

Voice Dementia

THE NEWSLETTER OF DEMENTIA SINGAPORE



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A Big Step Towards a Dementia-Friendly Singapore

On 20 November 2022, the Agency for Integrated Care (AIC) launched the national #DementiaFriendlySG movement. The launch event received great support from many individuals (including persons with dementia), and corporate and community partners. To cement its commitment, a strategic partnership with Dementia Singapore was also formalised to spur collaborations and explore efforts to meet the needs of people with dementia and their families.



ABOVE: At the event, a Memorandum of Understanding (MOU) was inked between AIC and Dementia Singapore to cement their commitment to meet the needs of those impacted by dementia. (From left) Mr Jason Foo, CEO of Dementia Singapore; Guest-of-Honour Mr Masagos Zulkifli, Minister for Social and Family Development and Second Minister for Health; and Mr Tan Kwang Cheak, CEO of AIC.



"Through this movement, we hope to inspire and rally more individuals, community partners and corporates to step up and join us in making a difference within the community. Together, we can go a long way in making our nation a place where persons living with dementia are enabled to live independently, and caregivers are well-supported."

- MR TAN KWANG CHEAK, CEO OF AIC



LEFT: Ms Alison Lim (in red), dementia self-advocate and co-founder of Dementia & Co., and Ms Afiqah Nabillah Binti Hussin, Service Delivery Associate from SMRT Buses sharing on how everyone can play a part in the #DementiaFriendlySG movement.

FAR LEFT: Spreading awareness on dementia and the 'CARA SG' app.

"This partnership with AIC will complement Dementia Singapore's efforts in improving Singapore's capability and capacity for dementia care. Through this collaboration, we will introduce quality services and help shape national policies that will better the lives of those impacted by dementia."

- MR JASON FOO,
CEO OF DEMENTIA SINGAPORE



ABOVE: With all the collaborative efforts from the community partners and corporations, we look forward to building a #DementiaFriendlySG!

RIGHT: Featuring our Dementia Friends, who help in making every day dementia-friendly!



Like and follow the
@DementiaFriendlySingapore
Facebook page
for latest happenings!



Scan the QR code to read more about the event here!



Scan to read more about the Dementia-Friendly Singapore movement

A Look into CARA's New Feature!



CARA's new feature, 'Report Missing Person', allows for a wide reach when broadcasting that a person with dementia has gone missing.

Community, Assurance, Rewards and Acceptance – these are the four cornerstones of CARA, our digital dementia membership programme. Now, the 'Assurance' aspect has been further enhanced with a new feature that rolled out in November 2022 – the 'Report Missing Person' feature.

With the option to 'Report Missing Person', caregivers can now directly make a report in the event that their loved one with dementia goes missing. When a report is made, all CARA members will receive a push notification via the 'CARA SG' app and will be able to view the report and keep a lookout for the missing person.

The 'Report Missing Person' feature complements CARA's existing 'Safe Return' feature – which relies on members of the public contacting the caregiver if they spot the missing person with dementia – by helping to broadcast the message to the wider community, thus increasing the chances of a quicker reunion.

Scan the QR codes below and check out CARA's user guides for the new 'Report Missing Person' feature:



CARA's guide for caregivers on reporting missing persons.

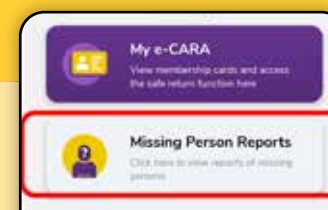


CARA's guide for members of the public on viewing open Missing Person Reports.



Facilitating a Safe Return with CARA's 'Report Missing Person'

Missing Person Report is submitted.



Notifications

[Missing Person] Please look out for WONG SENG LIM

All active CARA members receive a notification of the Missing Person Report.

Members can choose to download the Missing Person Report as a PDF document via the 'CARA SG' app to help spread the word.



