



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**.

Dementia Singapore is constantly evolving, piloting new programmes to suit changing demographic trends. For the latest initiatives, visit our website at dementia.org.sg.

Join the Cause

MISSION

To improve the well-being of people impacted by dementia through Care Innovation, Advocacy and Empowerment.

VOLUNTEER

Make a meaningful impact in the dementia community through roles in care support, outreach, events, and skills-based volunteering.

CAREER

Be part of a dedicated, multi-disciplinary team, as we strive to address the needs of our dementia community.

DONATE

All donations will help greatly in Dementia Singapore's continued provision and improvement of various programmes, services and operations.

SCAN TO DONATE

Cheques to 'Dementia Singapore Ltd' are accepted too.



It is not the end

People with dementia face many challenges, but with sufficient support, they have the ability to thrive. A whole-of-society approach is needed to combat the stigma surrounding dementia. Together, we can change perceptions, dismantle labels, and make our community truly dementia-friendly. Happy, fulfilling, and meaningful lives are possible **#DespiteDementia**.



A DEMENTIA-INCLUSIVE SOCIETY

CONTACT US

- 20 Bendemeer Road, #01-02, BS Bendemeer Centre, Singapore 339914
- info@dementia.org.sg
- 6377 0700
- dementia.org.sg

FOLLOW US



Find us @DementiaSingapore

DEMENTIA HELPLINE

6377 0700

Monday-Friday, 9am-6pm

At a Glance

GLOBALLY

Source: World Alzheimer Report 2024



Over 58% of the general public believe dementia is caused by an unhealthy lifestyle.



80% of the general public believe dementia is a normal part of ageing, a dramatic increase from just 66% in 2019.



88% of people living with dementia indicate experiencing discrimination.

IN SINGAPORE

Source: Dementia Singapore x Milieu Insight survey on young-onset dementia (2024)



Forgetfulness is the main characteristic people identify with those living with dementia.



More than 50% of respondents will consider doing cognitive screenings for young-onset dementia if they notice any related symptoms.



While there is a healthy awareness of young-onset dementia, only a quarter of respondents are aware of the resources available in Singapore to support a person with the condition.

Training Programmes

- Dementia-specific skills and strategies to assist persons with dementia and to provide quality dementia care.
- Training for **professional care staff** at varying competency levels.
- Training for **members of the public** to raise awareness about dementia.

Care Services

A variety of care options are available for those impacted by dementia. These include Centre-based Care, Home-based Intervention and Community Support Programmes.

CENTRE-BASED CARE

- **New Horizon Centres** are dementia daycare centres that provide daycare services for persons with dementia.
- **Family of Wisdom** is a caregiver-accompanied centre that provides a weekly three-hour programme for persons with dementia and caregivers.

HOME-BASED INTERVENTION PROGRAMME

- 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. 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.
- The **Post Diagnostic Support Programme** (CREST-PDS) 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.



COMMUNITY SUPPORT PROGRAMME

- **Dementia Helpline** 6377 0700 offers information and service linkages on dementia care.
- The **Caregiver Support & Network** programme focuses on caregivers who have or are at risk of developing depression, anxiety, and burnout due to their caregiving role. The team strives to increase 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.
- **Caregiver Support Groups** provide respite for caregivers while exchanging caregiving experiences and practical tips, and discovering resources in a relaxed and safe environment.
- **Eldersit Service** is a home-based service where trained Eldersitters engage persons with dementia in meaningful and therapeutic activities.
- **Memories Café** is a community-based programme for persons with dementia and caregivers to interact in a normalised café setting.

Consultancy Services

As a strategic partner in dementia care, Dementia Singapore offers consultancy services to help organisations start programmes for persons with dementia and enhance their current services to provide quality dementia care by incorporating a person-centred care approach.

Empowering Others

A collective effort is required to change societal attitudes, reduce the stigma and improve the landscape of how persons with dementia are supported. At Dementia Singapore, we conduct community-based programmes to empower the general public as well as those impacted by dementia. Options such as Voices for Hope help persons with dementia and their caregivers acquire the skills and confidence to share their experiences.

Your Digital Care Companion

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.

