



Dementia Singapore



CARE SERVICES

Centre-based Care
Home-based Care
Community Support
Training Courses



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New Horizon Centres



New Horizon Centres (NHCs) are Dementia Singapore-run dementia daycare facilities that provide services and support for persons with dementia. Activities conducted include music and movement, arts and crafts, and light physiotherapy exercises.

Operating on weekdays, the use of the Person-Centred Care Approach, in which clients' unique needs and interests are valued, allows NHC staff to provide suitable attention and care.

The New Horizon Centres are supported by Keppel.



OBJECTIVE

- Daily daycare services that aim to maintain or improve the psycho-social and mental well-being of persons with dementia

APPLICABLE FOR

- All persons living with dementia regardless of race, language or religion (formal diagnosis of dementia is required)

LOCATIONS

New Horizon Centre (Bukit Batok)

Blk 511 Bukit Batok Street 52, #01-211,
Singapore 650511
Mon – Fri: 7.30am – 6.30pm

New Horizon Centre (Jurong Point)

1 Jurong West Central 2, #04-04,
Jurong Point Shopping Centre,
Singapore 648886
Mon – Fri: 7.30am – 6.30pm

New Horizon Centre (Tampines)

Blk 362 Tampines Street 34, #01-377,
Singapore 520362
Mon – Fri: 7.30am – 6.30pm

New Horizon Centre (Toa Payoh)

Blk 157 Toa Payoh Lorong 1, #01-1195,
Singapore 310157
Mon – Fri: 7.30am – 6.30pm

ADDITIONAL NOTE

- To apply, please approach a hospital or polyclinic for referral via the AIC Integrated Referral Management System (IRMS)



More information at
dementia.org.sg/nhc

Family of Wisdom

Family of Wisdom (FOW) is a three-hour weekly enrichment programme for persons living with dementia, based on the Person-Centred Care Approach and the Scaffolding Theory for Ageing and Cognition. Each session incorporates new learning, engagement, creative dance, music & movement exercise, and cognitive activities; specially curated according to each client's stage of dementia, preferred spoken language, education level, and their remaining abilities. Activities are conducted in a cosy setting and in varying group sizes, facilitated by three to five staff.

This programme is suitable for families with a full-time caregiver, such as a child or a domestic helper, as it requires an accompanying caregiver - unlike a typical daycare programme.

The Family of Wisdom programme is supported by Keppel.



TYPES OF SESSIONS

- Centre-based or Home-based
- One-to-One sessions are available too (Centre-based, Home-based or Virtual)

TYPES OF ACTIVITIES

- Optional Personalised NeuroFIT™ brain fitness programme using a Senzeband paired to an iPad. This cognitive game challenges attention, memory, decision making, spatial awareness and cognitive flexibility. It is recommended for persons with mild dementia. At the end of the 6-month workout, they will receive a Cognitive Training Report
- Other iPad games
- Table-top games
- Non-pharmacological activities - art making, reminiscence, dancing, pottery, music, craft,

poetry reading, baking, music appreciation, singing, music making using sensor technology called Soundbeam, and more

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 persons with dementia; offering them the freedom and anonymity to adequately express feelings and concerns without the fear of being judged

APPLICABLE FOR

- Persons with dementia (Formal diagnosis of dementia is required)

LOCATION

Family of Wisdom (Bendemeer)

20 Bendemeer Road,
#01-02 BS Bendemeer Centre,
Singapore 339914
Mon - Fri: 9.00am - 6.00pm



More information at
dementia.org.sg/fow

Dementia Social Club

CREST-CSN (formerly known as CREST-CG)



Dementia Social Club (DSC) is a unique care model that empowers caregivers and persons with dementia, including those with young-onset dementia, to make contributions to the Club and community at-large.

The Club provides a family approach for caregivers to participate in purposeful and meaningful activities with their loved ones. It is a social gathering place to receive skills training and peer support.

As part of the Club, caregivers can build a support network, where they can develop self-care skills, forge supportive relationships with other caregivers, and organise or lead activities and events.

DSC is part of the Caregiver Support Network Community Outreach Team (CREST-CSN). CREST-CSN is one of the programmes under the Community Mental Health Masterplan developed by the Agency for Integrated Care (AIC), together with the Ministry of Health (MOH).

