

# Voice OF Dementia

THE NEWSLETTER OF DEMENTIA SINGAPORE



FEATURE

## Danish Superstars Hit Tampines for World Alzheimer's Month 2023

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# Headlines from the Heartlands

A look at Dementia Singapore's strategic series of events to mark this year's World Alzheimer's Month



(Photo: Michael Learns To Rock)

**ON THE COVER:**  
Michael Learns To Rock members (from left) Kare Wanscher, Jascha Richter and Mikkel Lentz will be back in Singapore for a very special reason. (Photo: Michael Learns To Rock)

The theme for Dementia Singapore's commemoration of World Alzheimer's Month this year is *Back To The Heartlands*. And the aim is to shine the spotlight on the island's more mature estates where its programmes and services can better impact the larger community of people living with dementia. These are also heritage neighbourhoods, localities that guard a collective memory of Singapore's unique history and culture, and the fruits of the island nation's cherished 'kampong spirit'. The lattermost is also the reason why Dementia Singapore has planned a series of strategic events at select heartland communities, spread across three months – from September (World Alzheimer's

Day takes place on 21 September as part of World Alzheimer's Month) to November – as part of its evolving outreach and fundraising initiatives.

Of these, a one-night-only fundraising concert featuring acclaimed Danish pop rock band Michael Learns To Rock at Our Tampines Hub in September is arguably its boldest undertaking yet. It is the first time Dementia Singapore is presenting a fundraising concert featuring an international act.

"Good music is a great connector," said Jason Foo, Chief Executive Officer of Dementia Singapore. "And getting a well-known international act to help spread the message of support for

Singapore's fast-growing community of persons living with dementia goes a long way in helping to break down the stigma associated with the condition, which often stems from a lack of awareness and even a discomfort with addressing the issue."

### **A VILLAGE TO THANK**

Another focus of this year's advocacy efforts is the support and respite for caregivers, compatriots who take on their unique set of daily challenges with unwavering devotion. From family members to hired help, each will no doubt continue to make a difference through the fine example they set. But Dementia Singapore knows it will take a village to realise a truly dementia-inclusive society. As such, aspects of the programme for several of this year's initiatives to mark World Alzheimer's Month are designed to affirm their commitment.

Also taking place in the first week of September is A Thank You Lunchtime Banquet in collaboration with long-time supporter of Dementia Singapore's effort, Soup Restaurant, for persons with dementia and especially their caregivers. For the wider community, there is a carnival at Our Tampines Hub slated for the same week. This will be free for CARA members and their family in a bid to encourage greater interest and more sign-ups. There is even a modern getai show at soon-to-be-announced dementia friendly estate Marine Parade organised for October, to affirm the importance of continued efforts.

**"Good music is a great connector, and getting a well-known international act to help spread the message of support for Singapore's fast-growing community of persons living with dementia goes a long way in helping to break down the stigma associated with the condition, which often stems from a lack of awareness and even a discomfort with addressing the issue."**

- JASON FOO, CHIEF EXECUTIVE OFFICER OF DEMENTIA SINGAPORE

Growing awareness and nurturing more stakeholders among members of the public will continue to be a priority. This is why efforts to increase the number of CARA members who have yet to have a personal connection with dementia have been stepped up, with larger events like the above-mentioned marked as hotspots for advocacy and new sign-ups.

More intimate outreach initiatives – from lunchtime talks to dedicated booths – have also been planned for older neighbourhoods, such as Macpherson Road, with the added aim of updating the wider public on the growing array of resources available.





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#### **SHEDDING NEW LIGHT**

In a show of solidarity for persons with dementia and caregivers, healthcare professionals and community care workers, the inaugural Dementia Singapore-led #ShineForDementia initiative last year saw some of the island's iconic landmarks lit in purple and yellow to mark World Alzheimer's Day on 21 September. The initiative returns to do the same, aiming to further raise awareness of the condition and the growing number of people impacted by it. Of course, the more immediate hope is that more members of the public will once again be inspired to take in the sights and share photos and videos on social media. Confirmed landmarks on this year's roster boast many of last year's stars, including Singapore Flyer, the Esplanade, National Stadium and National Gallery. These areas are also home to several sumptuous dining options, in case you are planning to make it a distinctly more memorable outing.

