

Caregiver Support Schedule

APR 2025 TO SEP 2025

CAREGIVER SUPPORT GROUPS (ENGLISH)

2.30pm to 4.30pm (Participants to be present by 2.15pm)

DATE	TOPIC	VENUE
5 Apr	Coping with Caregiver Grief / Stress	TP**
12 Apr	Understanding Nursing Home	Zoom
24 May	Managing Incontinence in Dementia	Zoom
14 Jun	Dental Care for Persons Living with Dementia	CSS**
21 Jun	Palliative Care in Dementia	Zoom
12 Jul	Emotions Regulation in Caregiver	Zoom
2 Aug	Medications in Dementia Care	Zoom
16 Aug	Understanding Lasting Power of Attorney	CSS**
6 Sep	Communication with Persons Living with Dementia	CSS**

照护者互助小组(华语)

10.30am至12.30pm (请在10.15am抵达)

日期	课题	地点
26 Apr	失智友善环境	Zoom
31 May	看护旅程: 关爱自己	DSC**
28 Jun	看护旅程: 慈悲与同理心	DSC**
26 Jul	礼敬心灵照护	DSC**
23 Aug	了解持久授权书	DSC**

KUMPULAN SOKONG PENJAGA (MELAYU)

10.30 pagi hingga 12.30 petang (Sila daftar masuk pada jam 10.15 pagi)

TARIKH	TOPIK	LOKASI
17 May	Penjagaan Kebersihan Diri Dalam Demensia	DSC
5 Jul	Demensia 101	Zoom
27 Sep	Aktiviti Bersama Pesakit Demensia	DSC

**Caregivers who would like to attend this session and have no alternative caregiver for person living with dementia may register for Complimentary Eldersit, subjected to availability and confirmation. Please contact our Dementia Helpline to enquire.

CAREGIVER SUPPORT GROUP VENUES

CSS	Dementia Singapore Caregiver Support Services 20 Bendemeer Road, #01-02 BS Bendemeer Centre, S(339914)
DSC	Dementia Social Club 298 Tiong Bahru Road, #10-05 Central Plaza, S(168730)
TP	New Horizon Centre (Toa Payoh) Blk 157 Toa Payoh Lorong 1, #01-1195, S(310157)
Zoom	Online session via Zoom

TO REGISTER

Call our Dementia Helpline at **6377 0700** or register online at dementia.org.sg/csg. Alternatively, email us at registration@dementia.org.sg. Caregiver support groups are free of charge (unless specified).

Schedule is accurate as of publishing date and is subject to changes. Topics and venues are subjected to change without prior notice. Visit our website for updates.