.org.sg/fdw](https://dementia.org.sg/fdw)

# DementiaHub SG

Singapore's first  
one-stop resource portal on  
dementia

[www.dementiahub.sg](http://www.dementiahub.sg)



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

This knowledge hub aims to make information and resources about dementia and dementia care accessible to different user groups including caregivers, persons living with dementia, members of public, corporations, and care professionals. Learn about how to live well with 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](http://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.

CARA provides a platform for those impacted by dementia to stay connected and be supported by the community, enabling members to lead meaningful and purposeful lives.

'CARA SG' is available for download on the 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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BS Bendemeer Centre, Singapore 339914**  
 **info@dementia.org.sg**  **6377 0700**  
 **dementia.org.sg**

## FOLLOW US



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