Speaking of shedding light on being better prepared to

face the impact of a fast-growing dementia community, Dementia Singapore continues to affirm a need to better appreciate the needs of caregivers to persons living with dementia. This has led to a timely collaboration with consumer research and data analytics company Milieu, to conduct a survey as part of the latter's Milieu for Good initiative, designed to provide pro bono research services for social enterprises, non-profit organisations, and charities. Findings are scheduled to be revealed sometime during World Alzheimer's Month.

This new survey for Dementia Singapore not only aims to glean insights into the changing perceptions of those who live with the condition but is also designed to help us make better sense of the varying needs of caregivers – from primary caregivers to those who provide minimal support, and across various stages of dementia (specifically the mild, moderate, and advance stages).

# CARA: It Takes a Village



*In February, the CARA team established meaningful interactions with members of the public at Nanyang Technological University's inaugural Cognition Awareness Day 2023, held at Lee Kong Chian School of Medicine's Dementia Research Centre.*

**N**ormalising dementia is a crucial endeavour that involves raising awareness and fostering a deep understanding of the realities faced by those living with dementia. It seeks to dismantle the misguided belief that dementia is a source of shame or embarrassment, instead emphasising that it is a condition impacting the lives of millions worldwide.

A big part of our work at Dementia Singapore is to create a society where persons with dementia and their families are fully supported and included in all aspects of community life. Achieving this transformative shift requires significant changes in societal attitudes and behaviours.

With a commitment to cultivating an empowered dementia community, the Dementia Membership team, CARA, strives to bring together various stakeholders, including medical professionals, corporates, students, and government bodies to address the unique challenges and needs of the growing population of persons with dementia and caregivers in Singapore. Ultimately, the team hopes to enhance the quality of life for those impacted by dementia by amplifying its social impact and outreach through valuable partnerships.

**"Embracing the philosophy that 'the whole is greater than the sum of its parts,' CARA recognises the immense strength derived from collaboration and cooperation. Building a dementia-inclusive society requires the collective efforts of a village of partners, united by a shared vision. Together, we hope to pave the way for attitudinal and behavioural shifts, shaping a future where persons living with dementia and their caregivers are embraced and supported by society at large."**

- BERNARD LIM, DIRECTOR OF ADVOCACY & COMMUNICATIONS, DEMENTIA SINGAPORE

*BELOW: Engaging our youth! The CARA team brought their wealth of dementia knowledge and resources to feed curious minds at Jurong Pioneer JC and Yishun Innova JC in April.*



*ABOVE: Joining forces with AWWA, the CARA team conducted a 4-day dementia training workshop in April for over 300 Singapore Police Force officers at the Woodlands Police Division. The impactful sessions equipped officers with valuable insights on supporting persons with dementia and how the CARA app can amplify their efforts.*

*BELOW: The 'Senior Outing', organised by Sembawang West Grassroots Organisations, saw the CARA team engaging with a bustling crowd of enthusiastic seniors at Botanic Gardens in February! The event was graced by Guest-of-Honour, Grassroots Advisor Ms Poh Li San.*



**Partner with CARA!**

For more information, scan the QR code or visit [cara.sg](http://cara.sg). You can also write to [cara.partner@dementia.org.sg](mailto:cara.partner@dementia.org.sg) for collaborations



# Leveraging Reminiscence Arts For Effective Engagement

**W**hen caring for a person living with dementia, it can prove challenging to find effective ways to engage them meaningfully. If you are pressed for ideas, reminiscence arts may be the answer.

## WHAT IS REMINISCENCE ARTS?

An extension of reminiscence therapy, reminiscence arts is an activity that involves discussions about past life experiences using elements of creative art and artmaking, such as painting and clay-making, as conversation prompts. For persons with dementia, especially of mild to moderate stages, this can serve as an incredibly impactful and empowering method of engagement.



