

## FAMILY OF WISDOM FACT SHEET

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

Family of Wisdom (FOW) is a 3-hour weekly enrichment programme for person living with dementia. It is based on a 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. All these activities are specially curated according to each client's stage of dementia, preferred spoken language, education level, interest, age range, as well as their remaining abilities. The programme seeks to benefit, enhance, improve their well-being and cognitive function, maintain their dignity, and self-esteem. Activities are conducted in a cozy setting, with a small staff-to-client ratio. An accompanied caregiver is required if the client has moderate dementia / with changed behaviour / has an unsteady gait / requires toileting help.

### **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 an emotional support platform for clients and their caregivers, offering them freedom and anonymity to adequately express feelings and concerns without the fear of being judged.

### **3. ADMISSION CRITERIA**

- Person with mild to moderate 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 / 83334080 / 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 one-time assessment is charged at \$50 + GST (i.e. \$54.50).

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Upon acceptance by the Family of Wisdom, an one-month refundable deposit is required from new client. This amount will be refunded in full if / when the service is terminated with one-month notice and if there are no outstanding dues. PayNow / PayLah is the preferred mode of payment. Although other mode of payment such as cash, or by cheque, made payable to “**Dementia Singapore Ltd – Acc 1**”, are acceptable.

### **6. PROGRAM FEE**

Each session is chargeable at \$85, before GST.

All fees are collected in advanced at the beginning of each month, based on the number of intended sessions in the month.

There will be no refund or replacement for missed classes, except for client who are on medical leave or hospitalisation leave.

### **7. WITHDRAWAL**

Caregiver who wishes to withdraw their loved ones with dementia from the Centre, is required to provide an one-month notice, failing which their one-month deposit will be forfeited. Exceptional cases are granted if client is hospitalized and is too sickly to return to the Centre, or due to sudden death.

### **8. SUBSCRIPTION TO DIGITAL BRAIN TRAINING GAMES (OPTIONAL)**

We offer clients with at least secondary 4 level education and who scored at least 18 points for MoCA<sup>1</sup> (Montreal Cognitive Assessment) the option to subscribe to a **cognitive digital brain training game called NeeuroFIT or NeeuroBike**, where they will be guided and play during the cognitive activity segment at the Centre.

This brain training game requires each client to subscribe to a personal login account, so that their progress can be tracked during the workout.

The cognitive workout session uses a Senzeband (equivalent to a EEG gadget that can track one's brain activity) paired to an iPad and an App. Eligible client will pay upfront of **\$40**

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<sup>1</sup> MoCA is an assessment tool that accurately and quickly assesses: Short term memory, Visuospatial abilities, Executive functions, Attention, concentration and working memory, Language, Orientation to time and place.

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x 3 months = \$120 before GST (i.e. \$130.80 with GST). At the end of the 3 months workout programme, a personalized cognitive training report will be given to client.

### **What is NeeuroFIT Brain Training Game ?**

This is a digital cognitive brain training game that seeks to train 5 cognitive domains of our client :

- Attention
- Memory
- Decision making
- Spatial Awareness
- Cognitive flexibility

At the end of the programme, our vendor Neeuro is able to produce a personalised cognitive training report for each participating client.

### **What is NeeuroBike Braining Training Game ?**

NeeuroBike is a revolutionary dual-mode training program specifically designed for seniors. It combines the physical benefits of cycling with brain-stimulating games, creating a holistic approach to well-being. It targets 6 key cognitive domains that are at risk of deteriorating with age.

- Quantitative Reasoning
- Short Term Memory
- Working Memory
- Spatial Memory
- Delayed Memory
- Sustained Attention

The cognitive workout uses a Senzeband (equivalent to an EEG gadget that can track one's brain activities), that is paired with an iPad and an App.

Each eligible client will subscribe one Neeuro game for 3 months (e.g. NeeuroFIT), after that, break for a month where they will be exposed to play other cognitive games and then

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invited to renew another Neeuro game for another 3 months (e.g. NeeuroBike). This cycle repeats.