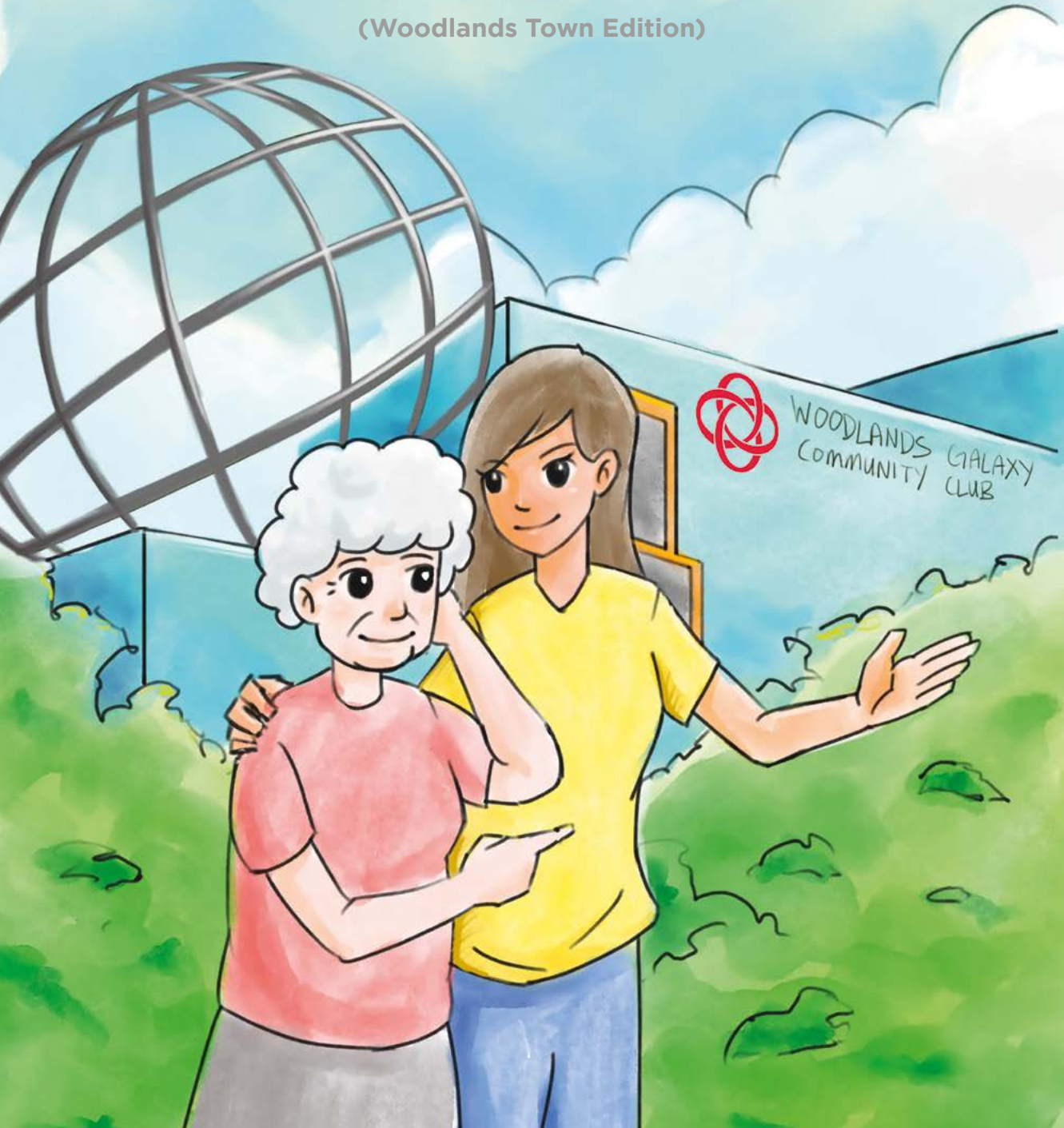




# COMMUNITY LIVING RESOURCE

*FOR A DEMENTIA-INCLUSIVE SINGAPORE*

*(Woodlands Town Edition)*



# FOREWORD



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Grassroots Adviser to  
Sembawang West GROs



For the digital copy of this booklet and other useful information, scan QR code or go to [dementia.org.sg/publications](https://dementia.org.sg/publications)

SINGAPORE is ageing rapidly. In time to come, there will be more senior citizens and they will live longer too. Currently, around one in six Singaporeans is aged 65 and older, with an average lifespan of 83.5 years. By 2030, around one in four citizens will be aged 65 and above.

The downside is that with more older people, there will also be more people impacted by dementia. Amongst the seniors, one in 10 persons above age 60 have dementia. The incidence rate will increase to one out of two for those above age 85. As of Oct 2022, there are approximately 92,000 persons diagnosed with dementia and this number is projected to increase by 65% to 152,000<sup>1</sup> in the next eight years.

Unfortunately, unlike most illnesses and disabilities, early stage dementia is not easy to detect as symptoms can be quite varied. Also, dementia is a terminal illness because people living with dementia or PLWDs in short, will not recover.

Their condition will only deteriorate over time. In the advanced stage, most PLWDs would require extensive caregiving needs. Whilst fulfilling, caregiving for PLWDs may be challenging and require 24/7 attention.

Singapore needs to be a more dementia-friendly society as this disease becomes more prevalent in our rapidly ageing society. More concerted efforts to increase awareness and provide community support services to help families with PLWDs are needed. Other than nursing homes and senior day care centres, it is important to provide alternative models of care in the community for PLWDs and to support their caregivers.

Recognising the urgent need for better

<sup>1</sup> URL: [bit.ly/4buDybt](https://bit.ly/4buDybt)

community support, our community partners from AWWA, Dementia Singapore, Sembawang West Grassroots Organisation started together, a Dementia Caregivers Support Group in 2022. The objective is to provide a safe and comforting space for caregivers to share with each other their challenges and obtain caregiving tips and emotional support. I am heartened that Dementia Singapore, in collaboration with the various Community Partners in Woodlands Town - comprising AWWA, Care Corner, Club HEAL, Sembawang Town Council, Sembawang West GROs, Vanguard Healthcare and Woodlands Health has produced this very useful Community Living Resource Guide. Thoughtfully put together, this Guide will help PLWDs tremendously with useful information on dementia care, medical and healthcare services in Woodlands Town, as well as inform caregivers on support services such as training, financial assistance, safety and monitoring tips.

It will take time to build up infrastructure capacity and also require dedicated efforts to develop community programmes and support services to help families facing dementia. The earlier we start, the better prepared our community will be in embracing dementia. I believe that this Community Living Resource Guide will be a useful resource for our Woodlands Town residents. Hopefully, with adaptations, it can also guide other towns in preparing their resources to better support families and individuals impacted by dementia. I wish to sincerely thank the team for this ground-up initiative to put together this valuable Guide.





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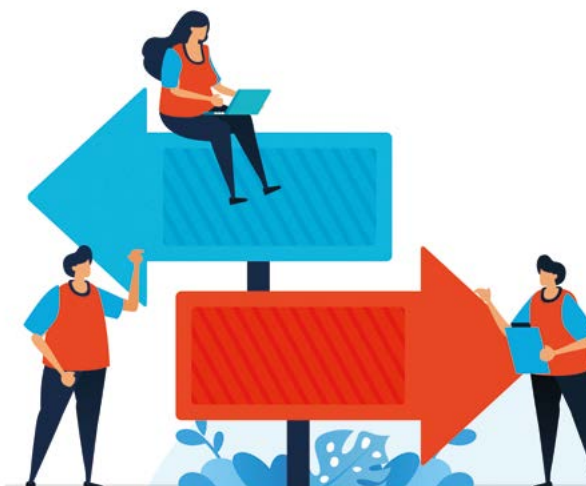
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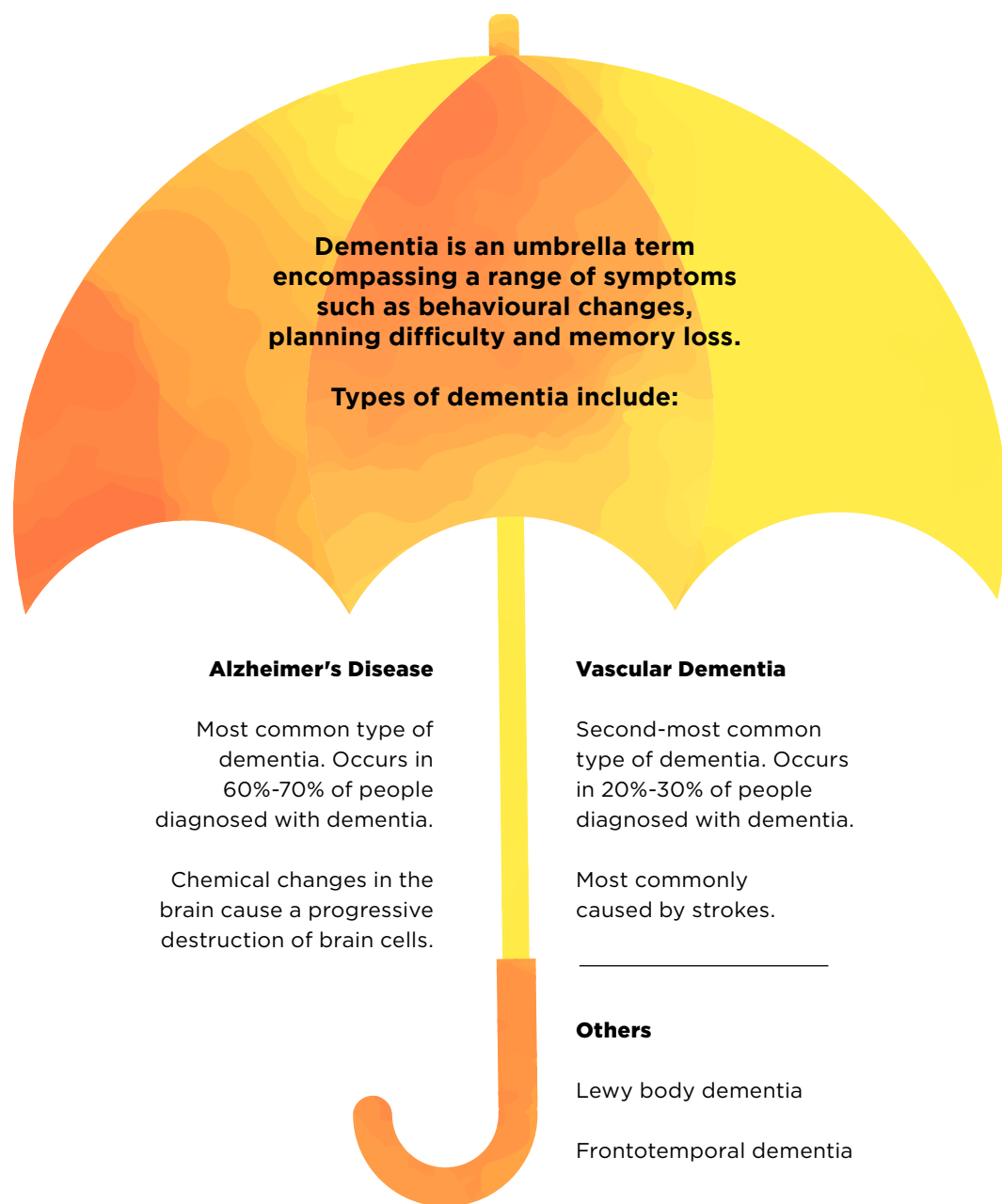
## HOW TO USE THIS GUIDE

This Community Living Resource booklet is a general guide on how to detect dementia, where to seek diagnosis, the kind of help and amenities in and around Woodlands Town, as well as the helpful resources you can use to help you and your loved ones continue to lead fulfilling and meaningful lives even with dementia.

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# WHAT IS DEMENTIA?