## SOME BENEFITS OF IMPLEMENTING REMINISCENCE ARTS IN YOUR DEMENTIA CARE JOURNEY

### FOR PERSONS WITH DEMENTIA

- The opportunity to create a piece of artwork can ignite a great sense of achievement, ownership, and confidence.
- It provides them with sensory, visual, and tactile stimulation, which are limited in other forms of reminiscence activities that are largely conversation-based.
- As they are encouraged to share the stories and meanings behind their art with their peers, family, or care staff, they are able to hone their verbal communication skills whilst socialising and building rapport with others.
- Those who have not tried artmaking before are presented with the chance to pick up new skills and discover new things about themselves.

### FOR CAREGIVERS

- It can be conducted easily in the comfort of their own homes or care facilities. Materials required are everyday objects that can be located with ease and a single session generally spans only less than an hour.
- There are multiple resources available that can aid them in facilitating these sessions independently. These toolkits detail instructions and suggested activities to guide them through the process.
- Family caregivers get the opportunity to know their loved ones better when they share the stories and meanings behind their artworks, which are often tied to past hobbies, interests, and significant experiences in their lives.



### THE 'RAD' COURSE

The Dementia Singapore Academy runs the 'Reminiscence Arts for Dementia' (RAD) course which equips participants with the relevant knowledge and skills required to conduct individual or small-group interactive reminiscence arts sessions for persons with dementia using objects, storytelling, as well as craft materials.

This blended course comprises an e-learning portion that touches on the theoretical knowledge of designing, preparing, and implementing reminiscence arts group activities, as well as a classroom facilitation session that involves live demonstrations and skills practice.



*RAD's e-learning modules and digital resources were developed by Dementia Singapore with the generous support of the Chua Foundation.*



"Learning how to cater to the individual needs of clients was very useful. Through this course, I now know how to conduct reminiscence arts, what kind of topics I can choose, and the all-important things I need to take note of during a session."

- ZHOU YU, ACTIVITY AND CARE ASSOCIATE,  
METHODIST WELFARE SERVICES



**Scan the QR code for more information about Reminiscence Arts for Dementia**



# Talking to Children about Dementia

A person's dementia diagnosis impacts the entire family. And while parents may wish to shield their children from the reality of a loved one's condition, it is best to broach the topic with them early. Children can sense tensions in family dynamics arising from their loved one's diagnosis of dementia and may be able to adjust better to these changes if they are informed.

Ask your loved one with dementia if they would like to be included and plan for a timely conversation. Here are some general tips that can help guide the discussion:

## NAME THE CONDITION AND EXPLAIN THE SYMPTOMS USING CLEAR, DIRECT LANGUAGE

If you are speaking to older children, you may want to explain the condition in detail, such as talking about the type of dementia your loved one has. You may need to repeat your explanations several times and simplify the terms used depending on your child's level of comprehension.

## ACKNOWLEDGE YOUR OWN FEELINGS TO YOUR CHILDREN

Share your emotions and ask your children what worries they may have regarding the condition.

## ANTICIPATE QUESTIONS AND GUILT

If your children have experienced episodes of your loved one forgetting them, emotional outbursts, or accusations of misplacing or stealing things, they may internalise your loved one's words and actions, feeling guilt or hurt over them. Explain that the condition makes it hard for them to remember things, but that your loved one still



cares for them. Remind them to play along instead of contradicting what your loved one says, even if what they say is inaccurate.

## BE POSITIVE, BUT HONEST

It is likely that your loved one's condition will continue to deteriorate. Let your children know that they can continue to talk to you about their feelings as things change.

## TELL YOUR CHILDREN IT IS STILL POSSIBLE TO LIVE WELL WITH DEMENTIA

Talk about tasks and activities that your loved one with dementia can still do and what modifications are required so that your loved one can continue to be engaged.

## DEPENDING ON YOUR CHILDREN'S AGE AND DEVELOPMENT, YOU MAY WANT TO INVOLVE THEM IN CAREGIVING

This helps them maintain a connection with your loved one with dementia and become more comfortable with their expressed symptoms.



Visit [DementiaHub.SG](https://DementiaHub.SG), Singapore's one-stop resource portal that houses the most comprehensive and up-to-date information on dementia. Now enhanced with brand-new features, including a Text-to-Audio functionality for individuals with visual impairments or reading difficulties and an Event Calendar, meticulously curated with a list of dementia-related events taking place nationwide.



