

# Are you caring for a loved one living with dementia or require assistance at night?



Discover how Night Respite  
cares for your loved ones in a safe  
environment while you recharge or  
tend to other commitments.



# What is Night Respite?

Night Respite is an overnight care option for caregivers of persons requiring mild to moderate assistance in their ADLs or persons living with dementia with sleep-wake cycle issues.

This service provides caregivers with the opportunity to take time off from night-time caregiving duties to catch up on rest or fulfil other commitments.

Night Respite engages persons in need meaningfully while providing support with their ADLs. The service also supports caregivers in managing sundowning issues of their loved ones.





## What is Sundowning?

Sundowning is the worsening of behavioural difficulties towards the end of the day.

Symptoms include restlessness, agitation, suspicious behaviour, disorientation, visual and auditory hallucinations, and difficulties sleeping at night.

This often occurs in the moderate to severe stages of dementia, and may be challenging for caregivers to manage.

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**Night Respite**

**gives caregivers some time off from night-time caregiving duties.”**

## What are Activities of Daily Living (ADLs)

Activities of Daily Living (ADLs) refers to a person's basic skills to manage their physical needs. The six ADLs are:



Eating



Dressing



Bathing



Toileting



Walking or  
Moving about



Transferring

## Night Respite Service



Monday to Friday,  
From 7pm (up to 12 hours duration)



Transport option with subsidy is  
available if required



Government subsidies for  
Singaporeans and Permanent  
Residents are available based on  
means testing

# How to apply for Night Respite?



## Enquiry

You may visit the AIC Website, any AIC Links or call the AIC Hotline to find out more about Night Respite service.



## Application

Scan the QR code for the application form and submit to [careinmind@aic.sg](mailto:careinmind@aic.sg)



## Enrolment

If you are eligible, AIC will connect you with the Night Respite service provider.

The service provider will conduct a pre-admission assessment with you and your loved one to determine your care needs.

# The Heart of Care



Click  
[www.aic.sg](http://www.aic.sg)



Call  
1800 650 6060



Visit  
AIC Link

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 provide services for the ageing population. Our work in the community brings care services and information closer to those in need.