



# Are you caring for a loved one with dementia who is active at night?

Learn about night respite option  
that can support you to manage your  
caregiving responsibilities.



Connecting You  
to Community Care

## What is Night Respite?

Night Respite is an overnight respite option for caregivers of persons with dementia displaying sundowning behaviour. This gives them some time off from night-time caregiving duties.

Night Respite engages persons with dementia meaningfully during the session, while providing assistance with activities of daily living. It also educates caregivers on managing sundowning behaviours.



## 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.

## Night Respite Service



Monday to Friday,  
from 7pm to 7am



Transport can be provided  
if needed



Government subsidies for  
Singaporeans and Permanent  
Residents are available

## How to apply for Night Respite?



### Enquiry

You can find out more about  
Night Respite at **AIC Links**,  
visit [www.aic.sg](http://www.aic.sg) or  
call AIC Hotline 1800-650-6060.



### 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.

Learn more about what we do:



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.

Information is correct as at August 2021.