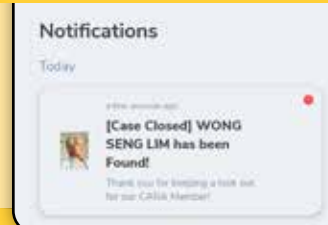
Separately, the Report is also shared on Dementia Singapore's social media platforms for wider reach.

Members of the community are better informed and can keep a lookout for the missing person.



In time, the missing person with dementia is found! Caregivers can then close the case via the 'CARA SG' app.

CARA members receive a notification that the missing person has been found.



EXPANSION OF DEMENTIA GO-TO POINTS ACROSS SINGAPORE

In line with the recently launched national Dementia-Friendly Singapore (DFSG) campaign by AIC, all train stations and bus interchanges across the nation, as well as over 200 NTUC FairPrice and Sheng Siong supermarket outlets, have now been listed as designated Dementia Go-To Points (GTPs)!

If you happen to encounter a person with dementia looking lost or confused, guide them to these GTPs where they will be in the safe hands of staff who have undergone dementia awareness training. These trained personnel will be able to assist them accordingly.

Be A Dementia Friend



Scan the QR code to view the full list of Dementia Go-To Points across Singapore!



Introducing *Art with You*

A Programme to Inspire Families Impacted by Dementia

Following a two-year pilot study, National Gallery Singapore and Dementia Singapore launched *Art with You* – an evidence-based museum programme that aims to foster positive and meaningful engagement between persons with dementia and their caregivers. It also combines the person-centred care (PCC) method with arts engagement to create an inclusive environment where persons with dementia are valued, respected, and empowered.

Visitors can experience *Art with You* in two different ways – guided group visits or self-facilitated tours. The guided group



ABOVE: The launch of 'Art with You' by National Gallery Singapore and Dementia Singapore on 14 October 2022.

LEFT: An 'Art with You' guided tour in session. (Photos: National Gallery Singapore)

experience is currently available for community groups, whereby trained Gallery volunteers facilitate art appreciation and art-making activities that were specially designed to promote engagement with caregivers and persons living with dementia. For self-guided visits, participants can enjoy the Gallery at their leisure using the unique *Art with You* Caregivers Guide and Art Kit (art-making materials).

Art with You is proudly supported by The Majority Trust Silver Is Gold Fund, and the President's Challenge.

If you are an individual caregiver keen on self-guided visits, you may collect the 'Art with You' Caregivers Guide and Art Kit at the National Gallery Singapore's Visitor Services counters. Community groups interested in organising guided group visits may contact community@nationalgallery.sg. For more information, please visit <https://www.nationalgallery.sg/art-with-you>.



Scan for the full story

"The Gallery has always championed the benefits of art for social, emotional and mental well-being. As a public institution, we are in a unique position to connect with communities and care for their overall well-being by creating new opportunities for all to positively experience art ... By creating a more inclusive social space, we hope that persons living with dementia and their caregivers will be encouraged to visit the Gallery and enjoy the experiences and connections that our art can bring."

- MS SUENNE MEGAN TAN, SENIOR DIRECTOR, MUSEUM PLANNING & AUDIENCE ENGAGEMENT, NATIONAL GALLERY SINGAPORE

Making Festive Celebrations Dementia-Friendly

Festivities are typically a time of joy and celebration across all cultures. However, it might present as a stressful time for both caregivers and persons with dementia due to a disruption in their usual routine.

Here are some practical tips on how you can make the time an enjoyable one for all family members:

1. CONSIDER THE FOOD

Food is often a highlight in family get-togethers. Ensure that the food being served can also be savoured by your loved one. Try to serve bite-sized finger foods, or soft foods for those with difficulty swallowing.

2. PLANNING THE DAY

Try to keep to your loved one's usual routine as much as possible. Schedule in some rest time for your loved one, as an entire day of bustle might be overwhelming. Also consider staggering the timings for visiting if you have many relatives coming.

