



Is your loved one using a mobility aid?

Learn about the services that can support you and your loved one.



Connecting You
to Community Care

Ageing involves physical changes, but it is not a time to stop moving forward. We can still have exciting new adventures if we want.

Support your loved one to regain their mobility and independence with Community Care services.



Select from the schemes and services which may be most suitable for your loved one. Contact us to learn more.

Care at Home

Being in a familiar environment gives your loved one the best support in healing both their body and their mind.

They can stay at home, close to family, with home care services such as nursing support and some help with daily activities at home, at their doorstep.



Home Medical

A care professional provides treatment of chronic conditions such as diabetes, hypertension and high cholesterol.



Home Nursing

A nurse helps with wound dressings, injections and change of feeding tubes.



Home Personal Care

Trained care staff will help your frail loved one with their activities of daily living, and other tasks such as grocery shopping and light housekeeping.



Meals-on-Wheels

Get food delivered to your loved one if they are unable to buy or cook their own meals and have no one to purchase food for them.



Medical Escort and Transport

A care staff and/or transport will bring your loved one for medical appointments, and back home.



Integrated Home and Day Care Packages

If your loved one needs different care services, a service provider will coordinate home and day care services to meet their needs. There are various packages available.

Taking a break from Caregiving

Caregiving can be a long-term commitment. That is why taking care of yourself is not a luxury, but a necessity. Giving yourself a rest to do things that you enjoy is good for both you and your loved one.



Respite Care in a Senior Care Centre

Trained staff at centres will provide daytime supervision, personal care services and companionship to your loved one. Suitable if you need ad hoc breaks during the day.



Nursing Home Respite Care

A stay-in option with healthcare services for loved ones with high care needs if you need a break of at least seven days. Pre-enrol so that you can activate the option more quickly when needed.

“ When I am at the centre, the care staff teaches me to sing and play music. The hand drum is my favourite instrument. ”

A senior who goes to day care centre



This brochure can help you identify the services that can support you and your loved one.

Do note that they are subject to terms and conditions, as well as assessments by service providers.

Care at Centre

Besides providing respite for you, day care centres offer health and rehabilitation services, along with social activities to improve your loved one's health and well-being.

Day Care

Your loved one can exercise and interact with other seniors while you are at work. Transportation can be arranged to and from the centre.

Day Rehabilitation

A physiotherapist will carry out therapy sessions so that your loved one can regain their ability to carry out daily activities such as walking and toileting.

Dementia Day Care

Staff will engage your loved one with dementia with tailored activities to keep their mind stimulated.

Trained staff can provide daytime supervision and companionship at a Senior Care Centre.



Care Cost

For families who require financial assistance, there is a variety of schemes that can help you and your loved one.

Caregivers Training Grant

Receive an annual \$200 subsidy if you, or your Foreign Domestic Worker (FDW), attend caregiving courses.

You can tap on this grant to offset the course fee for sending your helper for the ABCs of Caregiving course*.

*This course covers the key parts of senior care based on your loved one's mobility condition.

Foreign Domestic Worker Levy Concession for Persons with Disabilities

Pay a lower levy of \$60 per month (instead of \$300) when you hire an FDW to help care for a frail senior or a loved one with disabilities.

Home Caregiving Grant

Receive \$200 a month while caring for your loved one with moderate to severe disabilities.

Seniors' Mobility and Enabling Fund

Your loved one can remain mobile and live more independently with subsidies for devices that assist them with their daily activities (e.g. showering, walking) and home healthcare items.

Pioneer Generation Disability Assistance Scheme

As a Pioneer, your loved one can receive \$100 a month to support their cost of care if they have moderate to severe disabilities.

Your Foreign Domestic Worker can attend approved caregiving courses.



Residential Care

A **Nursing Home** is for seniors who need some help with day-to-day activities such as dressing, bathing or taking medication.

If your loved one requires a greater degree of medical support, or has extensive care needs that cannot be provided by current home care services, a medical social worker may refer them to a nursing home instead.

Learn more about what we do:



Click **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 October 2020.