*There are several stages of dementia and the symptoms may vary. In most individuals, early signs of dementia may come in the form of memory lapses. In later stages, cognitive abilities deteriorate over time and daily activities become increasingly difficult without assistance. Despite these changes, it is still possible to live well with dementia.*

## 3 MAIN STAGES OF DEMENTIA

<p><b>MILD DEMENTIA</b> <i>Focus on my abilities. I want to be independent for as long as possible.</i></p> <ul style="list-style-type: none"> <li>• Forgets recent events and repeats questions.</li> <li>• Becomes withdrawn, lethargic or agitated.</li> <li>• Daily planning becomes difficult.</li> </ul>	<p><b>MODERATE DEMENTIA</b> <i>I need some support. Help me in areas I struggle with.</i></p> <ul style="list-style-type: none"> <li>• Cannot name familiar objects and people.</li> <li>• Repetitive speech and weaker vocabulary.</li> <li>• Neglects personal hygiene.</li> </ul>	<p><b>SEVERE DEMENTIA</b> <i>I need daily support. Ensure my comfort and well-being are taken care of.</i></p> <ul style="list-style-type: none"> <li>• Cannot recognise family members.</li> <li>• Struggles with speech and understanding.</li> <li>• Needs help with activities of daily living, such as grooming and eating.</li> </ul>
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## A-B-C OF LIVING WELL

*Keep healthy by staying Active*



<ul style="list-style-type: none"> <li>• Keep to a routine for physical, social and mentally-stimulating activities.</li> <li>• Keep to a healthy schedule for meals and sleep.</li> </ul>	<ul style="list-style-type: none"> <li>• Exercise as regularly as your physical condition allows.</li> <li>• Maintain a balanced diet and get enough sleep and rest.</li> </ul>	<ul style="list-style-type: none"> <li>• Encourage movements of limbs and engagement through touch, sight, hearing, smell and taste.</li> </ul>
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## Stay connected with Befriending

<ul style="list-style-type: none"> <li>• Make new social connections and stay connected with family and friends.</li> </ul>	<ul style="list-style-type: none"> <li>• Request for a befriender for companionship.</li> <li>• Keep in contact with family and friends.</li> </ul>	<ul style="list-style-type: none"> <li>• Ask for a befriender's visit for support and companionship (especially for homebound persons).</li> </ul>
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## Be supported through Care

<ul style="list-style-type: none"> <li>• Attend medical appointments and follow doctor's orders.</li> <li>• Make care-plan arrangements for health, financial and legal matters while capable of decision-making.</li> </ul>	<ul style="list-style-type: none"> <li>• Consult your doctor, dementia helplines or local service providers for support.</li> <li>• Ensure a safe home environment.</li> </ul>	<ul style="list-style-type: none"> <li>• If living at home is no longer a safe option, consult your doctor or local service providers on alternate living arrangements.</li> </ul>
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# A-B-C-D SELF-CHECKLIST FOR DEMENTIA

## A CTIVITIES

### 1. Difficulty in completing familiar tasks at home, work or leisure

- Do you have problems completing familiar daily 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 have difficulty remembering the rules to your favourite game or sport?

#### Typical age-related change not attributed to dementia:

Occasionally needing help to use a new appliance or digital device.

#### How can others help?

When you notice someone having problems or difficulties, reach out and offer support.

---

## B EHAVIOUR

### 2. Changes in mood, behaviour and personality

- Have you noticed changes in your behaviour and personality?
- Are you easily upset with friends, at home or work, or when in places where you are out of your comfort zone?
- Do you become confused, suspicious, depressed, fearful or anxious for no obvious reason?

#### Typical age-related change not attributed to dementia:

Having specific ways of doing things and becoming irritable when a routine is disrupted.

#### How can others help?

When you notice someone agitated or confused, remain calm and approach gently. Your verbal and non-verbal cues should convey trustworthiness and calmness. Do not raise your voice or lose your temper.

---

### 3. 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 friends because of the changes you are experiencing?

#### Typical age-related change not attributed to dementia:

Sometimes feeling tired from work, family and social obligations.

#### How can others help?

Greet your neighbours when you see them and make an effort to check in on those who tend to keep to themselves. Neighbourliness makes our community more pleasant to live in.

## C OGNITIVE

### 4. Short-term memory loss causing disruption to daily life

- Have others pointed out to you that you keep asking or saying the same things?
- Do you find an increasing need to rely on different ways to remember things, such as using reminder notes?
- Can you recall what you heard five minutes ago?

#### Typical age-related change not attributed to dementia:

Sometimes forgetting names or appointments but remembering them later.

#### How can others help?

Be patient when you encounter someone who keeps repeating himself/herself.

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### 5. Problems with visual perception

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

#### Typical age-related change not attributed to dementia:

Changes in vision due to eye-related diseases.

#### How can others help?

Describe the visual situation simply, slowly and patiently.

---

### 6. Difficulties in planning, thinking and solving problems

- Can you make a shopping list and go shopping on your own?
- Can you go out alone and take a bus, train or private-hire car?
- Can you manage your finances on your own or pay rent and utilities by yourself?

#### Typical age-related change not attributed to dementia:

Occasionally making errors when managing finances.

#### How can others help?

Offer them simple binary choices and avoid complicated instructions.

## 7. Difficulties in communication

- Do you have trouble following or joining a conversation?
- Do you stop in the middle of a conversation and have no idea how to continue?
- Do you identify objects wrongly and struggle to find the right words when communicating with others?

### Typical age-related change not attributed to dementia:

Sometimes having trouble finding the right words to express yourself.

### How can others help?

Speak slowly and use simple, short sentences. Give them time to respond.

---

## 8. Misplacing things and inability to retrace steps

- Do you leave things at odd places, such as placing your spectacles in the fridge?
- Do you lose things and cannot retrace your steps to recover them?
- Do you accuse others of stealing your possessions?

### Typical age-related change not attributed to dementia:

Misplacing things from time to time but can still retrace steps to find them.

### How can others help?

Avoid making fun of them for misplacing items or placing them at the wrong places. Talk to them and assure their value and comfort their emotions. Some are aware of their own confusion. So, grant them the space to process their emotions.

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## 9. Impaired judgment

- Do you have trouble recognising danger, such as touching a hot kettle or walking into traffic?
- Do you have poor judgment when dealing with money, such as giving large amounts of money to help staff or strangers?
- Are you less attentive to your personal hygiene and grooming?

### Typical age-related change not attributed to dementia:

Making a bad decision occasionally.

### How can others help?

Reinforce safety instructions with the help of visual cues and repeated audio cues.

## **D**ISORIENTATION

## 10. Confused with place and time

- Do you find yourself getting 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?

### Typical age-related change not attributed to dementia:

Getting confused with the day of the week but figuring it out later.

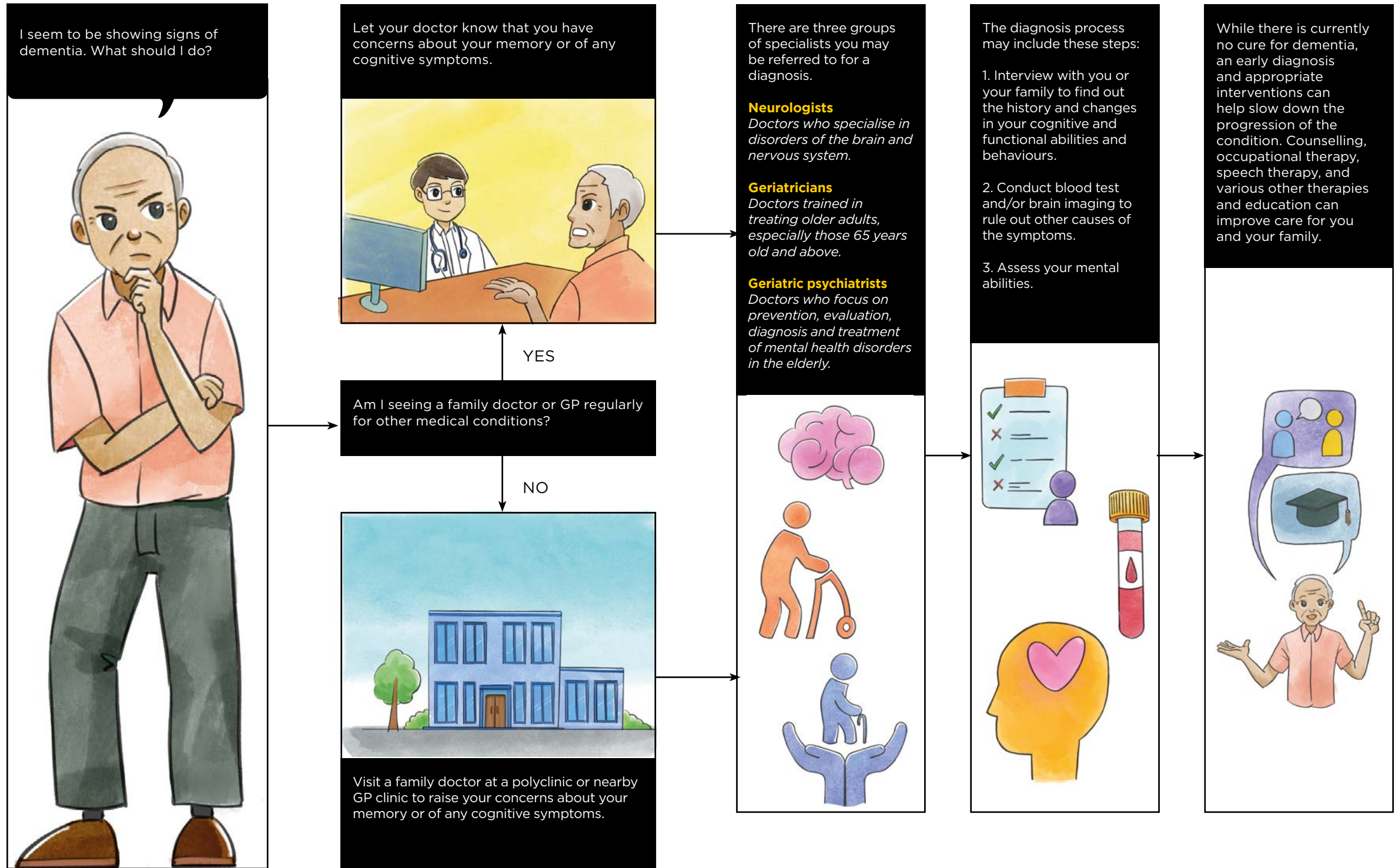
### How can others help?

Avoid correcting them. Go with their flow and connect with them. Take the opportunity to listen to their stories from yesteryears!

*The result from this checklist is just a rough guide and does not constitute a medical diagnosis. If you or someone you care about is experiencing any of these 10 Common Signs of Dementia, please consult a doctor to identify the cause. Early diagnosis enables early intervention and planning. You can still live a meaningful life #DespiteDementia.*



# FLOWCHART FOR DIAGNOSIS PROCESS



# QUESTIONS TO ASK THE DOCTOR ABOUT DEMENTIA

## ABOUT THE CONDITION

1. What type of dementia does my loved one have and what stage is he/she at?
2. What are the other symptoms to expect and what will the pace of decline be?
3. What is the expected progression and can you give us an idea of what to expect in the coming months or years?
4. What are the chances that our children or I will get dementia? What can we do to reduce our risk of dementia?
5. Can dementia be cured or reversed?

## TREATMENT, CARE PLANS AND ENGAGEMENT IDEAS

1. Which medicines are effective and are there any supplements/herbs that can reduce or stabilise dementia?
2. At which stage of dementia should my loved one be referred to a nursing home or day care?
3. What can my loved one do to slow down the decline? Are there specific activities or exercises that can be beneficial?
4. Will my loved one suffer as the disease progresses?