OBJECTIVES

- Create opportunities for caregivers, persons with dementia, and those with young onset dementia to participate in meaningful activities
- Sharing of information and experiences among caregivers
- Enable and support caregivers to reconnect with others and the community



APPLICABLE FOR

- Persons with dementia (Mild to moderate stage of dementia)
- Caregivers and family members

LOCATION

Dementia Social Club

298 Tiong Bahru Road,
#10-05 Central Plaza,
Singapore 168730

Mon – Fri: 8.30am – 5.30pm



More information at
dementia.org.sg/club

Home Support Team

(COMIT Dementia Singapore @ Nationwide / CREST Dementia Singapore @ Nationwide)

The Home Support Team (HST) assesses the needs of persons living with dementia and caregivers, with the aim of helping them live well in the community by developing individualised interventions such as case management, counselling, psychoeducation, therapy, and training for holistic care. Working closely with community partners, hospitals, polyclinics, and General Practitioner partners, HST ensures the continuum of care for clients in the community. The team also promotes dementia awareness in the community as part of its efforts to help forge a dementia-friendly Singapore.

HST is part of the Community Intervention Team (COMIT) and Community Resource, Engagement and Support Team (CREST) under the Community Mental Health Masterplan developed by the AIC, together with MOH.

OBJECTIVES

- To support persons with dementia and caregivers within the home
- Utilising behavioural management strategies, dementia psychoeducation, and supportive counselling

APPLICABLE FOR

- Caregivers facing high stress due to caregiving issues
- Persons with dementia

ADDITIONAL NOTES

- A formal referral is required.
- For hospitals and polyclinics, please refer under COMIT/CREST via AIC Integrated Referral Management System (IRMS)



More information at
dementia.org.sg/css

Post-Diagnostic Support

(CREST-PDS)

The Post-Diagnostic Support Programme for persons newly diagnosed with dementia and their caregivers provides education on the condition, coordinates community resources and facilitates early planning, and management of the condition for persons living with dementia and their caregivers upon diagnosis over six months to a year.

OBJECTIVES

- Enhance persons with dementia and their caregivers' understanding towards dementia
- Develop and equip families with more effective coping strategies
- Introduce and link families up with the relevant resources/services
- Build a community of support for caregivers
- Provision of psycho-emotional support
- Customisation of long-term Individualised Care Plans (ICP)

APPLICABLE FOR

- Newly diagnosed persons with dementia within 1.5 years of diagnosis
- Caregivers and family members

ADDITIONAL NOTE

Referrals are only accepted from partnering hospitals.



More information at
dementia.org.sg/pds

Memories Café



Memories Café is a community-based programme for persons with dementia and their caregivers, held at various partner cafés and restaurants across Singapore. The sessions focus on the use of the performing arts to engage persons with dementia and their caregivers. The Memories Café programme is supported by Keppel.

OBJECTIVES

- To minimise the social stigma on persons living with dementia and to encourage social acceptance through engagements within a community setting
- To provide an alternative platform for social interactions and respite to persons living with dementia and their caregivers
- To improve interactions and bonding between persons with dementia and their caregivers, and as a group

APPLICABLE FOR

- Persons with dementia and caregivers

ADDITIONAL NOTES

- A fee of \$10* per person is chargeable for physical sessions held in cafés and restaurants. Refreshments are provided
- **Fees are subject to change.*
- Registration is required



More information at
dementia.org.sg/memoriescafe

Eldersit Service

Eldersit is a type of home-based service where trained Eldersitters engage with persons with dementia over a short period of time. Meaningful and therapeutic activities are conducted in a familiar and comfortable home setting for the person with dementia, allowing short-term respite for the caregiver.

OBJECTIVE

- To enhance the well-being of persons with dementia by providing interaction and stimulation through activity engagement

APPLICABLE FOR

- Persons with dementia who are unwilling or unable to leave their homes and lack activity engagement at home (formal diagnosis of dementia is required)

ADDITIONAL NOTES

- Chargeable service at \$35 per hour (before GST)*
- A deposit of \$300 will be collected before the commencement of service*

**Rates and deposit are accurate as of 1 Jan 2025.*



Caregiver Support Group



Caregiver Support Group aims to provide a platform for caregivers to learn more about dementia care, as well as to connect with like-minded caregivers to exchange caregiving tips and share their experiences.

Held in English, Mandarin and Malay, each Caregiver Support Group (Open) session runs for two hours. Regular sessions are conducted and are free-of-charge.

Dementia Singapore also runs Caregiver Support Group (Closed) sessions, where caregivers gather weekly to embark on a journey of self-discovery and reflection for five to six consecutive sessions.