3. PREPARING FOR THE FESTIVITIES

What are the usual routines you engage in with your loved one during the festivities? Try to involve them with simple activities, such as rolling the dough when baking festive goodies, or folding paper decorations. The preparation process can also help to orientate your loved one and get them excited for the upcoming celebrations.

4. COMMUNICATE WITH YOUR RELATIVES

Invite your relatives to spend some one-on-one time with your loved one with dementia. It is usually helpful to inform them how best to communicate with your loved one. For example, if your loved one is hearing-



impaired, inform others to speak with a low-toned voice, or use a pocket talker, instead of shouting.

5. PREPARE SOME REMINISCENCE MATERIALS

Get your relatives involved by putting together a scrapbook with old photos and mementos from the past. You may also choose to listen to some festive music, especially ones that your loved one and the rest of your family like to play aloud during celebrations. This will serve as a conversation starter between your relatives and your loved one with dementia.

6. ENJOY THE FESTIVITIES TOO!

Get a relative to help out with your caregiving duties so that you will have some time off for yourself to enjoy the festivities and celebrations too. In instances of stress and exhaustion, remember to partake in some self-care practices such as mindful breathing.

While these tips are generally helpful, it is important to recognise that each person living with dementia and their family is different. This means that some families may prioritise certain tips over others to better cater to the specific needs and preferences of their loved one living with dementia.



Visit DementiaHub.SG, Singapore's one-stop resource portal that houses the most comprehensive and up-to-date information on dementia. Now with a brand-new look!



The Facts and Faces

Behind Dementia Singapore's Research & Innovation

As a young team at Dementia Singapore, the Research & Innovation (R&I) team supports the creation of more evidence-based materials for external and internal audiences within the dementia care sector. Functioning under Dementia Singapore's Community Enablement arm, the R&I team's main focuses are Research, Innovation, and DementiaHub.SG.

With decades of experience combined among the all-female team, R&I also explores care innovations and the use of technology, paving the way forward for an inclusive, diverse, and technologically savvy dementia community. This is done through collaborations with various Research Institutions and Institutions of Higher Learning (IHL).

Read on to gain a look into a day in the lives of Dawn, Marie, Jasmine and Aleene!

DESCRIBE A REGULAR WORKDAY FOR YOURSELF AT THE RESEARCH & INNOVATION TEAM

A regular workday for the team includes providing internal and external research support, such as the recruitment of participants for various research projects, conducting data analysis, and providing recommendations on appropriate tools to measure research outcomes. We each also conduct general research project coordination.

Another responsibility is ensuring that research projects involving persons living with dementia and their caregivers are carried out in safe and ethical ways. This often involves verifying both research tools and data collection methods, and ensuring that data collected is secured to protect the rights and privacy of the families.

A large part of our workday also revolves around the creation of content for DementiaHub.SG - Singapore's one-stop resource portal on dementia, developed together with the Agency for Integrated Care (AIC). Our team hopes to curate the most researched and relevant content for our different groups of readers, as well as present the content in easily digestible formats.



(From left) Dawn Choo, Aleene Chow, Marie Tan and Jasmine Gomez

Content creation is often a painstaking process of information-gathering, fact-finding, and desktop research, but each and every day has been an enriching experience for us as we learn more about dementia and uncover new information about what support is available for caregivers or how the community can best support the dementia community.

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

Jasmine (Executive): As a huge advocate of research, I saw the tangible and intangible impact it had on public attitudes towards social issues, policies, and the actual lives of groups affected by these issues. In the context of dementia, I

understood the potential that research had on alleviating stigma, raising awareness, and bettering the lives of persons living with dementia as well as their caregivers. I wanted to play a part in making this change.

Aleene (Executive): I happened to be interviewing seniors for a passion project at a Senior Activity Centre in Dakota Crescent at the time that they were preparing to make the move. When I asked them what their hopes for SG50 was, a few expressed that Singapore was changing too fast for their memory to keep up anyway. I didn't think before then how redevelopment would uniquely affect those with dementia. I think that's why research is important, because it makes unseen things seen, and adds weight to individual voices.

