



# Caregiver Support Schedule

OCT 2025 TO MAR 2026

## CAREGIVER SUPPORT GROUPS (ENGLISH)

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

| DATE   | TOPIC                                                        | VENUE |
|--------|--------------------------------------------------------------|-------|
| 4 Oct  | Meaningful Engagement for Persons with Dementia              | CSS** |
| 22 Nov | Managing Responsive Behaviour in Dementia Care               | Zoom  |
| 17 Jan | Financial/Community Resources to Support Caregiving Expenses | Zoom  |
| 28 Feb | Emotion Regulation in Caregiving                             | Zoom  |
| 7 Mar  | Traditional Chinese Medicine in Dementia Care                | 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    |
|--------|----------------|-------|
| 25 Oct | 中医视角: 情绪管理     | DSC** |
| 15 Nov | 如何应付失智症人士的睡眠问题 | Zoom  |
| 24 Jan | 如何应付失智症人士的多变行为 | Zoom  |
| 28 Mar | 失智症与慈怀护理       | 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.

## KUMPULAN SOKONG PENJAGA (MELAYU)

10.30 pagi hingga 12.30 petang (Sila daftar masuk sebelum 10.15 pagi)

| TARIKH | TOPIK                                                | LOKASI |
|--------|------------------------------------------------------|--------|
| 1 Nov  | Pencegahan dari jatuh dan Keselamatan di dalam rumah | Zoom   |
| 10 Jan | Menangani tingkah laku responsif dalam penjagaan     | DSC    |
| 7 Feb  | Motivasi dalam Penjagaan                             | Zoom   |

## CAREGIVER SUPPORT GROUP VENUES

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

## TO REGISTER

Call our Dementia Helpline at **6377 0700** or register online at [dementia.org.sg/csg](https://dementia.org.sg/csg). Alternatively, email us at [registration@dementia.org.sg](mailto: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.