



# Caregiver Support Schedule

APR 2026 TO SEP 2026

## CAREGIVER SUPPORT GROUPS (ENGLISH)

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

DATE	TOPIC	VENUE
11 Apr	Adaptive Clothing for Comfort and Ease of Wear	CSS**
9 May	Dental Care for Persons Living with Dementia	Zoom
13 Jun	Communication with Persons Living with Dementia	CSS**
4 Jul	Palliative Care in Dementia	Zoom
1 Aug	Namaste Care	CSS**

Note: Topics and venues are subjected to change without prior notice.

## 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 Apr	失智友善与安全环境	Zoom
23 May	失智症人士的口腔卫生	DSC**
27 Jun	失智症护理之：饮食均衡	Zoom
25 Jul	我们不是一个人：照护者分享	DSC**
22 Aug	中医视角：睡眠与情绪调理	Zoom
26 Sep	失智症护理之：维持性运动	DSC**

注：主题和地点如有更改，恕不另行通知。

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 hadir sebelum jam 10.15 pagi)

TARIKH	TOPIK	LOKASI
18 Apr	Menguruskan tekanan penjaga	DSC
20 Jun	Bilakah masa yang sesuai? - Rumah rawatan dan aturan penjagaan lain	Zoom
15 Aug	Aktiviti bermakna dan komunikasi bersama orang yang menghidapi demensia	DSC

Nota: Topik dan jadual tertakluk kepada perubahan tanpa notis.

## THE CAREGIVING COMPASS

### EMBARKING THE CAREGIVING JOURNEY

10.00am - 12.30pm | Register by 10 April 2026

#### Overall Objectives

- Enhance the participant's understanding of dementia using virtual reality (VR) technology.
- Support caregivers to find meaning and purpose in caring for their loved ones.
- To strengthen self-confidence while cultivating support within the caregiving community.
- Help caregivers adapt to the ever-changing caregiving roles and dynamics.

#### Who should attend

- New caregivers who are within the first three years of their caregiving journey following a diagnosis.
- Caregivers who are able to speak and comprehend English.
- Caregivers who are able to attend all five sessions of this closed support group.

DATE	TOPIC	TIME & VENUE
9 May	Finding Your Footing	10.00am - 12.30pm Caregiver Support Services
16 May	Preparation: What to Carry, What to Leave Behind	
23 May	Learning the Terrain, Tapping into Resources	20 Bendemeer Road, #01-02,
30 May	Pacing Yourself in the Climb	BS Bendemeer Centre, Singapore 339914
6 Jun	Future Mountains, Not Alone	

Note: Topics and venues are subjected to change without prior notice.

## CAREGIVER SUPPORT GROUP VENUES

20 Bendemeer Road, #01-02 BS Bendemeer Centre, S(339914)

CSS	<b>Dementia Singapore Caregiver Support Services</b>
DSC	<b>Dementia Social Club</b> 298 Tiong Bahru Road, #10-05 Central Plaza, S(168730)
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.