# Moved to Help the Newly Diagnosed Plan Their Dementia Care Journey

For newly diagnosed persons with dementia and their caregivers, the prospect of living with and caring for the individual with the condition may seem extremely daunting. At this juncture, it is crucial for them to have access to the appropriate support to chart the course for the care journey ahead. This is where Dementia Singapore's Post Diagnostic Support (PDS) team plays a pivotal role, as they proactively reach out to families and offer their invaluable assistance. Their role involves providing families with a deeper understanding of the condition, as well as equipping them with essential resources, care connections, and psycho-emotional support throughout the first year following diagnosis.

We chatted with Sion Teng, Senior Programme Executive of our PDS team, to gain further insight into the programme and what their typical workday looks like.

## DESCRIBE A REGULAR WORKDAY

I usually start my day by going through my email and messages to ensure I can capture and address any enquiries or concerns in a timely manner. If there is a new referral from our hospital partners, my administrative team and I will process the referral before assigning it to a caseworker to support the family.

A huge part of our team's job involves rendering personalised support to persons with dementia and their caregivers via home visits, phone calls, or text messages. This entails us educating them about dementia and its stages of progression, providing emotional support and counselling, and facilitating necessary service linkages. Another key task of ours would be to customise long-term Individualised Care Plans (ICP), taking into consideration the unique preferences and needs of the person diagnosed.

Beyond directly supporting my clients, I also work closely with the team to review cases periodically. As an extra pair of eyes, I would try to delve deeper into underlying concerns and offer alternative viewpoints and recommendations for the team to explore. I am also constantly looking into enhancing existing processes to optimise our workflow.

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

My early days in Dementia Singapore were with the Home Support Team. This provided me the opportunity to learn first-hand about the ups and downs of their journeys. Some frequently expressed sentiments include, "If only we had been aware of this from the start", or "If only there had been someone to guide us with our loved one's care plan right from the beginning". This was when I began to see the immense value in the PDS programme that was helping to address that service gap in Singapore. With the support of my superiors, I made the transfer.

It is indeed an important role that we take on here, as dementia is a progressive condition. The PDS team recognises the defining window of time following diagnosis as an opportunity to intervene and provide the required support that can help in slowing down the progression.

## WHAT IS YOUR FAVOURITE PART ABOUT THE JOB?

The opportunity to work with my clients and my team! It is a privilege to be part of the caregivers' journeys and be entrusted with the responsibility to help them manage their caregiving roles with greater confidence. It is truly rewarding to see them learn to better care for their loved ones and themselves. Often, they may feel like they are fighting a lone battle and I take pride in being able to be a small beacon of light for them, guiding them and inspiring hope in them to keep going.



*The Post Diagnostic Support Team (Back row, left to right: Nur Adila, Denise Kuah, Joyce Teoh, Candice Ong, Connie Tan; Front row, left to right: Ong Zhen Yuan, Eric Chan, Sion Teng, Stephen Chan)*

I have also learned a lot from interacting with persons with dementia, as they share with me everything from their likes and dislikes to their life histories and passions. I consider it a privilege to be in a position to advocate for their care preferences and share their perspectives with their caregivers. At the end of the day, I hope that their voices will be heard and their wishes fulfilled.

It is imperative to mention that working alongside such a dedicated team makes everything worthwhile. It certainly warms the cockles of my heart to see their commitment as they work to address the diverse needs of caregivers and persons with dementia. Moreover, I am incredibly grateful for the unwavering support from my manager, director, and the organisation as a whole. Their backing has provided me the necessary flexibility to implement changes and adapt our approach to care, as we navigate the ever-evolving dementia landscape.

#### **HOW DO PEOPLE TYPICALLY RESPOND WHEN YOU TELL THEM WHAT YOUR JOB IS?**

When I discuss my job with others, I often hear responses like, “It is a meaningful job, but it must not be easy,” and “You must have a lot of patience.” However, I feel that in comparison with the caregivers that I am working with, I have it easy. Caregivers have to juggle different roles – perhaps a breadwinner, a filial child, or even a loving

parent to their kids – all while finding time to care for their loved ones with dementia. Oftentimes, self-care takes a backseat as they forget to prioritise their own needs. Likewise, for persons with dementia, it can be a life-altering experience to even learn of their diagnosis, and subsequently come to terms with it. Therefore, I always use my initial conversations with people about my job to kickstart a conversation about the condition. I try to spread awareness about its impact on diagnosed individuals and their families, and rally support for the community. I firmly believe that such interactions are key in eradicating the stigma that is present in society.