OBJECTIVE

- To provide a supportive environment, safe space and open platform for caregivers to learn about dementia care and share their experiences with one another

APPLICABLE FOR

- Caregivers of persons with dementia

ADDITIONAL NOTES

- Registration is required
- Sessions are conducted either online or in-person at our various centres
- Refer to website for the latest CSG schedule



More information at
dementia.org.sg/csg

Caregiver Support & Network

CREST-CSN (formerly known as CREST-CG)

The Caregiver Support Network Community Outreach Team (CREST-CSN) focuses on caregivers who have or are at risk of developing depression, anxiety, and burnout due to their caregiving role. The team increases public awareness of caregiving concerns and promotes the identification of caregiver needs. The team also supports caregivers in self-care through health and wellness activities, stress management and future planning.

Group activities such as arts and crafts, music, and fitness classes are organised to encourage self-care for caregivers and provide a safe space to nurture their own interests.

CSN is part of the CREST-CSN under the Community Mental Health Masterplan developed by the AIC with MOH.

OBJECTIVES

- To promote respite and self-care for caregivers
- To foster interaction among caregivers through group activities

APPLICABLE FOR

- Caregivers of persons with dementia

ADDITIONAL NOTES

- Registration is required
- Sessions are conducted either online or in-person at our various centres
- Refer to website for the latest CSN schedule



More information at
dementia.org.sg/csn

Dementia Helpline: 6377 0700



Operating on weekdays from 9am to 6pm, and Saturday from 9am to 1pm (except public holidays), the Dementia Helpline consists of a team of dedicated operators, and acts as the first line of defence and support for caregivers or members of the public in need of vital information.

OBJECTIVE

- To provide relevant and up-to-date caregiver support, resource-finding, referrals and over-the-phone counselling

APPLICABLE FOR

- Persons with dementia
- Caregivers to persons with dementia
- Family members of persons with dementia
- Members of the public

ADDITIONAL NOTE

Operating hours may be subject to change. Any changes in helpline hours will be reflected on the Dementia Singapore website.

Dementia Singapore Academy (DSA)

Dementia Singapore Academy offers high-quality training programmes designed to equip caregivers and the general public with essential knowledge and practical skills to support persons with dementia.

AVAILABLE COURSES FOR THE GENERAL PUBLIC:

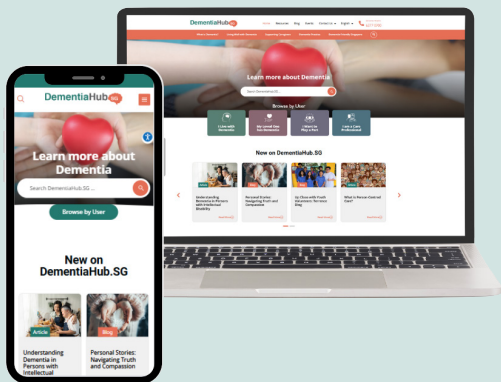
- Dementia Awareness Workshop
- Facilitating Meaningful Interactions with Persons with Dementia
- Reminiscence Arts for Dementia
- Enabling EDIE™



More information at
dementia.org.sg/academy

DementiaHub SG

www.dementiahub.sg



DementiaHub.SG is Singapore's first one-stop resource portal offering comprehensive, up-to-date information and resources on dementia in different languages.

The resource portal has downloadable resources and information on dementia and dementia care curated for the accessibility of various user groups, including persons living with dementia, caregivers, the general public, corporations, and care professionals.

Learn how to live well with dementia and connect with a network of support services.

Brought to you by:



More information at dementiahub.sg

CARA

A pioneering Dementia Membership Programme by Dementia Singapore



CARA - which stands for Community, Assurance, Rewards and Acceptance - is a membership programme that serves as a lifestyle and community platform, connecting persons living with dementia and caregivers to an ecosystem of rewards and resources via a mobile application.

With key features such as Safe Return, Report Missing Person and Dementia Go-To Point Locator, CARA provides a platform for those impacted by dementia to stay connected and be supported by the community.

Members can also enjoy exclusive benefits with more than 80 carefully selected CARA partners.

Download the CARA SG mobile app on the Apple App Store or Google Play Store and sign up for a free membership!

Supported by:



More information at cara.sg

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 in specialised dementia care, Dementia Singapore aims to **advocate** for the needs of people with dementia and their families; **empower** the community through capability-building, knowledge and consultancy; and deliver quality, person-centred **care innovations**.

CONTACT US

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

 **info@dementia.org.sg**  **6377 0700**

 **dementia.org.sg**

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All information is accurate as of publishing date and is subject to changes. Visit our website for updates.