Marie (Executive): After my past stint in on-the-ground community health work with seniors living in rental blocks, I was open to exploring a similar area of work with a different skill set. Some of the clients I worked with at the rental flats had dementia or were living alone, and were also interfacing with multiple community stakeholders, care services, and their own personal networks. In Dementia Singapore and the R&I team, I'm able to both witness and write about how these care-related and community ecosystems work in a different way, and this keeps me inspired and interested in this line of work.

Dawn (Manager): It was Dementia who found me ... after 20 years in the IT sector, I had developed a curious fascination in the #TechForGood movement and volunteered at Dementia Singapore in the design of CARA. Dementia Singapore has given me the opportunity to be involved in some incredibly interesting technology projects and offered me exposure in operationalising such solutions. It has been a wonderful learning journey working with the R&I team, and they never fail to inspire me with their creative and fresh perspectives and ideas.

WHAT MAKES YOU SMILE OR KEEPS YOU GOING?

Reading feedback from people that they have learned something new about dementia and dementia inclusion—especially students who show an interest in the needs of persons living with dementia and caregivers—motivates us to learn more and even come up with solutions.

We are also heartened when caregivers let us know that they have benefitted from DementiaHub articles. It feels extremely validating and reminds us that the work and effort we put

into our articles is not for nothing. The same goes for the research projects that we handle. Nothing beats seeing our projects come to fruition, for example, the launch of the *Art with You* Programme. (Read more on page 6.)

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

A lot of people tend to think we're involved in the kind of research that is "looking for a cure" or "the cause" for dementia.

Raising the subject about dementia often prompts conversations about what dementia is. Sometimes, the person that we are speaking with begins to share personal or professional encounters with persons living with dementia, what they've heard in the news about dementia, or about their experiences caregiving for a family member. So, talking about our job can be a good conversation-opener about dementia. It's a good opportunity to share more about basic dementia awareness topics, while keeping our ear on the ground to sense what the public thinks about dementia-related topics. As our job roles are quite multifaceted, people can sometimes be confused, but also intrigued when we talk about them.

Dawn: In my social circles, while many are intrigued and acknowledge that the work is meaningful, most actually don't quite know how to react or respond. These are always great opportunities for me to start conversations on dementia, to plant seeds in their minds that dementia is not part of normal ageing, and for me to encourage a formal diagnosis and to reinforce person-centred caregiving.

CAN YOU SHARE MORE ABOUT ANY EXCITING THINGS THAT WE CAN LOOK FORWARD TO FOR DEMENTIAHUB.SG?

DementiaHub.SG has recently undergone a site refresh, and we're excited for more people to experience the website's new look and layout. This facelift and the strengthened search capabilities can help readers better navigate the site to find relevant articles more quickly.

A new Events calendar is in the works to centralise all dementia-related events in one space. Further down the road, we are also looking to translate DementiaHub.SG into the four major languages to ensure no one is left behind on these valuable nuggets of information on dementia.

If you are a caregiver with a pertinent dementia-related topic in mind or would like to volunteer as a writer and content contributor for DementiaHub.SG, email us at hello@dementiahub.sg.

Voices for Hope: Aspiring Dementia Self-Advocates



Voices for Hope: Past and present cohorts together!

After a 10-week programme, Dementia Singapore is proud to witness the graduation of its 10th cohort of the Voices for Hope programme! Held on 15 November 2022 at 10 Square Orchard Central, 60 guests, including corporate donors and representatives from AIC, attended the ceremony and were touched by the stories of both persons with dementia and their caregivers.

"I would like to thank Dementia Singapore for putting this programme together. I have gained confidence, especially in coping with navigating around places that I frequent. Secondly, I have learnt how to be more mindful when it comes to finances. For an example, to do bit of budgeting for the day and not carry too much cash."