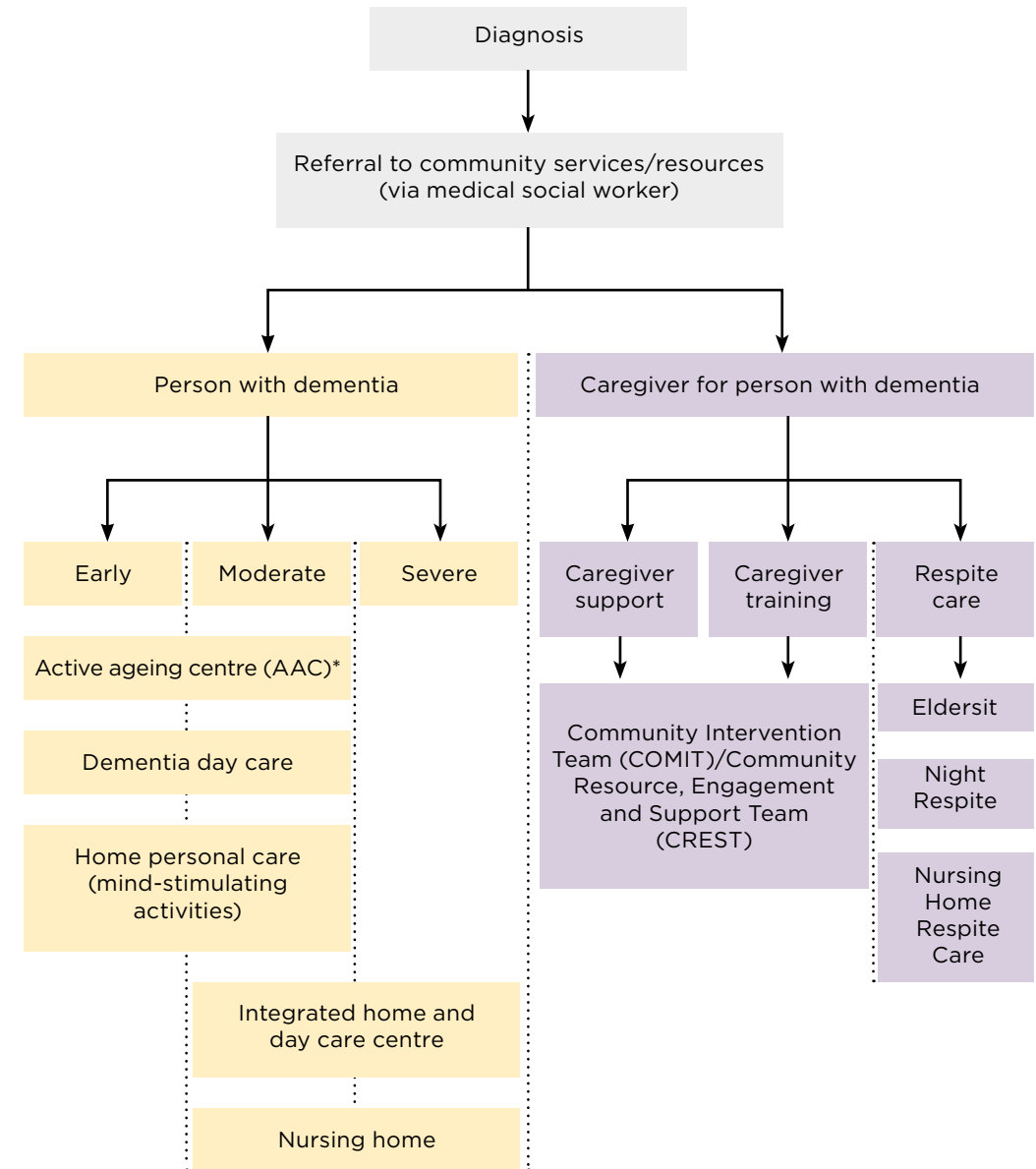
## FUTURE PLANS

1. Are there lifestyle changes we should make to support our loved one who has dementia?
2. What plans should I make to prepare for the stage where my loved one becomes less engaged in making decisions?
3. What are reasonable goals for my loved one now and in the future? How can I help in preserving what matters to my loved one?
4. Is there anything else we should know or any advice you can offer us as a family dealing with dementia?

For more information, go to [rb.gy/ohd2c](http://rb.gy/ohd2c) and watch this video [rb.gy/ejbnv](http://rb.gy/ejbnv)

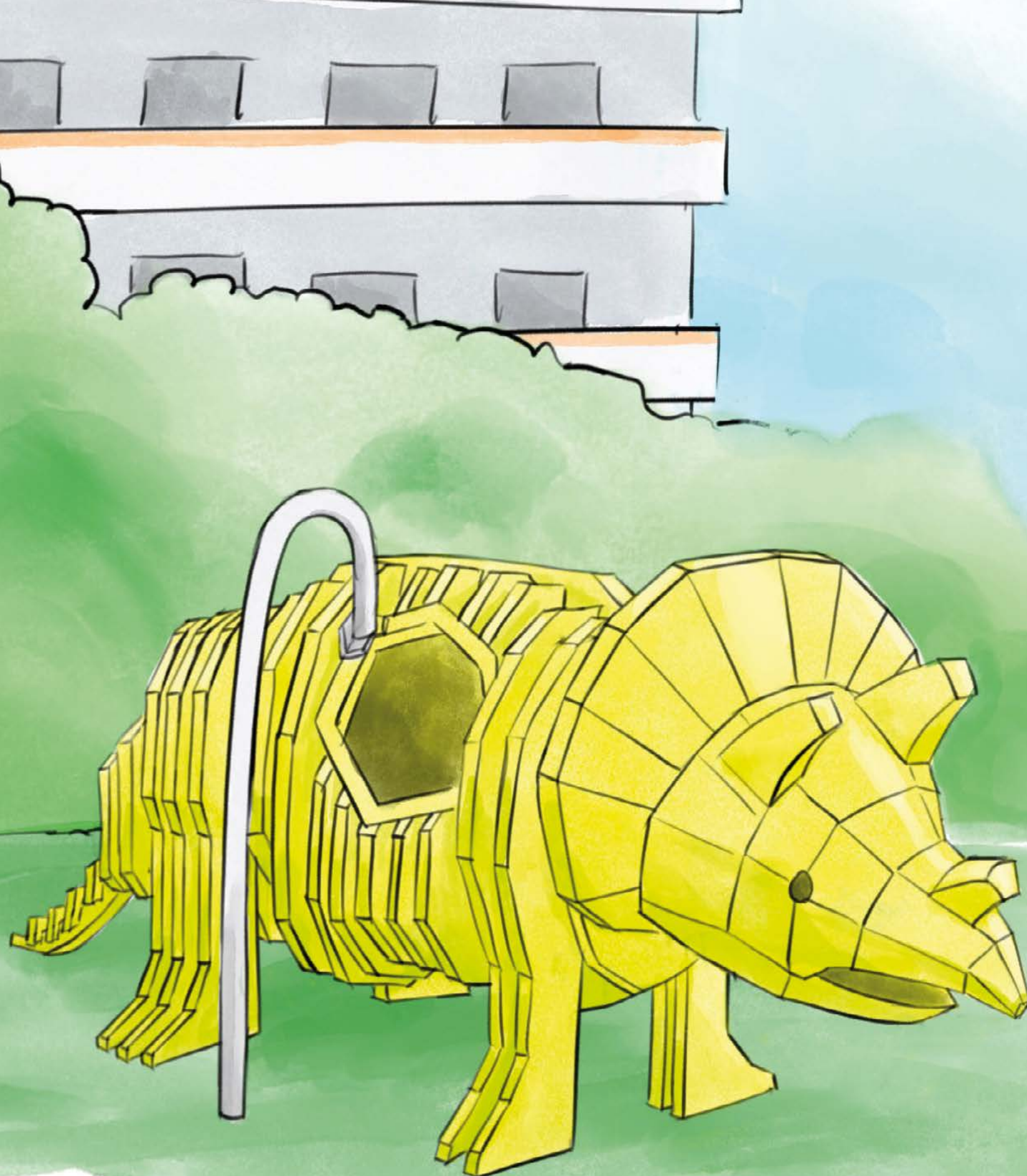


# REFERRAL PROCESS TO FORMAL SERVICES POST-DIAGNOSIS



\* Walk in or call designated AAC listed on page 39





*The directory and maps in the following pages show the services and amenities in Woodlands Town that persons living with dementia can enjoy too. The directory lists services that you may need in your dementia care journey and the four maps are developed based on the amenities surrounding HDB block numbers 500+, 600+, 700+ and 800+. These services and amenities are just at your doorstep! Enjoy them and live life to the fullest #DespiteDementia.*

## QUICK GUIDE TO SERVICES

### DIRECTORY

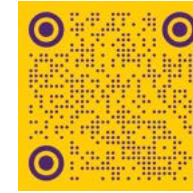
-  Dementia care services 18
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-  Medical and healthcare 26
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### MAPS

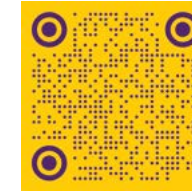
- Map of amenities and services around blocks 500+ 44
- Map of amenities and services around blocks 600+ 46
- Map of amenities and services around blocks 700+ 48
- Map of amenities and services around blocks 800+ 50

# QUICK GUIDE TO FORMAL SERVICES

These services can help people with dementia live well and lead an independent life. This directory is not exhaustive and does not determine service boundary but is based on the service provider in your vicinity. Consult your Healthcare or Social Service Provider to discuss individualised planning and the suitability of the services.



Scan to go to [wh.com.sg/for-residents/locate-a-care-provider](https://wh.com.sg/for-residents/locate-a-care-provider) to find care services near you.



Scan to go to [supportgowhere.life.gov.sg/caregiving](https://supportgowhere.life.gov.sg/caregiving) for the AIC e-locator.

## DEMENTIA CARE SERVICES

	MILD DEMENTIA Focus on my abilities. I want to maintain my independence for as long as possible.	MODERATE DEMENTIA I need some support. Help me in areas I struggle with.	SEVERE DEMENTIA I need daily support. Ensure my comfort and well-being.	DIRECTORY		
				ADMIRALTY	WOODLANDS	SEMBAWANG WEST
<b>Community Resource Engagement and Support Team (CREST)</b> A qualified team that does screening for residents at risk of dementia or mental health conditions, proposes treatments and provides basic emotional support.				<b>Club HEAL CREST</b> 317 Woodlands St 31 ☎ 6899 3463	<b>AWWA CREST @ Woodlands and Sembawang</b> 740 Yishun Ave 5 #01-490 ☎ 9784 9247 📍 linktr.ee/awwacrest ✉ crest@awwa.org.sg	
<b>Community Intervention Team (COMIT)*</b> Provides case management and counselling services on care stress and behavioural concerns for persons living with dementia and their caregivers. Includes the involvement of allied-health professionals to provide needs assessment, psycho-education and therapy through home visits and follow-ups.				<b>Montfort GoodLife! @ Yishun COMIT</b> 838 Yishun St 81 #01-322 ☎ 6484 8040 ✉ GoodLife-Yishun@montfortcare.org.sg		<b>Montfort GoodLife! @ Yishun COMIT</b> 838 Yishun St 81 #01-322 ☎ 6484 8040 ✉ GoodLife-Yishun@montfortcare.org.sg
				<b>SACS Anglican Care Centre</b> 707 Yishun Ave 5 #01-36 ☎ 6753 5311 ✉ acc_yishun@sacs.org.sg		<b>SACS Anglican Care Centre</b> 707 Yishun Ave 5 #01-36 ☎ 6753 5311 ✉ acc_yishun@sacs.org.sg
<b>Post-Diagnostic Support (PDS)*</b> Supports persons newly diagnosed with dementia and their caregivers through needs assessment, information, psycho-education, service linkage and case management services.				<b>COMIT Dementia Singapore @ Nationwide</b> ☎ 6377 0700	<b>Club HEAL COMIT</b> 317 Woodlands St 31 #01-194 ☎ 6899 3463 📍 rb.gy/7fx10 ✉ referral@clubheal.org.sg	
					<b>Agency for Integrated Care</b> 📍 aic.sg/caregiving/post-diagnostic-support-crest	
					<b>Dementia Singapore</b> 📍 dementia.org.sg/pds	
<b>Meals-On-Wheels*</b> Food delivered to home of persons with mobility or cognitive issues or living alone.					<b>Sunshine Welfare Action Mission (SWAMI Home)</b> 5 Sembawang Walk ☎ 6257 6117	

Services with \* requires referral and assessment. For more information, call AWWA CREST (9784 9247), Club HEAL CREST (6899 3463), AIC Hotline (1800-650 6060) or Dementia Helpline (6377 0700).



