



## **LAUNCH OF NEW DEMENTIA FRIENDS MOBILE APPLICATION**

*First app to provide resources on dementia and creates a support network for caregivers of persons with the condition*

Looking after a loved one with dementia can be challenging. Such was Mr Pang's experience when his father was diagnosed with this condition. As his father tended to wander, Mr Pang and his siblings took turns to keep an eye on the father. They arranged their daily schedule so that they could take turns to fetch him to and from the day care activities at SASCO@Hong Kah North day care centre before bringing him home for dinner. It was challenging initially as they were unfamiliar with dementia or how to support their father and he could not convey his thoughts to them clearly.

2. Caregivers like Mr Pang would now have more information and resources at their fingertips, thanks to a Dementia Friends mobile app rolled out by the Agency for Integrated Care (AIC). This is the first time a mobile application is available to support caregivers of persons with dementia. Co-developed by Nanyang Polytechnic and Integrated Health Information Systems, with support from Tote Board, the mobile app provides information on dementia, caregiver training and events, locations of nearby Go-To Points and tips on supporting people with the condition.

3. The app also aims to rally the community in supporting caregivers of those with dementia. With an ageing population, the number of persons with dementia is expected to more than double to 103,000 by 2030. This app encourages members of the public to sign up as Dementia Friends and be part of the community look-out when a lost person with dementia is reported. A search feature in the app allows caregivers to post information of loved ones who have gone missing. Dementia Friends will then receive an alert from the app on the call for help. They can report sightings of the missing person via the app, and alert the caregiver if they happen to find him or her.

4. “The new Dementia Friends mobile app makes it more convenient for caregivers searching for resources and provides support as a one-stop platform for relevant information anytime, anywhere. I am heartened to know that since the app went live in May this year, over 1,500 people have downloaded the app and registered as Dementia Friends. This shows that many people are supportive of those with dementia and their caregivers.” said Dr Jason Cheah, AIC’s Chief Executive Officer.

5. The Dementia Friends mobile app was launched this evening by Dr Amy Khor, Senior Minister of State, Ministry of Health and Ministry of the Environment and Water Resources at the ‘Healthy Mind, Better Life’ workshop and seminar organised by Brahm Centre and the community partners. This is one of the five regional events of the Mental Health Awareness Singapore Learning Series 2018 to commemorate World Mental Health Day. Taking place at Singapore Conference Hall, the event for working adults focused on the importance of mental wellbeing and ways to stay mentally resilient.

6. The Dementia Friends mascot, Giffy the Giraffe, also made its debut at the launch event. Unveiled by Dr Khor, the giraffe mascot was chosen for sharing similar traits with the Dementia Friends. Giraffes are social animals that travel in large herds and live within their community. Their long necks enable them to look out for each other and they are said to have big hearts. Like Giffy, Dementia Friends with big loving hearts can help to keep a look out for one another in the community, especially for persons with dementia and their families. The growing of the pool of Dementia Friends and the launch of the mobile app are part of national efforts to build a dementia-friendly Singapore.

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## **About Agency for Integrated Care**

The Agency for Integrated Care (AIC) aims to create a vibrant care community for people to live well and age gracefully. AIC coordinates and supports efforts in integrating care to achieve the best care outcomes for our clients. We reach out to caregivers and seniors with information on staying active and ageing well, and connect people to services they need. We support stakeholders in their efforts to raise the quality of care, and also work with health and social care partners to increase services for the ageing population. Our work in the community brings care services and information closer to those in need. For more about us, please visit [www.aic.sg](http://www.aic.sg).

## **About Mental Health Awareness Singapore**

Mental Health Awareness Singapore was started in 2016 by the Agency for Integrated Care, Institute of Mental Health and the National Council of Social Service to bring together like-minded community partners to raise awareness on mental health in Singapore. Since 2016, the partners co-organise an anchor event to commemorate the annual World Mental Health Day in October.