— ALBERT SIM, WHO WAS DIAGNOSED WITH DEMENTIA IN OCTOBER 2021



"I really enjoyed my time spent with friends in this programme. It is really nice to see everyone sharing part of their lives with each other."

— OMAR JANTAN, WHO WAS DIAGNOSED WITH COGNITIVE IMPAIRMENT IN 2016



"I'm happy to see some improvements in Omar through regular interactions with the other families. For myself, I have learnt how to manage expectations."

When expectations are managed well, less tensions will be felt as we go along with this journey."

— YASMINE TEO, OMAR'S WIFE



"Witnessing the 10th cohort of Voices for Hope is truly an honour for me. Since we piloted the programme in 2019, it has been a journey for me as we work to improve the programme with the help of our co-facilitators who are also persons living with dementia and care partners. The programme would not have come so far without their support. A big thank you to all who have contributed!"

— RUTH WONG, MANAGER, CARE SERVICES



To all our graduates of Voices for Hope cohort 10, your courage to live life to the fullest and to continue contributing to society is an inspiration to all. We look forward to celebrating your advocacy milestones in the future!

The Voices for Hope programme is supported by National Council of Social Service (NCSS) and Keppel.



Curious to find out what else went on? Scan the QR code!

MUS.za Raises \$210,000 for the Dementia Cause

On the evening of 9 November 2022, local fine jewellery boutique MUS Zenith Affair (MUS.za) ran their third annual fundraising campaign in support of the dementia cause. This year's campaign was a Charity Auction Gala Dinner themed 'Gems for Generations', and a grand total of \$210,000 was raised on behalf of Dementia Singapore.

The 'Gems for Generations' dinner took place at the historic Raffles Hotel Singapore, where the MUS.za store was first founded. Over 150 guests were in attendance and were able to partake in an auction hosted by Victoria Grace Lee, granddaughter of Esther Ho, and veteran ex-DJ, Bernard Lim. Auction items included new and pre-loved fine jewellery, precious gemstones, and F&B and spa vouchers.

One of the highlights of the evening was the live auction where Victoria's specially designed necklace received a generous winning bid of \$10,000 by Mr Mak, one MUS.za's customers.

The same evening, Dr Ang Peng Chye, Chairman of Dementia Singapore, received the \$210,000 cheque from Esther Ho, Founder of MUS.za.

Other than this milestone donation, which tops MUS.za's previous years of fundraising—\$100,000 in 2020 and \$133,000 in 2021—the brand also continued to raise funds for Dementia Singapore throughout the month of November from all storewide sales.



"I have always been someone who strives to outdo myself. Helping those in need has always been one of the top few things on my list, even in trying times. Fundraising for Dementia Singapore has become a challenge I set for myself for the past three years."

— ESTHER HO, FOUNDER, MUS.ZA



Scan the QR code for the full story!

Celebrating Our Dementia Community, Just The Way You Are

On the evening of 29 November 2022, around 100 of our persons with dementia, caregivers, staff, Dementia Singapore board members, and volunteers, were thanked and honoured for all that they accomplished in each of their journeys with dementia.

Titled 'Just The Way You Are', the Appreciation Dinner was organised by Tokio Marine Life Insurance Singapore, in collaboration with SPH Radio's ONE FM 91.3, in aid of Dementia Singapore. The event was hosted by ONE FM DJs Glenn Ong, The Flying Dutchman, Angel Teo, and Charmaine Phua.

Held at Makansutra Gluttons Bay, guests were treated to tantalising local hawker dishes which were introduced by a surprise guest: Mr K.F. Seetoh himself! Pairs of our dementia advocates, who are themselves living with young onset dementia, also took to the stage, sharing about how they manage their condition together with their care partners.

As guests ate, drank, and made merry, they were also serenaded



1 and 2: Singing a mix of English, Mandarin, Cantonese, and Hokkien songs, singer Angela Saik had the crowd up on their feet and dancing in no time!



by Angela Saik, who has been volunteering her angelic voice with Dementia Singapore since 2018.