# DEMENTIA CARE SERVICES

			DIRECTORY		
MILD DEMENTIA Focus on my abilities. I want to maintain my independence for as long as possible.	MODERATE DEMENTIA I need some support. Help me in areas I struggle with.	SEVERE DEMENTIA I need daily support. Ensure my comfort and well-being.	ADMIRALTY	WOODLANDS	SEMBAWANG WEST
<p><b>Home Personal Care*/Eldersit Service*</b> Trained personnel to provide care services such as basic housekeeping, showering, simple exercises and cognitive games to support frail and homebound persons. You can approach your doctor for help with the online application to the services.</p>			<p><b>AWWA Home Personal Care Services</b> ☎ 6511 5252</p> <p><b>Noble</b> 20 Woodlands Link #06-01 ☎ 6336 3376</p> <p><b>Homage Singapore</b> ☎ 6100 0055 📍 homage.sg</p> <p><b>Jaga-Me</b> 📍 jaga-me.com</p>	<p><b>Active Global Caregivers</b> 📍 activeglobalcaregiver.sg</p> <p><b>Dementia Singapore Eldersit Service</b> Home-based Eldersitters who conduct meaningful and therapeutic activities for persons with dementia. ☎ 6377 0700</p> <p><b>Ren Ci Home Care Services</b> 17 Woodlands Drive 17 Tower E 📍 renci.org.sg/Our-Services/Home-Care ☎ 6028 8980</p>	
<p><b>Maintenance Day Care</b> Centre providing seniors with supervision, care and support, including maintenance exercises and social and cognitive activities.</p> <p><b>Dementia Day Care*</b> Centre-based care environment in specialised dementia care to slow down deterioration and stimulate cognitive abilities. Activities include Reality Orientation, Cognitive Activities and Caregiver Training.</p>			<p><b>NTUC Health Active Ageing Centre (Care) (Kampung Admiralty)</b> 676 Woodlands Dr 71 #06-01 ☎ 6870 8500</p> <p><b>Sree Narayana Mission Multi Service Centre @ Woodlands</b> 861 Woodlands St 83 #01-170 ☎ 6955 9555</p> <p><b>SATA Commhealth Woodlands Medical Centre</b> Civic Centre 900 Woodlands Dr #04-01 ☎ 6244 6688</p> <p><b>The Man Fut Tong Nursing Home</b> 20 Woodlands St 82 ☎ 3157 1151</p>	<p><b>Sunshine Welfare Action Mission (SWAMI Home)</b> 5 Sembawang Walk ☎ 6257 6117</p> <p><b>Adventist Nursing and Rehabilitation Centre</b> 6 Marsiling Dr #01-96 ☎ 6368 8401</p> <p><b>Vanguard Active Ageing Centre (Care)</b> 2 Woodlands Rise ☎ 6540 9215</p> <p><b>Ren Ci Senior Care Centre</b> 17 Woodlands Drive 17 Tower E 📍 renci.org.sg/Our-Services/Senior-Care-Centre ☎ 6028 8913</p>	
<p><b>Weekend Day Care*</b> Weekend dementia day care service.</p>			<p><b>NTUC Health Day Centre for Seniors (Marsiling)</b> 172 Woodlands St 13 #01-303/315 ☎ 6715 6762</p>		
<p><b>Integrated Home &amp; Day Care*</b> Home- and centre-based services for seniors who need intensive care, with the flexibility to combine different care services under a care package by the same service provider.</p>				<p><b>Sunshine Welfare Action Mission (SWAMI Home)</b> 5 Sembawang Walk ☎ 6257 6117</p>	
<p><b>Nursing Home Respite Care*</b> Stay at a nursing home between a week and a month.</p>			<p><b>Vanguard Woodlands</b> 2 Woodlands Rise ☎ 6540 9200</p>	<p><b>Ren Ci Nursing Home</b> 17 Woodlands Drive 17 Tower E ☎ 6028 8912 📍 renci.org.sg/Our-Services/Nursing-Home</p>	

Services with \* requires referral and assessment. For more information, call AWWA CREST (9784 9247), Club HEAL CREST (6899 3463), AIC Hotline (1800-650 6060) or Dementia Helpline (6377 0700).

# DEMENTIA CARE SERVICES

	MILD DEMENTIA Focus on my abilities. I want to maintain my independence for as long as possible.	MODERATE DEMENTIA I need some support. Help me in areas I struggle with.	SEVERE DEMENTIA I need daily support. Ensure my comfort and well-being.	DIRECTORY		
				ADMIRALTY	WOODLANDS	SEMBAWANG WEST
		<p><b>Night Respite Care*</b> Overnight respite for persons living with dementia displaying sundowning behaviour.</p>		<p><b>Vanguard Active Ageing Centre (Care) @ Woodlands</b> 2 Woodlands Rise ☎ 6540 9215</p>		
	<p><b>Counselling Helpline for the Seniors</b> Provides a listening ear and addresses questions related to persons above age 50.</p>			<p><b>ACES Care HelpLife</b> ☎ 6797 6797 (Monday-Friday: 9am-5pm)</p> <p><b>Care Corner Gerontological Counselling Unit</b> ☎ 6258 6601 ✉ icm.gcu@carecorner.org.sg</p>	<p><b>Seniors Helpline</b> ☎ 1800 555 5555 (Monday-Friday: 9am-7pm, Saturday: 9am-1pm, closed on Sunday and public holidays)</p>	
	<p><b>Family Service Centre</b> Social worker to provide counselling for personal or family-related issues.</p>			<p><b>Care Corner FSC Admiralty</b> ☎ 6365 8751 ✉ am.fsc@carecorner.org.sg</p>	<p><b>Fei Yue FSC Champions Way</b> ☎ 6690 1000 ✉ enquiry_FeiYueCWFSC@fycs.org</p>	<p>To pick the service provider to approach, refer to the MSF e-Locator at <a href="http://msf.gov.sg/our-services/directories">msf.gov.sg/our-services/directories</a></p>
	<p><b>Strengthening Families Programme@FSC (FAM@FSC)</b> Counselling services to support anyone experiencing family-related emotional stress such as that from strained relationships between family members, grief or loss.</p> <p><b>Community Case Management Service (CCMS)</b> A community-based service that helps vulnerable seniors and caregivers struggling with their health and social care needs. CCMS facilitates community-based aged and social care services so that seniors can age in place.</p>			<p><b>Care Corner Strengthening Families Programme@FSC / FAM@FSC (Care Corner - Woodlands)</b> ☎ 6978 4090 ✉ fam.wl@carecorner.org.sg</p>	<p><b>Care Corner Community Case Management Service</b> ☎ 6570 3919 ✉ ccms.north@carecorner.org.sg</p>	

Services with \* requires referral and assessment. For more information, call AWWA CREST (9784 9247), Club HEAL CREST (6899 3463), AIC Hotline (1800-650 6060) or Dementia Helpline (6377 0700).

# CAREGIVER SUPPORT SERVICES

<b>MILD DEMENTIA</b> Focus on my abilities. I want to maintain my independence for as long as possible.	<b>MODERATE DEMENTIA</b> I need some support. Help me in areas I struggle with.	<b>SEVERE DEMENTIA</b> I need daily support. Ensure my comfort and well-being.	<b>DIRECTORY</b>		
			<b>ADMIRALTY</b>	<b>WOODLANDS</b>	<b>SEMBAWANG WEST</b>
<b>Caregiver Training</b> To help you provide better care for your loved ones at home. You can choose the topic, provider or mode of learning that suits you best.			<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><b>AIC Caregiver Training Courses e-Calendar</b> 📍 training-healthcare.vertis.digital</p> <p><b>Caregiver Alliance</b> 📍 cal.org.sg</p> </div> <div style="width: 45%;"> <p><b>Dementia Singapore</b> 📍 dementia.org.sg/academy</p> <p><b>Club HEAL</b> ☎️ 6899 3463 📍 clubheal.sg/crest-caregivers</p> </div> </div>		
<b>Caregiver Support and Network</b> To promote self-care by providing a platform for caregivers to nurture interests, learn new skills and connect with other caregivers.			<div style="display: flex; justify-content: space-between;"> <div style="width: 60%;"></div> <div style="width: 35%;"> <p><b>CaregiversConnect@ Sembawang West</b> To register your interest, sign up here: 📍 go.gov.sg/caregiversconnectsembwest</p> </div> </div>		
<b>Helpines</b> These helplines address questions regarding caring for persons with dementia, provide support to caregivers and help with referrals to appropriate services and resources.			<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p><b>Club HEAL CREST-CG</b> 317 Woodlands St 13 #01-194 📍 clubheal.sg/crest-caregivers ✉️ Crest.caregiver@clubheal.org.sg ✉️ Referral@clubheal.org.sg ☎️ 6899 3463 Registration: bit.ly/CSNRegistration</p> </div> <div style="width: 35%;"> <p><b>Dementia Singapore Caregiver Support Services</b> Caregiver Support Groups: 📍 dementia.org.sg/csg Caregiver Support and Network: 📍 dementia.org.sg/csn Memories Cafe: 📍 dementia.org.sg/memoriescafe</p> </div> <div style="width: 30%;"> <p><b>Care Corner Caregiver Support Programme (Seniors)</b> ☎️ 6570 3919 ✉️ caregivers@carecorner.org.sg</p> </div> </div>		
<b>Helpines</b> These helplines address questions regarding caring for persons with dementia, provide support to caregivers and help with referrals to appropriate services and resources.			<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><b>AIC hotline</b> ☎️ 1800 650 6060 (Monday-Friday: 8.30am-8.30pm, Saturday: 8.30am-4pm)</p> <p><b>AWWA CREST @ Woodlands &amp; Sembawang</b> ☎️ 9784 9247 (Monday-Friday: 9am-6pm) ✉️ Crest@awwa.org.sg 📍 linktr.ee/awwacrest</p> <p><b>TOUCH Care Line</b> ☎️ 6804 6555 (Monday-Friday: 9am-5pm, except public holidays and the eve of New Year, Chinese New Year and Christmas)</p> </div> <div style="width: 45%;"> <p><b>Dementia Helpline</b> ☎️ 6377 0700 (Monday-Friday: 9am-6pm, Saturday: 9am-1pm, except public holidays and the eve of New Year, Chinese New Year and Christmas)</p> <p><b>Club HEAL CREST-CG</b> 317 Woodlands St 13 #01-194 ☎️ 6899 3463 (Monday-Friday: 9am-5pm, except public holidays and the eve of New Year, Chinese New Year and Christmas)</p> </div> </div>		



# MEDICAL AND HEALTHCARE +

	MILD DEMENTIA Focus on my abilities. I want to maintain my independence for as long as possible.	MODERATE DEMENTIA I need some support. Help me in areas I struggle with.	SEVERE DEMENTIA I need daily support. Ensure my comfort and well-being.	DIRECTORY		
				ADMIRALTY	WOODLANDS	SEMBAWANG WEST
				<b>Woodlands Polyclinic</b> 10 Woodlands St 31  <b>Admiralty Medical Centre</b> Kampung Admiralty 676 Woodlands Dr 71 #03-01 ☎ 6807 8000/6807 8088 for appointments ( <i>Monday-Friday: 8am-5pm, Saturday: 8am-noon, closed on Sundays and public holidays</i> ) 🌐 ktp.com.sg/admiralty-medical-centre		<b>Woodlands Health Campus</b> Progressive opening from December 2023. 17 Woodlands Dr 17 ☎ 6363 3000
				<b>IMH - Aged Psychiatry Community Assessment and Treatment Service (APCATS)</b> ☎ 6389 2175 ✉ apcats@imh.com.sg		
				<b>Urgent Care Centre @ Kampung Admiralty</b> 676 Woodlands Dr 71 #01-01 ☎ 6363 3000 ( <i>8am-11pm daily, last registration at 10.30pm</i> ) 🌐 wh.com.sg/ucc  ☎ <b>995</b> for emergency ambulance	<b>Woodlands Health Campus</b> Progressive opening from December 2023. Emergency Department will open in May 2024. 17 Woodlands Dr 17 ☎ 6363 3000  ☎ <b>1777</b> for non-emergency ambulance	
				<b>Sunshine Welfare Action Mission (SWAMI Home)</b> 5 Sembawang Walk ☎ 6257 6117	<b>Blossom Seeds</b> 105 Canberra St ☎ 6259 8614	
				<b>Vanguard Active Ageing Centre (Care) @ Woodlands</b> 2 Woodlands Rise ☎ 6540 9215		
				<b>Sunshine Welfare Action Mission (SWAMI Home)</b> 5 Sembawang Walk ☎ 6257 6117		

Services with \* requires referral and assessment. For more information, call AWWA CREST (9784 9247), Club HEAL CREST (6899 3463), AIC Hotline (1800-650 6060) or Dementia Helpline (6377 0700).