#### **WHAT IS IN THE PIPELINE FOR PDS?**

As part of PDS, we currently host Peer Support Group (PSG) sessions whereby we invite caregivers to attend six consecutive sessions in a safe and supportive environment to express their emotions, exchange practical tips, and share their experiences. Taking into account that it may be challenging for them to attend all six sessions, we are currently improving our process and working on presenting the course’s curated content in a way that is accessible to more caregivers. This may be in the form of workshops that address specific caregiving needs, or condensed PSG sessions.



**Scan the QR code for more information about Post Diagnostic Support.**

# The MacRitchie Challenge 2023 by Tom Platts

**T**hree hundred loops around the MacRitchie Reservoir. A total distance of about 3,700 km. And a goal to raise \$50,000. These form the crux of the MacRitchie Challenge 2023, initiated by Tom Platts, a dedicated supporter of the dementia cause, in a bid to raise funds for Dementia Singapore.

We get up close and personal with Tom as he shares about himself, his motivations behind initiating this campaign, and his hopes for the dementia community.

## TELL US ABOUT YOURSELF.

I am British, and I have lived in Singapore since 2011. As a corporate finance lawyer at an international law firm, I have the privilege of working alongside many Singaporeans and Southeast Asians. It is a truly enriching experience to be in such a culturally diverse environment, something that I appreciate very much.

I have two daughters, Constance, who is 14 years old, and India, who is 12. Both now live in London but have spent the vast majority of their lives in Singapore. My younger daughter, India, was, in fact, born here, at Thomson Medical Centre. I am an avid sports fan – both playing and watching – and in my spare time (when I am not at MacRitchie Reservoir), you will likely find me doing something sports-related!

## WHAT INSPIRED YOU TO START THE MACRITCHIE CHALLENGE 2023?

The challenge was not entirely planned. Instead, it was something that unfolded organically over time.

I have always loved the beauty of MacRitchie Reservoir. The diversity of wildlife set against a stunning rainforest is indeed something to behold. Although I work at the Marina Bay Financial Centre in the Central Business District, I am, at heart, an ‘outdoors person’. I spent a huge part of my childhood in the Lake District in the United Kingdom after all. Moreover, I really enjoy walking and running, and I find it quite the experience to do it in the humid, dense jungles of Singapore.



*Tom and his daughters supporting him on the challenge.*

Dementia, as a condition, is also close to my heart. There is dementia in my extended family, and I know a number of people with family members who live with the condition as well. This was when I started thinking of how I could channel my love for the outdoors towards a meaningful cause. And thus, the MacRitchie Challenge 2023 was born to support Dementia Singapore.

With an aim of completing 300 loops around the MacRitchie Reservoir this year, I have embarked on this venture to also reconnect with friends, family, colleagues, and clients in this post-Covid world. After each loop, my “guests” are asked to consider (it is not compulsory!) making a donation to Dementia Singapore.

As a nature-lover, I also take the opportunity to note down details of the wildlife that I come across on my rounds around the reservoir, for the National Parks Board's records. I have a large spreadsheet in which I record the number of colugos, snakes, lizards, pangolins, monkeys, and wild boars that I see. I have been pretty lucky so far - I have encountered plenty of cobras, pythons, coral snakes, a family of ten wild boar, and even two sambar deer. I really have become quite attached to this exercise.

I should also say that as a result of family and work-related travels, the MacRitchie Challenge 2023 has gone international! When in London, I covered Richmond Park (with a circumference of 12 km, almost identical to MacRitchie Reservoir) and in New York, Central Park.

**HOW IS THE CAMPAIGN GOING?**

I have been fortunate, so far, to have raised just over \$22,500 on behalf of Dementia Singapore. I have completed 170 loops with 265 guests from 27 different countries. I have also welcomed 32 people onboard



*Wildlife spotted! Tom snaps a selfie with some monkeys he encountered during one of his treks.*



*And the challenge ensues, with friends, old and new!*

my challenge who I had never met before, and it has been a joy getting to know them.