Dementia Singapore would like to thank our partners, ONE FM 91.3 and Tokio Marine Life Insurance Singapore, for their generous donation, as well as the successful Appreciation Dinner to honour all those living with and impacted by dementia, just the way they are!



3: DJ Charmaine Phua speaks to Peter and Evon Estrop, dementia self-advocates.

4: Christopher Teo, CEO of Tokio Marine Life Insurance Singapore, presents the \$15,000 donation cheque to Jason Foo, CEO of Dementia Singapore; 5: Dementia self-advocate Alison Lim, with her daughter Jaime Buitelaar, talk about their close relationship and care journey with DJs Glenn Ong and The Flying Dutchman.

A Year of Giving with Hilti



Back to the '60s and '70s with Hilti's first-ever volunteer session with Dementia Singapore!

“

It has been a life-changing experience volunteering with Dementia Singapore. Our clients may forget, but never let them be forgotten.”

— ISKANDER ISHAK, COMMITTEE MEMBER, ENGAGED BEYOND BUSINESS (EBB), HILTI SINGAPORE



Experiencing Christmas time at Gardens by the Bay!

Dementia Singapore is heartened to have many corporate partners that work alongside our Volunteer Management team to engage our clients with dementia in fun and meaningful ways. A new partner of 2022 was Hilti Singapore, an industrial manufacturing firm that joined Dementia Singapore to host a total of four engagement sessions at our New Horizon Centres (NHCs).

Kicking off their series of volunteer sessions was a retro-themed virtual one with our NHC (Tampines) clients in April 2022, where they played bingo games and sang and danced along to '60s and '70s era music together. Our volunteers made it all the more exciting by showing up in outfits reminiscent of those times, such as vintage sunglasses, headbands, and even an Elvis Presley costume!



July marked our Hilti volunteers' first in-person engagement session at NHC (Jurong Point). Donning chef hats, they engaged our clients in an immersive sensory storytelling session, using antique kitchenware and traditional spices.

September 2022 was a special month as the Hilti team planned their first-ever outing since joining our volunteer family. Together with our NHC (Bukit Batok) clients, they embarked on a trip to the National Museum of Singapore. There, they got to revisit the history of Singapore through three different exhibitions - 'Modern Colony', 'Growing Up', and 'OFF/ON: Everyday Technology That Changed Our Lives'.



Our clients and volunteers taking part in a tour of the various local historical exhibits at the National Museum of Singapore

In November 2022, the Hilti team organised a trip to Gardens by the Bay's Flower Dome, with our NHC (Toa Payoh) clients. As our clients admired the beautiful flora and art sculptures surrounding them, they were also delighted in a team scavenger hunt that had them search for the flowers provided to them in pictures.

With reminiscence at the heart of most of Hilti's engagement sessions, many of our clients were oftentimes transported down memory lane as they took part in the various activities. This also sparked animated reminiscence conversations, establishing trust, understanding, and connections between our volunteers and clients.

Dementia Singapore would like to express our heartiest thanks to the dedicated volunteer team from Hilti Singapore for committing to the dementia cause! We look forward to another year of meaningful collaboration in 2023, as well as with our other individual, corporate and youth volunteers who aim to make a difference to the lives of those impacted by dementia.



Hilti volunteers at NHC Jurong Point

Join us in supporting the dementia cause today!

DONATE

 dementia.org.sg/donate  giving.sg/dementia-singapore-ltd

VOLUNTEER

 dementia.org.sg/volunteer

SIGN UP FOR VOICE OF DEMENTIA (ONLINE)

 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

Over 1,000

supermarket managers and supervisors underwent dementia awareness training since July 2022 as part of the #DementiaFriendlySG movement.



There are currently **15** Dementia-Friendly Communities in Singapore.



Since 2016, **more than 550** Dementia Go-to Points were formed in Singapore.



Source: DementiaHub.SG

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