# MEDICAL AND HEALTHCARE +

			DIRECTORY		
MILD DEMENTIA Focus on my abilities. I want to maintain my independence for as long as possible.	MODERATE DEMENTIA I need some support. Help me in areas I struggle with.	SEVERE DEMENTIA I need daily support. Ensure my comfort and well-being.	ADMIRALTY	WOODLANDS	SEMBAWANG WEST
	<b>Home Therapy*</b> Physiotherapist or occupational therapist making home visits to frail or homebound persons who are unable to travel to day rehabilitation centres.		<b>Sunshine Welfare Action Mission (SWAMI Home)</b> 5 Sembawang Walk ☎ 6257 6117		<b>Adventist Nursing and Rehabilitation Centre</b> 6 Marsiling Drive #01-96 ☎ 6368 8401
<b>Day Rehabilitation Centres*</b> Centre-based therapy sessions (physiotherapy or occupational therapy) to improve muscle strength, tolerance and the ability to perform daily tasks safely.			<b>Vanguard Active Ageing Centre (Care) @ Woodlands</b> 2 Woodlands Rise ☎ 6540 9215		<b>Sunshine Welfare Action Mission (SWAMI Home)</b> 5 Sembawang Walk ☎ 6257 6117
			<b>NTUC Health Active Ageing Centre (Care) (Kampung Admiralty)</b> 676 Woodlands Dr 71 #06-01 ☎ 6870 8500		<b>Adventist Nursing and Rehabilitation Centre</b> 6 Marsiling Dr #01-96 ☎ 6368 8401
			<b>Sree Narayana Mission Multi Service Centre @ Woodlands</b> 861 Woodlands St 83 #01-170 ☎ 6955 9555		<b>SATA Commhealth Woodlands Medical Centre</b> Civid Centre 900 Woodlands Dr #04-01 ☎ 6244 6688
			<b>The Man Fut Tong Nursing Home</b> 20 Woodlands St 82 ☎ 3157 1151		<b>Ren Ci Senior Care Centre</b> 17 Woodlands Dr 17 Tower E 🌐 renci.org.sg/Our-Services/Senior-Care-Centre ☎ 6028 8913
			<b>NTUC Health Day Centre for Seniors (Marsiling)</b> 172 Woodlands Street 13 #01-303/315 ☎ 6715 6762		<b>NTUC Health Day Centre for Seniors (Marsiling)</b> 172 Woodlands Street 13 #01-303/315 ☎ 6715 6762
			<b>Care Corner Community Case Management Service</b> ☎ 6570 3919 ✉ ccms.north@carecorner.org.sg		

Services with \* requires referral and assessment. For more information, call AWWA CREST (9784 9247), Club HEAL CREST (6899 3463), AIC Hotline (1800-650 6060) or Dementia Helpline (6377 0700).

# FINANCIAL ASSISTANCE

			DIRECTORY		
MILD DEMENTIA Focus on my abilities. I want to maintain my independence for as long as possible.	MODERATE DEMENTIA I need some support. Help me in areas I struggle with.	SEVERE DEMENTIA I need daily support. Ensure my comfort and well-being.	ADMIRALTY	WOODLANDS	SEMPAWANG WEST
<b>Social Service Office</b> Financial and other forms of social assistance.				<b>Social Service Office @ Woodlands</b> Woodlands Civic Centre 900 South Woodlands Dr #06-13	
<b>Public Healthcare Institutions</b> Financial assistance for patients who need help with medical bills.				<b>Khoo Teck Puat Hospital Medical Social Service</b> ☎ 6602 2588 ✉ ktph.mss@ktph.com.sg	<b>NHG-Polyclinic (Woodlands)</b> 10 Woodlands St 31 ☎ 6355 3000
					<b>Woodlands Health Medical Social Work</b> ☎ 6361 6004 ✉ msw@wh.com.sg
<b>Self Help Groups</b> Each major racial group has a self-help group to uplift their underprivileged members.				<b>Yayasan Mendaki @ Woodlands</b> 10 Woodlands Square #03-42 ☎ 6245 5555 (Monday-Friday: 9am-6pm, closed on Saturday, Sunday and public holidays) 📍 my.mendaki.org.sg (for appointments)	<b>Singapore Indian Development Association (SINDA)</b> 1 Beatty Rd ☎ 1800 295 3333 (Monday-Friday: 9am-6pm, closed on Saturday, Sunday and public holidays) 📍 sinda.org.sg/services/assistance
				<b>Chinese Development Assistance Council (CDAC) @ Woodlands</b> Blk 680 Woodlands Ave 6 #01-764 ☎ 6891 0992 📍 cdac.org.sg/get-assistance	<b>Eurasian Association</b> 139 Ceylon Rd ☎ 6447 1578 ✉ fss@eurasians.org 📍 eurasians.sg/families
				<b>Social Development (SD) Mosques</b> Financial and other forms of social assistance for Muslims who are in need.	
				<b>An Nur Mosque</b> 6 Admiralty Road ☎ 6363 1383	<b>Assyafaah Mosque</b> 1 Admiralty Lane ☎ 6756 3008
				<b>Yusof Ishak Mosque</b> 10 Woodlands Dr 17 ☎ 6893 0093	
<b>Charitable organisations</b>				<b>Tzu Chi</b> 📍 tzuchi.org.sg/en/our-missions/charity ☎ 6582 9958 ✉ info@tzuchi.org.sg	<b>ONE (SINGAPORE) Fund</b> 218 Pandan Loop ✉ info@onesingapore.org Emergency fund: 📍 onesingapore.org/take-action/emergency-fund Livelihoods fund: 📍 onesingapore.org/take-action/livelihoods-fund

Collated website of Government Financial Support: [supportgowhere.gov.sg](http://supportgowhere.gov.sg)



# SAFETY AND MONITORING

MILD DEMENTIA Focus on my abilities. I want to maintain my independence for as long as possible.	MODERATE DEMENTIA I need some support. Help me in areas I struggle with.	SEVERE DEMENTIA I need daily support. Ensure my comfort and well-being.
<p><b>Home Modification</b> Self-help to improve home safety with dementia-friendly designs or seek an occupational therapist to identify potential safety hazards in your home, recommend improvements, apply financial subsidies, coordinate with contractors and conduct another home visit post-modifications.</p> <p>To see how a Dementia-Friendly HDB Home looks like, go to <a href="http://cloudexpo.hiverlab.com/DFHome">cloudexpo.hiverlab.com/DFHome</a></p>		
<p><b>Safe Return &amp; Report Missing Person</b> Initiatives that help lost persons who have dementia reconnect with their next-of-kin.</p>		
<p><b>Dementia Go-To Points</b> Providing information and resources for caregivers and the general public on dementia, these Dementia Go-To Points also serve as "safe return" points where members of the public can bring neighbours who may appear lost and are unable to identify themselves. For full listing of Dementia Go-To Points in Singapore, go to <a href="http://dementiahub.sg/gtp-database">dementiahub.sg/gtp-database</a></p>		

DIRECTORY		
ADMIRALTY	WOODLANDS	SEMBAWANG WEST
<p><b>HDB EASE</b> <a href="http://hdb.gov.sg/residential/living-in-an-hdb-flat/for-our-seniors/ease">hdb.gov.sg/residential/living-in-an-hdb-flat/for-our-seniors/ease</a></p> <p><b>SAGE Maintenance</b> Basic handyman services for anyone 50 years old or older, blue CHAS card holders and individuals who are on the ComCare Assistance Scheme. Jurong Point Shopping Centre 1 Jurong West Central 2 #06-04 ☎ 6354 1191 ✉ hms@sagecc.org.sg 🌐 sagecc.org.sg/#/ourWork</p>		
<p><b>CARA Dementia Membership Programme</b> Each CARA card comes with a unique QR code, which can connect the public to the next-of-kin of the person with dementia. This aids in the Safe Return of a loved one living with dementia. Caregivers can also create a missing report when a loved one with dementia is missing so that all CARA members can help to look out for their loved one. To understand these features, go to <a href="http://cara.sg">cara.sg</a></p> <p><b>Dementia Search Activation Network (DSAN) by AWWA</b> Telegram group specifically for Woodlands and Sembawang to rally residents to look out for lost seniors. To join the group, go to <a href="https://t.me/bit.ly/awwadsan">bit.ly/awwadsan</a></p>		
<p><b>Woodlands South MRT (TEL)</b> 30 Woodlands Dr 17</p> <p><b>Sheng Siong Supermarket</b> Blk 573 Woodlands Dr 16 #02-01</p>	<p><b>Woodlands North MRT (TEL)</b> 20 Woodlands North Coast Rd</p> <p><b>Admiralty MRT (NSL)</b> 70 Woodlands Ave 7</p> <p><b>Woodlands Community Club</b> 1 Woodlands St 81 #01-01</p> <p><b>NTUC Health Day Centre for Seniors (Kampung Admiralty)</b> 676 Woodlands Drive 71 Level 7</p> <p><b>NTUC Fairprice (Kampung Admiralty)</b> 676 Woodlands Drive 71 #B1-02</p> <p><b>Woodlands Galaxy Community Club</b> 31 Woodlands Ave 6 #01-01</p>	<p><b>Sheng Siong Supermarket</b> 785E Woodlands Rise #01-01</p> <p><b>Sheng Siong Supermarket</b> 200 Woodlands Industrial Park E7 #01-30</p> <p><b>Vanguard Active Ageing Centre (AAC) (Care) @ Woodlands</b> 2 Woodlands Rise</p>

# SAFETY AND MONITORING

<b>MILD DEMENTIA</b> Focus on my abilities. I want to maintain my independence for as long as possible.	<b>MODERATE DEMENTIA</b> I need some support. Help me in areas I struggle with.	<b>SEVERE DEMENTIA</b> I need daily support. Ensure my comfort and well-being.
<p><b>Tracking devices and technology</b>                      Mobile trackers to assist families living with dementia. The family members can decide which tracker suits them best. Some trackers allow the user to press an SOS or panic button to call for help during emergencies. These devices can come in many forms, such as insoles, key chains and watches. Pick one that suits the habits and lifestyle of the person with dementia.</p> <p>Tracking devices come in two categories: with or without GPS.</p> <p>Care devices for home monitoring are either equipped with CCTV or electrical sensors.</p>		
<p><b>Police Station</b>                      Make a police report when a loved one is lost (refer to the "What to do if someone you care about is lost" flowchart on page 52). The Community Policing Unit will help provide outreach and search when needed.</p>		
Empty content area		

<b>DIRECTORY</b>		
<b>ADMIRALTY</b>	<b>WOODLANDS</b>	<b>SEMBAWANG WEST</b>
<p>Available on eCommerce. Search for "personal GPS tracker" on these platforms:</p> <ul style="list-style-type: none"> <li>• qoo10.sg</li> <li>• lazada.sg</li> <li>• shopee.com</li> <li>• ebay.com.sg</li> <li>• amazon.sg</li> </ul> <p>There are mobile apps that can share live location. Search for "personal GPS tracker" in App Store or Google Play.</p> <p>Other tech solutions:</p> <ul style="list-style-type: none"> <li>• AirTag by Apple</li> <li>• Samsung Galaxy SmartTag</li> </ul> <p>Visit the tech showroom for caregivers                      SGAssist Caregiver Resource Centre at                      839, Yishun St 81, #01-298                      ☎ 8126 1570                      ✉ admin@sgassist.com</p>		
<p><b>Woodlands East Neighbourhood Police Centre (NPC)</b>                      3 Woodlands Dr 63</p>	<p><b>Woodlands Division HQ/ Woodlands West NPC</b>                      1 Woodlands St 12</p>	<p><b>Woodlands East Neighbourhood Police Centre (NPC)</b>                      3 Woodlands Dr 63</p>
Empty content area		

# LIVING ARRANGEMENTS

	MILD DEMENTIA Focus on my abilities. I want to maintain my independence for as long as possible.	MODERATE DEMENTIA I need some support. Help me in areas I struggle with.	SEVERE DEMENTIA I need daily support. Ensure my comfort and well-being.	DIRECTORY		
				ADMIRALTY	WOODLANDS	SEMBAWANG WEST
<b>Community Care Apartment</b> A senior-friendly pilot project by HDB that integrates care services to help seniors age independently. They include common spaces on every floor for residents to hang out with one another and form a community.				For more information, go to <a href="https://bit.ly/3RXbvrV">bit.ly/3RXbvrV</a>		
<b>Sheltered Home*/ Senior Group Home*</b> For elderly people who are still mobile but living on their own.				<b>Care Corner Senior Group Home (Marsiling, Champions Way)</b> ☎ 6570 3919 ✉ wl.cs@carecorner.org.sg For more information, go to <a href="https://bit.ly/3O5IZU6">bit.ly/3O5IZU6</a>		
<b>Assisted Living*</b> A type of care facility with coordinated support and monitoring for frail seniors.				<b>St Bernadette Lifestyle Village at Sembawang</b> 23 Jalan Legundi ☎ 8775 9123		
<b>Private Nursing Home</b> Unsubsidised, long-term residence for persons who need daily care and assistance in most of their daily activities.				<b>Orange Valley Nursing Home</b> 11 Woodlands Ave 1 ☎ 6362 7333		
<b>Voluntary-welfare Nursing Home (General/Dementia)*</b> Subsidised, long-term residence for persons who need daily care and assistance in most of their daily activities.				<b>Vanguard Woodlands Care Home</b> 2 Woodlands Rise ☎ 6540 9200	<b>Sunshine Welfare Action Mission (SWAMI Home)</b> 5 Sembawang Walk ☎ 6257 6117	

Services with \* requires referral and assessment. For more information, call AWWA CREST (9784 9247), Club HEAL CREST (6899 3463), AIC Hotline (1800-650 6060) or Dementia Helpline (6377 0700).



