



Clinical visits are only available for those who reside within the Northeast and Southeast CDC Districts with the following inclusion criteria:

- Older persons who are 65 years old and above with mental disorders such as dementia, depression, delirium, adjustment disorder and psychosis, who are unable or unwilling to access hospital or outpatient services.
- Younger persons with dementia who are unable to access hospital or outpatient services.

Exclusion Criteria for Clinical Visits

Persons who:

- Are able to access hospital and outpatient services
- Only** have physical disabilities

Referral Information for Clinical Visits

The referral has to be made by a medical practitioner.

Clients must live within the Northeast and Southeast CDC (Community Development Councils) Districts.

Please fax the completed form to **6787 3013**. The CPGP will inform the referring person regarding the outcome of the referral.

Referral forms can be downloaded from our website:

<http://www.cgh.com.sg/medical/psychological.asp>

Appropriate charges apply for clinical visits.

Operating hours:

8.30am to 5.30pm (Monday to Friday)

Closed on Saturday, Sunday & Public Holidays

For enquiries, please contact us at:

Tel: 6850 1840/41

Fax: 6787 3013

Email: CPGP@cgh.com.sg



All information is valid at the time of printing (October 2007) and subject to revision without prior notice.



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Community Psychogeriatric Programme (CPGP)

Improving Mental Health Care for Older Persons - Empowering the Community through Partnerships



**Changi
General Hospital**
SingHealth



Community Psychogeriatric Programme (CPGP)



The CPGP is dedicated to improving the mental health of older persons living within the Northeast and Southeast CDC Districts.

As a community outreach programme, we aim to accomplish this through partnerships with other caregivers in the community in order to promote ageing in place for older persons.

We value the importance of empowering eldercare agencies and caregivers with the capability to enhance the total well-being of older persons.

What do we aim to do?

- To increase awareness of mental illness in older persons through education and the provision of mental health screening for those in need.
- To improve the quality of life of older persons through early detection, and effective and timely treatment of mental health problems.
- To facilitate partnerships with eldercare agencies, so as to meet the psychosocial needs of older persons in the community.

- To empower general practitioners and community eldercare agencies with the knowledge and skills to enhance the provision of care to older persons with mental illness.

Who are we?



The Community Psychogeriatric Programme is developed under the Psychogeriatric Services of the Division of Psychological Medicine at Changi General Hospital. The team is multidisciplinary and consists of geriatric psychiatrists, geriatric and psychiatric nurses, clinical psychologist, medical social workers, occupational therapist and physiotherapist.

Who do we work with?

- Social and healthcare agencies catering to older persons such as home medical services, day centres, senior activities centres, neighbourhood links, family service centres and community case management services.
- Family physicians and other specialists such as psychiatrists, geriatricians and neurologists.



Our programme includes:

1) Training and Support

We provide training, consultation and support for community eldercare agencies and family practitioners through:

- Multidisciplinary training programmes
- Case discussions
- Facilitating links between the agencies and general practitioners



2) Clinical Visits

We conduct on-site mental health assessments and interventions of older persons in the community, such as at home.

Interventions include:

- Pharmacological, psychological and social interventions to alleviate distress due to the symptoms of mental disorders and to reduce caregiver burden.
- Functional rehabilitation to enable clients to continue living in their own homes and to participate in community activities where possible.

