

LET'S BUILD A CARING AND DEMENTIA-FRIENDLY SINGAPORE TOGETHER!

Lend a Helping Hand, Be a Dementia Friend



Supported by QiC

Dementia Day Care

SUPERMARKET



Join us in the #DementiaFriendlySG movement today!

 Find out more

 Follow:
@DementiaFriendlySingapore

 Learn:
www.DementiaHub.SG

 Email:
ccmh@aic.sg

 Call:
1800-650-6060 (AIC Hotline)

Dementia affects the brain, resulting in memory loss and difficulties with language, recognition, planning and performing complex tasks. It is not a normal part of ageing.

By 2030, over 152,000 people in Singapore are projected to live with dementia*.

Someone in the world develops dementia every 3 seconds[^].

Approximately 5% of persons living with dementia develop symptoms before age 65*.

*Source:
Dementia Hub

[^]Source:
Alzheimer's Disease International



WHAT IS DEMENTIA

Knowing the signs and symptoms of dementia is as easy as **ABCD**.

Activities of daily living

Difficulty performing daily activities such as:

- Dressing
- Bathing
- Toileting
- Transferring
- Moving around

Cognition

- Difficulty remembering things
- Problems with language
- Problems performing calculations

Behaviour

- May become socially withdrawn
- Easily upset
- Easily frustrated

Disorientation

- May lose his/her way in less familiar places
- Poor orientation of day, date and/or time



Scan the QR code to learn more about dementia via an e-learning course. You will receive an e-certificate upon completion.

UNDERSTANDING DEMENTIA

A Dementia-Friendly Community (DFC) is one whereby people know about dementia and mental wellness. Persons living with dementia and their families feel included, involved and supported in the community.

People are **ENGAGED** and know the signs of dementia, how to communicate as well as how to offer assistance.



Persons living with dementia, caregivers and seniors are **EMPOWERED** with preventive activities, memory screening, resources and services.





Community partners are **ENABLED** through collaborations on enhanced environment designs and technological enablers to create a safe and inclusive environment.



BUILDING A DEMENTIA-FRIENDLY COMMUNITY

Families caring for persons living with dementia need all the support they can get. Let's play our part to help them.

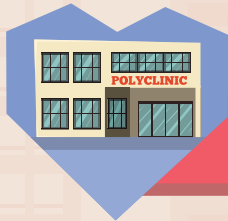
	As an individual	As a corporate partner	As a community
I know 	Aware of dementia Know the signs and symptoms	Aware of the importance of building a Dementia-Friendly Community and nation	Aware of activities that support this movement
I can 	Help keep a lookout and offer support to persons living with dementia	Improve the environment to better support persons living with dementia Advocate a dementia-friendly environment that enhances understanding towards persons living with dementia	Organise activities that allow persons living with dementia and caregivers to interact with others within the community Link people to the available resources and support
I want 	Show support and participate in activities to build a Dementia-Friendly Community	Promote dementia awareness, early identification and preventive care Share useful resources on dementia	Advocate building an inclusive community Rally others to be a part of this movement

YOU CAN PLAY A PART



Connect with CREST teams for support on early recognition of dementia, basic emotional support, service linkage to health and social services as well as caregiver support groups and counselling services.

Reach out to COMIT teams for assessment, counselling, therapy, psychoeducation support, case management and caregiver support.



Visit a polyclinic for consultation, assessment and treatment if you or your loved ones show any signs of dementia.



Scan here to access listed care and support services

CARE AND SUPPORT SERVICES

CARA App

- Access trusted resources and support
- Obtain a unique identifier and membership card for persons living with dementia
- Receive support for the safe return of a wandering person living with dementia



If you need any advice or resources, visit www.DementiaHub.SG or email us at ccmh@aic.sg.

Go-To Points (GTPs)

Go-To Points (GTPs) are located on the premises of organisations which support the #DementiaFriendlySG movement. These community nodes support persons living with dementia and their caregivers through the following functions:

Resource Centre

The general public and caregivers can get educational resources and helpful information on dementia here.

Safe Return Point

Members of the public can bring persons living with dementia who may appear lost and are unable to find their way home for staff assistance here.



Scan here for the full list of GTPs.

Information is accurate as of date of printing (September 2022)

USEFUL RESOURCES