# SOCIAL ACTIVITIES

	MILD DEMENTIA Focus on my abilities. I want to maintain my independence for as long as possible.	MODERATE DEMENTIA I need some support. Help me in areas I struggle with.	SEVERE DEMENTIA I need daily support. Ensure my comfort and well-being.	DIRECTORY		
				ADMIRALTY	WOODLANDS	SEMBAWANG WEST
<b>Volunteer Centres (VC)/ Opportunities</b> SG Cares VCs grow and coordinate volunteer supply and build volunteer management capabilities.				<b>SGCares Volunteer Centre @ Woodlands Town by Care Corner</b> 6 Woodlands Square #03-01 ✉ volunteer@carecorner.org.sg		<b>RSVP Singapore The Organisation of Senior Volunteers</b> 9 Bishan Place #08-02/#09-03 Junction 8 (Office Tower) ☎ 6259 0802
<b>Community Clubs (CC)</b> Common spaces for the community to come together, build friendships and promote social bonding.				<b>Ace The Place CC</b> 120 Woodlands Ave 1 ☎ 6891 3430	<b>Woodlands CC</b> <i>(under renovation)</i> 1 Woodlands St 81 ☎ 6368 9938 <i>Temporary Office:</i> 832 Woodlands St 83 #01-65 ☎ 6362 8832	<b>Woodlands Galaxy CC</b> 31 Woodlands Ave 6 ☎ 6366 2218
<b>GymTonic®</b> Affectionately known as the “Uncle/Auntie Gym”, the space is designed specially for seniors, to help them get stronger as they age, through a simple fitness plan, high-tech equipment and coaches who care.				<b>Care Corner Gym Tonic (Woods Square)</b> 6 Woodlands Square #03-01 ☎ 9799 9753 ✉ gymtonic@carecorner.org.sg		
<b>Senior Activity Centres/ Active Ageing Centres (AAC)</b> A social centre supporting seniors living nearby. AACs provide Active Ageing activities to keep seniors engaged; Befriending services for vulnerable seniors who require social support; and can make referrals for Care services.  The centres welcome senior volunteers to help with centre activities, visiting lonely seniors or running errands for seniors.					<b>NTUC Health AAC (Care) (Kampung Admiralty)</b> 676 Woodlands Dr 71 #06-01 ☎ 6870 8500	<b>Sunlove AAC @ Golden Saffron</b> 764B Woodlands Circle #01-208 ☎ 6462 2032
					<b>Sree Narayana Mission Multi Service Centre @ Woodlands (AAC)</b> 861 Woodlands Street 83 #01-170 ☎ 6955 9555	<b>Vanguard AAC (Care) @ Woodlands</b> 2 Woodlands Rise 2 ☎ 6540 9215
				<b>Care Corner Active Ageing Centre (Woodlands 569A)</b> 569A Champions Way #01-346 ☎ 6570 3547 ✉ wl.aac569a@carecorner.org.sg	<b>Care Corner Active Ageing Centre (Woodlands 16)</b> 16 Marsiling Lane #01-195 ☎ 6219 3767 ✉ wl.aac16@carecorner.org.sg	

# SOCIAL ACTIVITIES

			DIRECTORY		
MILD DEMENTIA Focus on my abilities. I want to maintain my independence for as long as possible.	MODERATE DEMENTIA I need some support. Help me in areas I struggle with.	SEVERE DEMENTIA I need daily support. Ensure my comfort and well-being.	ADMIRALTY	WOODLANDS	SEMBAWANG WEST
<p><b>Self-Advocacy</b> An empowerment programme that equips persons with dementia and their caregivers with the relevant skills and fosters confidence in them to actively share their stories, needs and views publicly.</p>			<p><b>Voices for Hope Programme by Dementia Singapore</b> For more information, go to <a href="http://dementia.org.sg/voices">dementia.org.sg/voices</a></p>		
<p><b>Social spaces or community cafes</b> Informal social spaces for residents to connect and be engaged.</p>			<p><b>Kampung Admiralty Community Garden</b> 676 Woodlands Dr 71 Level 8</p> <p><b>Tea Dance by Dementia &amp; Co and Woodlands Galaxy Senior Citizens' Executive Committee (SCEC) @ Woodlands Galaxy CC</b> Activity designed to bring the community – persons living with dementia, caregivers, seniors and youth – together, engaging them in fun activities co-led by community members. A great way to learn more about dementia, express yourself, bond with family members and make friends. ☎ 6366 2218 ✉ PA_Woodlandsgalaxycc@pa.gov.sg</p>		

# PLANNING AHEAD

MILD DEMENTIA Focus on my abilities. I want to maintain my independence for as long as possible.	MODERATE DEMENTIA I need some support. Help me in areas I struggle with.	SEVERE DEMENTIA I need daily support. Ensure my comfort and well-being.
<p><b>Lasting Power of Attorney</b> A legal instrument for appointing one or more persons to make decisions and act on the appointer's behalf - for personal welfare and property matters - in the event of a loss of mental capacity.</p>		
<p><b>Advanced Care Planning (ACP)</b> To empower everyone to choose how they would like to be cared for.</p>		
<p><b>Community Legal Clinic</b> If you are facing a legal issue in a personal matter and have never sought legal advice before and/or cannot afford a lawyer, you may call to make an appointment for free basic legal guidance at Community Legal Clinics. These clinics run Mondays to Thursdays (excluding public holidays and eve of public holidays).</p> <p><b>Pro Bono SG Community Law Centre (CLC)</b> Community-based integrated legal care so that the most vulnerable receive last-mile assistance. Facilitates or provides legal representation to socially-excluded persons.</p>		

DIRECTORY		
ADMIRALTY	WOODLANDS	SEMBAWANG WEST
		<p><b>TOUCH Professional Deputies &amp; Donees</b> ☎ 6317 9996 (Monday-Friday: 9am-6pm) ✉ enquiryppdd@touch.org.sg For more information, go to <a href="https://bit.ly/3vBz3vf">bit.ly/3vBz3vf</a></p>
	<p><b>Khoo Teck Puat Hospital ACP</b> ☎ 6359 6410 ✉ ktph.advancecareplanning@ktph.com.sg</p> <p><b>NHG-Polyclinic (Woodlands)</b> 10 Woodlands St 31 ☎ 6355 3000</p> <p><b>SATA CommHealth Woodlands Medical Centre</b> Woodlands Civic Centre 900 #04-01 Woodlands Dr ☎ 6244 6688</p>	<p><b>Fei Yue Community Services ACP</b> 📍 fycs.org/advance-care-planning ☎ 9837 0605 ✉ acp@fycs.org</p> <p><b>Woodlands Health ACP</b> ☎ 6363 3000 📍 wh.com.sg/for-residents/advance-care-planning ✉ acp@wh.com.sg</p>
	<p><b>Community Legal Clinic @ CDC</b> Woodlands Civic Centre ☎ 6536 0650</p>	<p><b>Community Law Centre</b> 📍 probono.sg ✉ help@probono.sg ☎ 1800 776 2666 (1800 PRO BONO)</p>



## AMENITIES AND SERVICES AROUND BLOCKS 500+

**1 ACE THE PLACE COMMUNITY CLUB**   
120 Woodlands Ave 1, S(739069)


**ANYTIME FITNESS ACE THE PLACE CC**   
120 Woodlands Ave 1, #02-01, S(739069)

**2 LIGHT OF CHRIST CHURCH WOODLANDS**   
20 Woodlands Dr 17, S(737924)

**3 REALM OF TRANQUILITY**   
547 Woodlands Drive 16, S(730547)

**4 GIANT SUPERMARKET - VISTA POINT**   
548 Woodlands Drive 44, S(730548)

**5 COVENANT EVANGELICAL  
FREE CHURCH (WOODLANDS)**   
90 Woodlands Drive 16, S(737878)

**6 PERSATUAN PEMUDI ISLAM SINGAPURA  
(PPIS) - VISTA SAKINAH**   
549 Woodlands Drive 44, S(730549)

**7 ADMIRALTY ZONE 3  
RESIDENT'S NETWORK**   
552 Woodlands Drive 44, S(730552)

**8 VISTA PARK**   
580 Woodlands Drive 16, S(730580)

**9 WOODLANDS SHENG SIONG  
SUPERMARKET**   
573 Woodlands Drive 16, #02-01, S(730573)

**10 ADMIRALTY ZONE 4  
RESIDENT'S NETWORK**   
589 Woodlands Drive 16, S(730589)












**11 MASJID YUSOF ISHAK**   
10 Woodlands Dr 17, S(737740)




**12 WOODLANDS HEALTH CAMPUS**   
17 Woodlands Dr 17, S(737628)

-  Social activity
-  Coffeeshop
-  Supermarket/Mart
-  Place of worship
-  Medical and healthcare
-  Dementia care service



# AMENITIES AND SERVICES AROUND BLOCKS 600+



























- 1 C & H MINIMART 2018**   
605 Woodlands Drive 42, S(730605)
- HAPPY FAMILY MINIMART**   
605 Woodlands Drive 42, S(730605)
- 2 WOODLANDS ADMIRAL GARDEN**   
620 Woodlands Drive 52, S(730620)
- 3 ADMIRALTY ZONE 7  
RESIDENT'S NETWORK**   
622 Woodlands Drive 52, S(730622)
- 4 P.S ANANTHA MINIMART**   
626A Woodlands Drive 52, S(730626)
- 5 HCA WOODLANDS CENTRE**   
672 Woodlands Drive 71, S(730672)
- 6 NTUC HEALTH ACTIVE AGING  
CENTRE LEVEL 6**   
676 Woodlands Drive 71, #06-01, S(730676)
- NTUC HEALTH REHAB  
AND DEMENTIA DAY CARE LEVEL 7**   
676 Woodlands Drive 71, #07-02, S(730676)
- NTUC FAIRPRICE  
(KAMPONG ADMIRALTY)**   
676 Woodlands Drive 71, #02 Kampung Admiralty,  
S(730676)
- 7 ADMIRALTY PLACE**   
678A Woodlands Ave 6, S(731678)
- 8 WOODLANDS GALAXY COMMUNITY CLUB**   
31 Woodlands Ave 6, S(738991)

- 9 U STARS SUPERMARKET**   
691 Woodlands Drive 73, S(730691)
- 10 GREENWOOD SANCTUARY  
@ ADMIRALTY**   
685 Woodlands Drive 73, S(730685)
- 11 ADMIRALTY ZONE 6  
RESIDENT'S NETWORK**   
690F Woodlands Drive 75, S(736690)

-  Social activity
-  Coffeeshop
-  Supermarket/Mart
-  Place of worship
-  Medical and healthcare
-  Dementia care service



