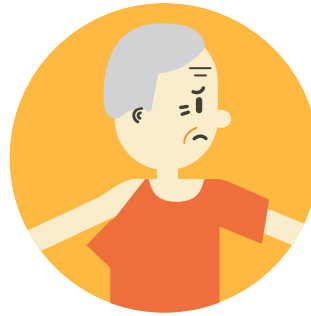


Identifying ABCD Signs and Symptoms of Dementia

If a senior appears lost or seems anxious, there might be a chance that the senior has dementia. Here are the ABCD signs and symptoms of dementia.

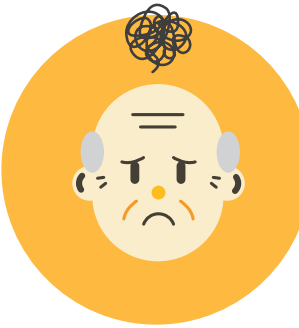
Activities

Unable to do daily activities or tasks such as wearing clothing and looking unkempt



Cognitive Decline

Unable to make decisions and calculations. Falls easily and is forgetful



Behavioural Changes

Social withdrawal, loss of initiative, losing interest in activities, changes in mood and personality



Disorientation

Finds difficulty in distinguishing time, place and space

Organization	Details	Helpline Number
Singapore Silver Line	For eldercare information or to get connected to eldercare and caregiver support services in Singapore	1800 650 6060 (Monday – Friday, 8.30am – 8.30pm & Saturday, 8.30am – 4.00pm)
Dementia Helpline (by Alzheimer’s Disease Association)	For caregivers who are caring for persons living with dementia	6377 0700 (Monday – Friday, 9.00am – 6.00pm)
Health Promotion Board Dementia Infoline	For caregivers who are caring for persons living with dementia	1800 223 1123 (Monday – Friday, 8.30am – 5.00pm Saturday: 8.30am – 1.00pm)

An initiative by:



Knowing Dementia

An Informational Toolkit



What to Do?

Be KIND when you come across a senior with dementia.



Keep a Lookout for Persons Living with Dementia



Interact With Care

- Be patient and ask "Can I help?"
- Talk and communicate slowly



Notice the Needs of Persons With Dementia and Offer Help

- Ask for Next-of-Kin's whereabouts or contact number
- Look for identification sticker with Next-of-Kin's details e.g. EZ-Link Card



Dial for Help

- Call the Next-of-Kin
- In the event of emergency, please call police at 999 as the last resort

Tips on Keeping Mind Active

These are some tips on how seniors can keep their mind and body active and lower the risk of developing dementia.



Regular Exercise

Take up brisk walking or taiji



An Active Social Life

Enrol in an activity at the local centre

Mental Stimulation

Puzzles or play scrabble with friends



Healthy Diet

Eat food rich in vitamin B-12 (meat, fish and dairy products)



Communicate with CARE

It is important that you communicate with CARE to seniors with dementia.



Clear and Simple when Talking to Persons with Dementia



Acknowledge His/Her Concerns

Respectful and Be Reassuring



Engage to Provide Comfort and Build Trust