If you are at MacRitchie Reservoir at 6am on any weekday, or 8am on any weekend, you are likely to spot me and a group of fellow "loopers" wearing vibrant 'MacRitchie Challenge 2023' caps that I give out to most of my guests. I really would love for you to join me - all are welcome!

**WHAT IS YOUR MESSAGE TO LIKE-MINDED PEOPLE LOOKING TO SUPPORT THE DEMENTIA CAUSE?**

I urge everyone to consider making a contribution or raising funds to help provide support for those living with dementia and their families in Singapore. Dementia is an invisible condition that can have a huge impact on individuals and their loved ones and it is crucial that they have access to the right kind of support.

The work that Dementia Singapore does across its centres and the wider community is not only effective but also inspirational. I have been so impressed by the way everyone at the organisation works in tandem with community partners to support those impacted by the condition here.

**WHAT ARE YOUR HOPES FOR THE DEMENTIA COMMUNITY?**

While what I really wish for, is a global cure for dementia, what I hope for now is that those with the condition and their families are well-supported on their dementia journeys and are able to continue living enriched lives. I am confident that the funds I have been raising as part of the MacRitchie Challenge 2023 will greatly benefit the dementia community in my adopted home of Singapore.



**Do you share Tom's passion for the dementia cause? Make a donation today**

# Celebrating a Steadfast Commitment to the Dementia Cause



**D**ementia Singapore is privileged to have forged many impactful partnerships with our volunteers, who constantly go above and beyond to support our dementia community in various ways. These remarkable individuals contribute in diverse ways, such as planning and facilitating activities for our centre-based clients, offering support to persons living with dementia and their caregivers who are navigating home-based care, fulfilling manpower needs at our events, and raising dementia awareness via community outreach.

On 18 March 2023, we held our first-ever Volunteer Mixer in appreciation of our dedicated volunteers! The event, held at PAssion Wave @ Bedok Reservoir, brought together over 20 of our individual and youth volunteers from our various volunteering programmes for a day of fun-filled games and activities.



*ABOVE: The day kicked off with some exciting icebreaker games to get everyone acquainted with one another.*



*Volunteers unleashed their creativity in a terrarium-making workshop led by social enterprise, Group AID.*



**“Beyond the meaningful and engaging activities that we enjoyed thoroughly, we’re glad to have had the opportunity to meet and engage with like-minded volunteers from all across Singapore, united in our goals to help vulnerable groups, as well as build new camaraderie.”**

**- PROJECT RICORDARE, YOUTH VOLUNTEER GROUP,  
HWA CHONG INSTITUTION**

*RIGHT and BOTTOM:  
Thanks to our venue sponsor, People’s Association PAssion Wave, our volunteers got to take in the scenic views of the reservoir from kayaks and pedal boats!*



Following the flurry of activities, everyone delightedly settled down for a delectable lunch. To wrap up the day, our volunteers were then presented tokens of appreciation and handwritten postcards, specially prepared by our Volunteer Management team.

Our inaugural volunteer appreciation event turned out to be a smashing success, with individuals from various walks of life coming together due to their shared passion for the cause. Our volunteers’ unwavering support undoubtedly goes a long way in enriching the lives of our dementia community, and it heartens us that we were able to create an opportune setting for them to have fun and foster new connections.

As we journey with our volunteers through another exciting year, we look forward to cultivating stronger relationships with them and creating many more valuable memories together!

# Join us in supporting the dementia cause today!



## DONATE

 [dementia.org.sg/donate](https://dementia.org.sg/donate)  [giving.sg/dementia-singapore-ltd](https://giving.sg/dementia-singapore-ltd)

## VOLUNTEER

 [dementia.org.sg/volunteer](https://dementia.org.sg/volunteer)

## SIGN UP FOR VOICE OF DEMENTIA (ONLINE)

 [dementia.org.sg/vod](https://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

**1 in 10**  
people in  
Singapore

aged 60 and above  
has dementia.



The annual global  
cost of dementia  
surpasses  
**US\$1.3**  
trillion.



**Every 3**  
seconds

someone in the  
world develops  
dementia



Sources: Institute of Mental Health, Alzheimer's Disease International

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