# AMENITIES AND SERVICES AROUND BLOCKS 700+

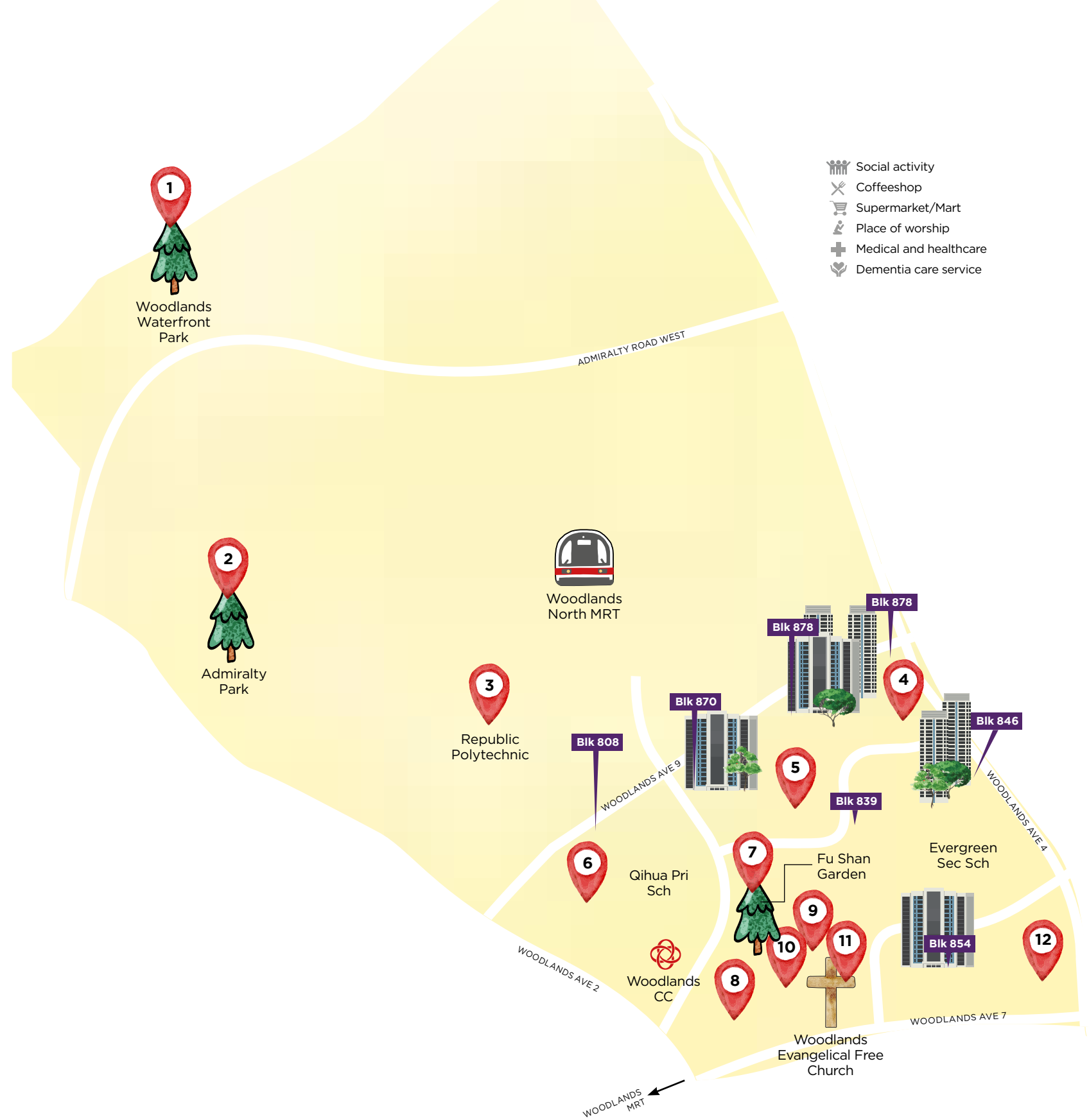
- 
**1 VANGUARD ACTIVE AGEING CENTRE (CARE) @ WOODLANDS**   
 2 Woodlands Rise, S(737749)
- 
**2 7-11**   
 747 Woodlands Circle, S(730747)
- 
**3 ACTIVE AGEING CENTRE - GOLDEN SAFFRON**   
 764B Woodlands Circle, S(732764)
- 
**4 HAO MART**   
 743 Woodlands Circle, S(730743)
- 
**5 CIRCLE GREEN PARK**   
 Woodlands Circle, S(730731)
- 
**6 U & ME SUPERMARKET**   
 711 Woodlands Drive 70, S(730711)
- 
**7 WOODLANDS MART**   
 768 Woodlands Ave 6, S(730768)
- 
**8 LIGHTHOUSE EVANGELISM**   
 81 Woodlands Circle, S(738909)
- 
**9 FOOD PARK@780**   
 780 Woodlands Cres, S(730780)
- 
**10 SHWE WAR HTUN MINIMART**   
 791 Woodlands Ave 6, S(730791)
- 
**11 FAM@FSC (CARE CORNER - WOODLANDS)**   
 718 Woodlands Ave 6, S(730718)
- 
**12 WOODLANDS CRESCENT PARK**   
 Woodlands Crescent, S(733788)
- 
**13 SHENG SIONG SUPERMARKET**   
 785E Woodlands Rise, S(735785)







-  Social activity
-  Coffeeshop
-  Supermarket/Mart
-  Place of worship
-  Medical and healthcare
-  Dementia care service



# AMENITIES AND SERVICES AROUND BLOCKS 800+

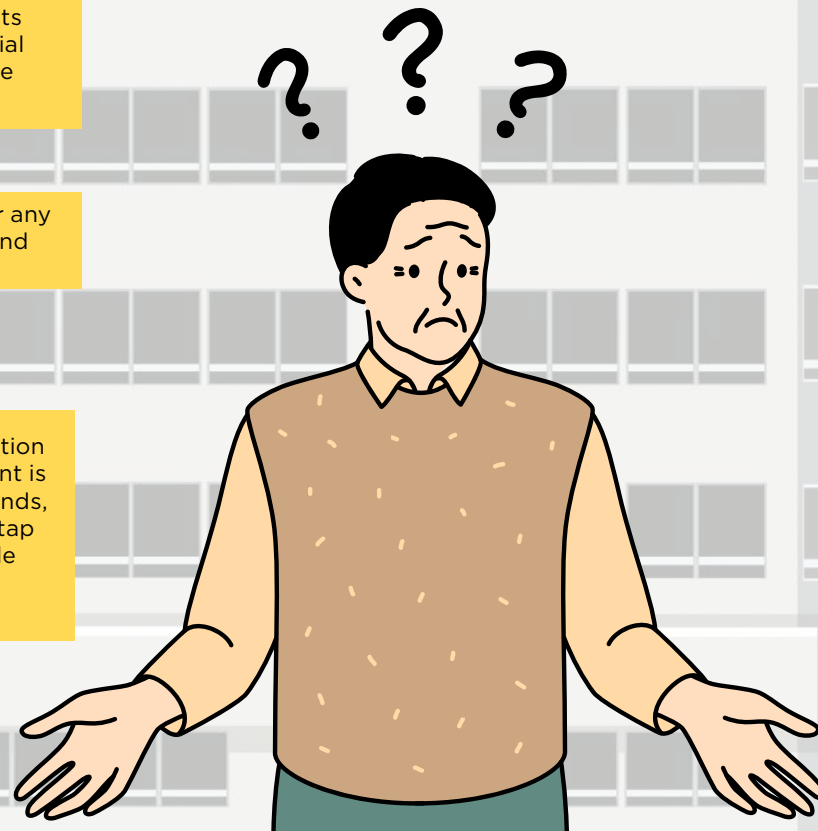
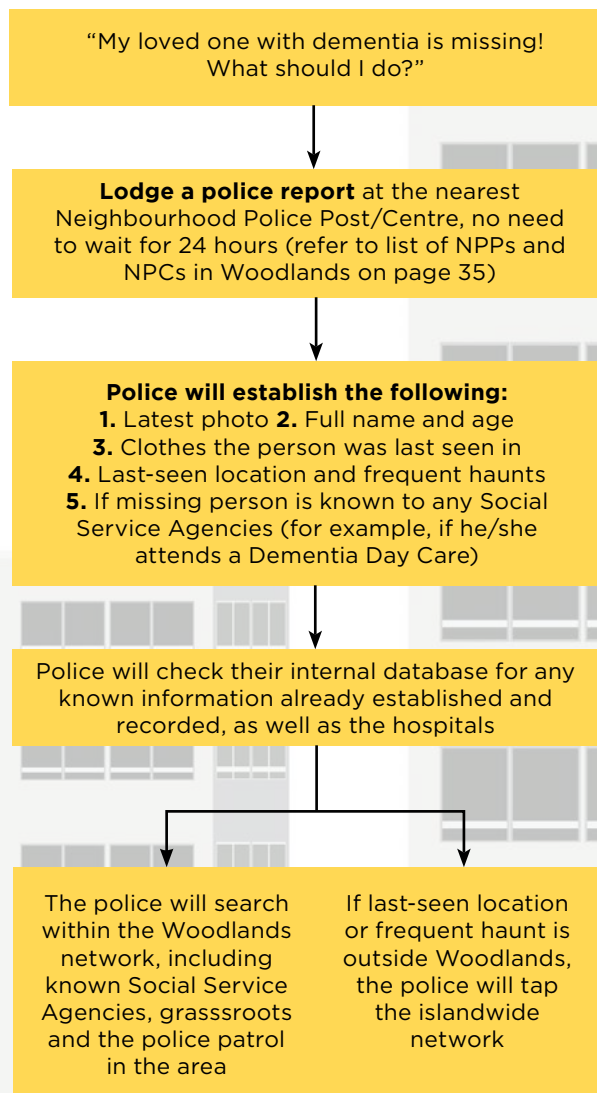
- 
**WOODLANDS WATERFRONT PARK** 
  
Admiralty Road West, S(759956)
- 
**ADMIRALTY PARK** 
  
6A Admiralty Road, S(732006)
- 
**KOUFU (REPUBLIC POLYTECHNIC)** 
  
9 Woodlands Ave 9, S(738964)
- 
**AH HONG MINIMART** 
  
880 Woodlands St 82, S(730880)
- 
**WOODLANDS NORTH PLAZA** 
  
883 Woodlands St 82, S(730883)
- 
**FAIR INN FOOD PLACE** 
  
806 Woodlands Street 81, S(730806)
- 
**FU SHAN GARDEN** 
  
81 Woodlands St 81, S(730827)
- 
**NATIONAL KIDNEY FOUNDATION** 
  
825 Woodlands St 81, S(730825)
- 
**834 EATING HOUSE** 
  
834 Woodlands St 83, S(730834)
- 
**WONG LI MINIMART** 
  
832 Woodlands St 83, S(730832)
- 
**WOODLANDS EVANGELICAL  
FREE CHURCH** 
  
1 Woodlands St 83, S(738488)
- 
**SREE NARAYANA MISSION  
MULTI SERVICE CENTRE  
@ WOODLANDS** 
  
861 Woodlands St 83, S(730861)



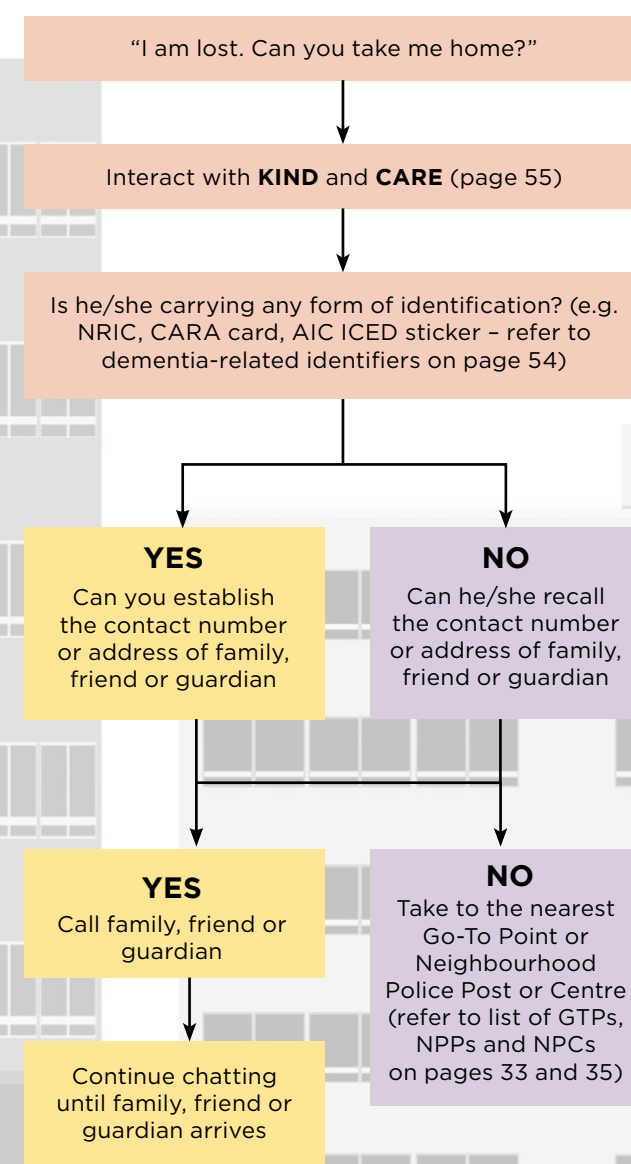
-  Social activity
-  Coffeeshop
-  Supermarket/Mart
-  Place of worship
-  Medical and healthcare
-  Dementia care service



