













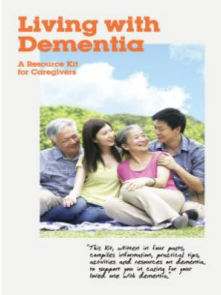

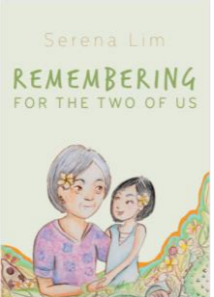

Dementia Resources to Support Caregivers

















Caregivers often do not know where to find resources. Here is a consolidated list of resources to support your clients and caregivers in their journey, which you can use to share with them in your engagement, outreach or training. Feel free to edit this list to suit your needs. If you have any enquiries on the services or resources, do feel free to email us at ccmh@aic.sg.













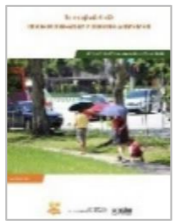

I KNOW – Learn about dementia

Title	Cover	Format	Language	Description	Hyperlink	QR Code
Reducing Risks of Dementia						
Reducing the Risk of Dementia via ABCD Activities		Video	English	Learn from fellow caregiver on his journey and find out how to reduce the risk of dementia via preventive activities	https://www.youtube.com/watch?v=1QCR SvATEDQ	
Happy Mind, Healthy Life		Video	English	Learn about the available support available and how you can achieve a healthy mind	https://www.youtube.com/watch?v=JsSe0 5hkqR4&t=3s	
Standing Psychomotoric Exercise		Video	English	Standing activity that trains your cognition and physical functions to reduce the risk of dementia	https://www.youtube.com/watch?v=S4bK zy1TbSQ&t=56s	
Seated Psychomotoric Exercise		Video	English	Seated activity that trains your cognition and motor skills to reduce the risk of dementia	https://www.youtube.com/watch?v=K7sV XsCks_4	
Understanding Dementia						
Dementia Awareness e-learning module		e-learning	English	Learn what is dementia, ABCDs signs and symptoms of dementia and how to communicate with persons living with dementia	https://ccmhdcomms.github.io/dementiaawareness20/	
Going Home: A Short Film on Dementia		Video	English	An inspiring story on the challenges faced by a person living with dementia	https://www.youtube.com/watch?v=9iXPH hfk_7E	









<p>Living with Dementia A Resource Kit for Caregivers</p>		<p>Booklet</p>	<p>English Mandarin Malay Tamil</p>	<p>A comprehensive guide to caregiving for persons with dementia, arranged in 4 parts to help caregivers along in their journey.</p> <p>Part 1: Knowing Dementia Part 2: Planning Care Part 3: Providing Care Part 4: Caring for Yourself Directory of Services</p>	<p>Part 1: www.aic.buzz/dementia-book1 Part 2: www.aic.buzz/dementia-book2 Part 3: www.aic.buzz/dementia-book3 Part 4: www.aic.buzz/Caring-for-self Directory</p>	
<p>Ask the Experts</p>		<p>Video</p>	<p>English</p>	<p>A 6-part video series from caregivers, persons living with dementia and care professionals share tips on how to support your loved one with dementia.</p> <p>Ep1: Do I have Dementia? Where to Seek Support? Ep2: Planning Ahead Finances & Legal Ep3: Living with Dementia (Communication) Ep4: Living with Dementia (Daily Activities) Ep5: Living with Dementia (Changes in Behaviour) Ep6: Living with Dementia (Self-Care for Caregivers)</p>	<p>https://www.youtube.com/playlist?list=PL3cwymGftEsziUQacU7nOfL8hmTv5xtlt</p>	
<p>Remembering the Two Of Us (Serena Lim)</p>		<p>Storybook</p>	<p>English</p>	<p>A storybook to educate children on dementia</p>	<p>www.aic.sg/resources/Documents/Brochures/Mental%20Health/Remembering%20for%20the%20two%20of%20us.pdf</p>	

I CAN – Provide better care and support








Title	Cover	Format	Language	Description	Hyperlink	QR Code
Services & Tips to Support your Journey						
Mind Matters Resource Directory		Booklet	English	Overview of the common mental health conditions, commonly-asked questions and services. There is also a list of list of available service providers.	www.aic.buzz/mindmatters-directory	
Dementia: A Network of Care and Support		Website	English	Understand the different dementia services and how they form an integrated network to support clients and caregivers	www.aic.sg/body-mind/dementia-network-section	
Interview with Caregiver Stella (Fei Yue)		Video	English	An inspiring story shared by a caregiver on how her mother-in-law was diagnosed and supported by the polyclinic, shared care, COMIT and CREST	https://youtu.be/IITi6h67tU	
Dementia Tips for Caregivers During Covid-19		Booklet	English	General tips to support your loved ones with dementia during the pandemic	www.aic.buzz/COVID-eBooklet-PWD-CG	
ClubHEAL Crest-CSN		Brochure	English	Information on Crest-Caregiver Support Network	https://tinyurl.com/CSNBrochure	
Engaging Persons Living with Dementia						
Cross-word Puzzle		Print	Mandarin	Meaningful activities which you can use to engage your loved one to maintain his/her cognition	Puzzle 1 Puzzle 2 Puzzle 3 Puzzle 4 Puzzle 5	
Joyfully Engaged Toolkit		Web/Print	English	12 activity ideas to engage seniors in simple and meaningful activities	www.aic.sg/care-services/aic-wellness-programme	







