

FAMILY OF WISDOM FACT SHEET

1. WHAT IS THE FAMILY OF WISDOM (FOW) PROGRAMME?

Family of Wisdom (FOW) is a 3-hour enrichment programme for persons living with dementia, based on Person-Centred Care Approach, Scaffolding Theory for Ageing and Cognition and Principles of Cognitive Stimulating Therapy. Each session incorporates learning a new hobby, engagement, creative dance music & movement exercise, and cognitive activities; specially curated according to each client's stage of dementia, preferred spoken language, education level, talent, as well as their remaining abilities. The programme seeks to benefit, enhance, and improve their well-being and cognitive function, maintain their dignity, and self-esteem. Activities are conducted in a cosy setting, with small staff to client ratio.

This programme targets families with full-time caregiver – such as spouse, children or a domestic helper, as the programme requires an accompanied caregiver (if the client has unsteady gait and has toileting needs) unlike a typical daycare programme, since Centre does not provide transport for clients.

2. 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 client and their caregivers; offering them the freedom and anonymity to adequately express feelings and concerns without the fear of being judged.

3. ADMISSION CRITERIA

- Persons with dementia (formal diagnosis by medical doctor is required)

4. LOCATION

Address: 20 Bendemeer Road #01-02, BS Bendemeer Centre, Singapore 339914

Operating days: Monday to Friday (Operating times: 9.30am to 12.30pm / 2pm to 5pm)

Tel: 6389 5385 / 80205006 / Fax: 62936631; Email: eunice.tan@dementia.org.sg

5. ADMISSION PROCESS

Potential clients are admitted by referral only, received after he/she has been assessed by Centre Staff at the Centre. The assessment of the potential client will be done through an one-to-one assessment at \$50 + GST (i.e. \$54).

Upon acceptance to the Family of Wisdom, a one-month refundable deposit is required from new client. This amount will be refunded in full if/when the service is terminated and if there are no outstanding dues. In the event there are outstanding dues, Dementia Singapore Ltd reserves the

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rights to offset this amount against the deposit. Payment can be either in cash, PayNow, internet banking or by cheque, made payable to “**Dementia Singapore Ltd – Acc 1**”.

6. SERVICE FEES

	Types of Sessions	Fees Charged Per Session
Centre-Based	Mild dementia (3-hours)	\$80
	Moderate dementia (3-hours)	\$80
	Moderate with BPSD / Moderate-severe (2-hours)	\$160

Rates quoted above are before GST. All Centre fees charged are subject to GST.

Clients will be charged based on the number of sessions he/she has attended in a month.

One-to-One”, “Home-based” and “virtual engagements” is available upon request, subject to availability of staff. Please speak to our Manager to find out more.

7. OPTIONAL CHARGES : SUBSCRIPTION TO NEEUROFIT BRAIN FITNESS PROGRAMME

What is NeeuroFIT Brain Fitness Programme ?

NeeuroFIT Brain Fitness Programme is an optional cognitive workout session that is highly recommended for literate persons with mild dementia. The cognitive workout uses a Senzeband (equivalent to a EEG gadget that can track one’s brain activity) paired to an iPad and an App called “Memorie”.

The workout seeks to train 5-domains : Attention, Memory, Decision making, Spatial Awareness and Cognitive flexibility.

This brain fitness programme requires each client to subscribe to a personal login account, so that their progress can be tracked during the workout. During our Cognitive Activity segment in the Centre, staff will help client to login using their personal login account.

This is a 6-month programme and it costs \$240 before GST (i.e. \$259.20). At the end of the programme, a personalised cognitive training report will be given.

For every sign-up, each client will receive the following, used at the Centre:

- A loan of Senzeband and iPad
- A personalised account for brain training workout
- A customised curriculum based on pre-training assessment result
- A post-training assessment and a printed cognitive training report at the end of programme.