## WHAT TO DO IF SOMEONE YOU CARE ABOUT IS LOST?



## WHAT TO DO IF YOU FIND SOMEONE WHO IS LOST



GPS-enabled devices can be used to track the whereabouts of persons with dementia (page 35)

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



Join DSAN as a volunteer to be activated for search missions in Woodlands Town (Telegram group: [bit.ly/awwadsan](https://t.me/bit.ly/awwadsan))

Join CARA as a public volunteer to look out for missing persons with dementia (go to [cara.sg/missing-person-reports](https://cara.sg/missing-person-reports))

# DEMENTIA-RELATED IDENTIFIERS

Here are some identifiers a person living with dementia may be carrying:



## ICED STICKER

This ICED sticker may be pasted on any small items or devices in the possession of the person with dementia. You can contact the next-of-kin with the information stated on the ICED sticker. To get this sticker, next-of kin can write to AIC at [ccmh@aic.sg](mailto:ccmh@aic.sg), and the sticker will be posted to you.



## CARA DEMENTIA MEMBERSHIP CARD

This physical card has a unique QR code for each member with dementia. You can contact the next-of-kin by scanning the QR code on the physical card. For more information, go to [cara.sg/safe-return-guide](http://cara.sg/safe-return-guide)

Not all persons living with dementia will carry an identifier. Keep a lookout for anyone who needs support.

# HOW TO APPROACH SOMEONE WHO MAY HAVE DEMENTIA USING KIND AND CARE

## BE **KIND** TO PERSONS WITH DEMENTIA

**K**  
**Keep** a lookout for people who show signs of dementia

**I**  
**Interact** with patience

**N**  
**Notice** their needs and offer help

**D**  
**Dial** for help\*

## COMMUNICATE WITH **CARE**

**C**  
 Use **clear** and simple language when talking

**A**  
**Acknowledge** his/her concerns

**R**  
 Be **respectful** and **reassuring**

**E**  
**Engage** to provide comfort and build trust

\*Dial for help: Refer to this link for more information: [cara.sg/safe-return-guide](http://cara.sg/safe-return-guide)

“Care for the neighbours on your floor”

Oftentimes, Caregivers and Persons living with Dementia could be isolated. As part of the same community, we only need to start by checking in on neighbours. Sometimes, if you know a person living near you who has caregiving duties or is elderly who keeps to himself/herself, check in and ask, “How are you?” You can make a difference!

## OTHER USEFUL RESOURCES



### DEMENTIA HUB

One-stop portal on all things related to dementia. Contains articles, medical research and how-tos. [dementiahub.sg](http://dementiahub.sg)



### DEMENTIA-FRIENDLY HOME

Practical tips and tricks, and ideas to help you cope with daily challenges of caregiving. [hackcare.sg/index.php](http://hackcare.sg/index.php)



### E-CARE LOCATOR

Use the E-care Locator by Agency for Integrated Care (AIC) to find suitable services near you. [bit.ly/48OqUBI](http://bit.ly/48OqUBI)



### TOOLKIT FOR BUSINESSES

A guide with a three-stage framework for businesses on becoming dementia-friendly. [bit.ly/48W3ydl](http://bit.ly/48W3ydl)



### UNDERSTANDING DEMENTIA

A guide by Khoo Teck Puat Hospital for persons with dementia and their family members. [bit.ly/3w3GE2T](http://bit.ly/3w3GE2T)



### SPEAK WITH CARE

Destigmatise dementia by using the appropriate language and words. [dementia.org.sg/wordshurt](http://dementia.org.sg/wordshurt)



### FORGET US NOT

This handbook gives tips and knowledge on how to create a dementia-friendly Singapore. [bit.ly/3w2KxVC](http://bit.ly/3w2KxVC)



### ASK THE EXPERT

YouTube videos to inspire and share tips for persons living with dementia and their caregivers. [bit.ly/3U7yQY6](http://bit.ly/3U7yQY6)



### AS YOU ARE, NOW

This helps users navigate the personal, financial and legal complexities that come with ageing. [bit.ly/3JS4ggG](http://bit.ly/3JS4ggG)



### CAREGIVER VIDEOS

Tips and stories by and for caregivers on how to support people with dementia. [forgetusnot.sg/videos.html](http://forgetusnot.sg/videos.html)



### ALL THAT REMAINS

A graphic novel inspired by real-life experiences from families touched by dementia. [bit.ly/3QqbYkB](http://bit.ly/3QqbYkB)



### JADE DIGITAL KIT

Activities and conversation-starters for people living with dementia and their caregivers. [dementia.org.sg/jade](http://dementia.org.sg/jade)

*This list of dementia-related resources is not exhaustive. For more resources, go to AIC's brochures and resources on dementia at [aic.sg/body-mind/dementia-brochures](http://aic.sg/body-mind/dementia-brochures) or download from DementiaHub at [dementiahub.sg/resources](http://dementiahub.sg/resources)*



## ABOUT US



### AWWA LTD

AWWA 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. AWWA's multi-professional team supports the integration and inclusion of children with developmental needs, families with complex social issues, the elderly, and persons with additional needs so that they may live out their various dreams and aspirations. AWWA is a registered charity with an Institution of a Public Character status.



### CARE CORNER LTD

Established in 1981, Care Corner Singapore is a non-profit organisation providing social and health care services to build hope and promote well-being for those in need. With more than 40 service points across Singapore, we help children with special learning needs or from disadvantaged backgrounds, youths at risk, troubled families, vulnerable seniors, and individuals with counselling and mental health needs. Woven into the fabric of our community, we aim to provide a holistic continuum of care to the marginalised across their life stages and major transitions.

A member of the National Council of Social Service, Care Corner has an Institution of a Public Character (IC) status and is in full compliance with the charity code of Governance. For more information, visit [carecorner.org.sg](http://carecorner.org.sg)



### CLUB HEAL

Club HEAL was formed in 2012 by a group of like-minded individuals who have a strong passion in helping people with mental health conditions regain confidence in themselves and work towards community reintegration. Club HEAL supports and enables their families to provide better care during their recovery journey. We promote healing and recovery by inspiring Hope, Empowering lives, fostering Acceptance and spreading Love. Our services include day recovery activities, counselling, home visits, public education, support groups and volunteer training. We are a member of the National Council of Social Service (NCSS), and a part of the Community Intervention Team (COMIT) and Community Outreach Team (CREST) programmes under the Ministry of Health (MOH).



## ABOUT US



### DEMENTIA SINGAPORE LTD

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 living with dementia and their families; empower the community through capability-building, knowledge and consultancy; and deliver quality, person-centred care innovations.

For more information, go to [dementia.org.sg](http://dementia.org.sg)



### SEMBAWANG TOWN COUNCIL

Sembawang Town Council manages and maintains the common property in the HDB estates in Sembawang GRC (Admiralty, Canberra, Sembawang Central, Sembawang West and Woodlands divisions). As of February 2023, we manage 69,000 property units including residential, commercial and social communal properties.

Sembawang Town Council controls, manages, maintains and improves the common properties of HDB residential flats and commercial properties within the town. Common properties include corridors, void decks, lifts, water tanks, public lighting and open spaces. The role of Sembawang Town Council includes, Routine Maintenance Work, Cyclical Work, Town Improvement Work, Essential Maintenance Services, and Finance and General Services.



### SEMBAWANG WEST GROs

Sembawang West GROs strives to create meaningful connections, provide essential resources, and offer a multitude of enriching programs that empower our aging population to lead fulfilling lives. Furthermore, we are dedicated to supporting dementia efforts, raising awareness, and offering specialized programs and services for those affected by dementia and their families. Our mission is simple yet profound: to ensure that every senior citizen, including those facing the challenges of dementia, feels cherished, valued, and truly at home within our community.

## ABOUT US



### VANGUARD HEALTHCARE PTE LTD

Vanguard Healthcare Pte Ltd was set up by the Ministry of Health (MOH) as a subsidiary of MOH Holdings in Oct 2014, with the aim to support and contribute to the growth and development of eldercare services in Singapore.

Beyond operating eldercare facilities, our mission is to encourage a spirit of innovation, develop manpower capability as well as evolve new models of care.

Vanguard Healthcare aims to spread good practices, encourage other players to adopt innovations and promote manpower development, to benefit the overall eldercare sector and boost its development over time. With 5 nursing homes and 4 senior care centres/active ageing centres (care) in Singapore, Vanguard Healthcare Pte Ltd operates a total bed capacity of 1,264 across the 5 Vanguard Care Homes, namely Pearl's Hill Care Home, Woodlands Care Home, Tampines Care Home, Bukit Batok Care Home and Senja Care Home.

Vanguard Active Ageing Centre (Care) @ Woodlands offers support to our seniors in the community through Active Ageing activities and Befriending services. The Centre also provides 60 spaces for its Maintenance/Dementia Day Care services - 15 for Community Rehabilitation services and 10 for Centre-Based Nursing.



### WOODLANDS HEALTH

Woodlands Health (WH) provides care for the North-Western population in Singapore. From December 2023, we offer rehabilitative and sub-acute care services at our hospital, as well as selected specialist services at our Medical Centre.

The rest of the hospital, including the emergency department and acute wards, will be progressively opened from May 2024 onwards. When the Campus is fully opened, it will have about 1,000 beds in its acute and community hospital which are housed together for better integration of services, along with almost 400 beds in the long-term care tower. Provisions are in place to expand to a total of 1,800 beds to meet future needs.

Beyond our Campus, WH has been serving and empowering residents in their health journey through our Community Health Posts and outreach efforts. We also introduced initiatives to help improve the right-siting and accessibility of care within the community, such as the Nursefirst Helpline, GPFIRST Programme in the North, and the first community-based Urgent Care Centre at Kampung Admiralty.



## ACKNOWLEDGMENT

Representatives of the eight Organisations involved in the working group:

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Nur Faizah Hairil Basar

Raymond Chang  
Samuel Lau  
Shee En Yin  
Zainal Lee

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### Special thanks to the Sembawang West Dementia Workgroup comprising



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### FOR FIRST LINE SUPPORT, CONTACT THE FOLLOWING CREST TEAMS AND HELPLINES:

#### **AWWA CREST @ Woodlands & Sembawang**

740 Yishun Ave 5 #01-490, Singapore 760740

☎ 9784 9247 ✉ [crest@awwa.org.sg](mailto:crest@awwa.org.sg) 🌐 [linktr.ee/awwacrest](https://linktr.ee/awwacrest)

#### **Club HEAL CREST**

317 Woodlands St 31, Singapore 730317 ☎ 6899 3463

#### **AIC Hotline**

☎ 1800 650 6060

(Monday-Friday: 8.30am-8.30pm, Saturday: 8.30am-4pm)

#### **Dementia Helpline**

☎ 6377 0700

(Monday-Friday 9am to 6pm, Saturday: 9am-1pm)

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*If you need more copies of this Community Living Resource (Woodlands Town edition), contact the CREST Teams listed above. Information stated are accurate as at December 2023.*

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