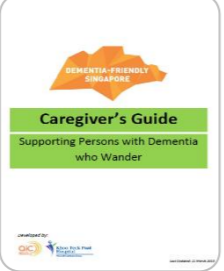

Namaste Care Toolkit		Video	English	A toolkit to guide you on how to provide Namaste Care to your loved one	www.aic.buzz/namaste-toolkit-caregivers	
Mindfulness Exercise for Stroke Survivors and Caregivers		Video	English Mandarin	Practise these mindfulness exercises for stroke patients, developed in collaboration with Singapore National Stroke Association and SGH	Eng: https://youtu.be/tPvwzPBGG08 Chi: https://youtu.be/jqo4G5cxoOg	
Enhancing Environment to be Dementia-Friendly						
360° Virtual Reality Dementia-Friendly HDB Home Design Guide		Website	English	An interactive and experiential guide to provide tips to make homes dementia friendly	www.aic.buzz/DFhome	
Elderly- and Dementia-Inclusive Environment Guidebook		Booklet	English	A guide on elderly-and dementia-inclusive features for internal and external environment	www.aic.buzz/nyp-guide-eng	
Hack Care		Booklet	English	A 240 page book of hacks, ideas and simple changes to make your home a friendlier dementia environment	www.hackcare.sg/	
Looking to the Future - Inclusive Design for People Living With Dementia		Booklet	English	Designing and managing eldercare facilities for people with dementia	www.aic.buzz/looking-future-plwd	
Six Principles of Dementia-Friendly Neighbourhood		Booklet	English	A guide for building an age-and dementia-friendly neighbourhood in the community	www.aic.sg/resources/Documents/Brochures/Mental%20Health/SUTL%20Dementia%20Friendly%20Guidelines.pdf	

Support & Self-Care for Caregivers





Living with Dementia: Will you ever forget me? Can ask Meh?		Video	English	Hear from 3 pairs of persons living with dementia and their caregivers on their journey	https://www.youtube.com/watch?v=kbtRvBNkn0w	
Queenstown Caregivers Connect		Video	English	Informational video on Caregiver Support Network	https://youtu.be/4SFjF-IMIQY	
A Caregiver's Guide to Avoid Burnout		Booklet	English Mandarin	Information on how to prevent burnout from managing negative emotions to self-care for caregivers	www.aic.buzz/guide-burnout	
Caring for the Elderly 101		Booklet	English Mandarin Malay	Caregiver stress checklist and tips to manage stress, depression and burn out. Information on caregiver support groups and respite care	www.aic.buzz/guide-caregiver101	

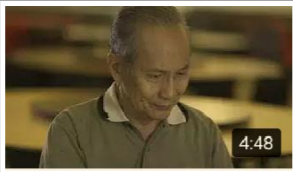





Preparing Meals for your Loved One

Food for Thought Eat Well, Live Well, Think Well		Booklet	English	Healthy recipes for seniors Recipes Set 1 and Recipes Set	Recipes Set 1: http://aic.buzz/food-for-thought-1 Recipes Set 2: http://aic.buzz/food-for-thought-2	 
Care Cook & Inspire Cookbook		Booklet	English	A collection of recipes and caregiver stories	www.aic.buzz/cookbook-care-cook-inspire	
Eat Well Age Well		Booklet	English	Commemorative recipe book featuring Chef Eric Teo	www.aic.sg/resources/Documents/Brochures/Caregiving%20Support/AIC_Recipe_Book.pdf	

Enabling Persons Living with Dementia to Move Around Safely in the Community						
Dementia Friends app		App	English	Learn about dementia, find resources and seek help to lookout for missing persons living with dementia	http://tiny.cc/dfandroid http://tiny.cc/dfios	
CARA App		App	English	A lifestyle and community digital platform that provides easy access for persons living with dementia and caregivers to connect to an ecosystem of solutions	www.cara.sg	
Identification Sticker for Emergency Contact for Seniors <i>(this sticker can be found in Knowing Dementia brochure)</i>		Sticker	English	A sticker which can be placed on ez-link card or any other cards of the seniors in case they are lost.	www.aic.sg/resources/Documents/Brochures/Mental%20Health/Dementia%20Friends/AIC-Knowing%20Dementia%20Eng%20Brochure.pdf	
Caregivers' Guide for Persons with Dementia Who Wander		Booklet	English	A guide for caregivers to support persons with dementia who wanders and also includes support and services available	www.aic.buzz/guide-dementia-wander	

I WANT – Make a difference in the community

Title	Cover	Format	Language	Description	Hyperlink	QR Code
Building Dementia-Friendly Communities		Brochure	English	How can we play a part and build a Dementia-Friendly Communities	www.aic.buzz/dfc-accordion-eng www.aic.buzz/dfc-accordion-chi	
Dementia-Friendly Community - Living with People with Dementia		Brochure	English Mandarin Malay Tamil	Bite-size information for public to understand the signs and symptoms of dementia, how to communicate and support persons with dementia.	www.aic.sg/resources/Documents/Brochures/Mental%20Health/Dementia%20Friends/AIC-Knowing%20Dementia%20Eng%20Brochure.pdf	

Interacting with Persons with Dementia in the F&B setting		Video	English	Information and knowledge for F&B staff on how to interact with persons with dementia	https://youtu.be/vHUIdaoYdfg	
Interacting with Persons with Dementia in the Retail setting		Video	English	Information and knowledge for retail staff on how to interact with persons with dementia	https://youtu.be/PU0ePz1XYNY	
Supporting Persons with Dementia: <ul style="list-style-type: none"> • Bus Operators • Train Operators • Private Hire Vehicle Operators 		Video	English	Information and knowledge for transport operators on how to interact with persons with dementia	https://youtu.be/TLq7Of5s_PM https://youtu.be/fz1iUlks-fU https://youtu.be/vebPSS2SxTs	

FIND OUT MORE



DementiaHub.SG

Singapore's first one-stop resource portal on dementia

www.dementiahub.sg

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