DEMENTIA CAREGIVER SUPPORT SERVICES

For support services to help you along your caregiving journey.
- Write in to careinmind@aic.sg
- Call Singapore Silver Line at Tel: 1800 650 6060
  (Monday – Friday, 8.30am – 8.30pm & Saturday, 8.30am – 4.00pm)

HELPLINES

A helpline is a fast and convenient way to obtain information and advice. It can also be a source of emotional support when you are in distress.

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Details</th>
<th>Helpline Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Care Corner Counselling Hotline (Mandarin)</td>
<td>For those who need counselling and advice</td>
<td>1800 353 5800 (Monday - Sunday, except public holidays, 10.00am - 10.00pm)</td>
</tr>
<tr>
<td>Dementia Hotline (by Alzheimer’s Disease Association)</td>
<td>For caregivers who are caring for persons living with dementia</td>
<td>6377 0700</td>
</tr>
<tr>
<td>Samaritans of Singapore (SOS)</td>
<td>For anybody in crisis and persons with suicidal tendencies</td>
<td>1800 221 4444</td>
</tr>
<tr>
<td>Singapore Association of Mental Health Helpline</td>
<td>For people who have psychological, psychiatric or social problems, and others who need information for such persons</td>
<td>1800 283 7019 (Monday - Friday, 8.00am - 6.00pm)</td>
</tr>
<tr>
<td>Mental Health Helpline (by Institute of Mental Health)</td>
<td>For psychiatric emergencies, and others who need information for such persons</td>
<td>6389 2222 (24 hours)</td>
</tr>
</tbody>
</table>

GOVERNMENT HOSPITALS

Changi General Hospital 6788 8833
Khoo Teck Puat Hospital 6555 8000
National University Hospital 6799 5555 / 6777 5000 (A&E)
Ng Teng Fong General Hospital 6716 2000
Sengkang General Hospital 6930 6000
Singapore General Hospital 6222 3322 / 6321 4311 (A&E)
Tan Tock Seng Hospital 6256 6011 / 6357 8754 (A&E)

SUPPORT AND SERVICES FOR DEMENTIA AND GENERAL MENTAL HEALTH

Community support teams reach out to individuals who may be at risk of mental health conditions. They provide early identification, basic emotional support and help coordinate between individuals and mental health professionals.

<table>
<thead>
<tr>
<th>Support Services</th>
<th>Contact Details</th>
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<tr>
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<tr>
<td><strong>Central</strong></td>
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<tr>
<td>AMK/FSC Community Services Bk 420 Ang Mo Kio Ave 10 #01-103, S560420 Tel: 6453 5364</td>
<td></td>
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<tr>
<td>AMK/FSC Community Services Bk 643 Ang Mo Kio Ave 5 #01-3001, S560643 Tel: 6553 6643</td>
<td></td>
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<tr>
<td>Asian Women’s Welfare Association (AWWA) Bk 125 Ang Mo Kio Ave 6 #01-401, S560123 Tel: 6511 9480</td>
<td></td>
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<tr>
<td>Care Corner (Cluster Support) Bk 62B Lorong 4 Toa Payoh #02-121, S32602 Tel: 6258 6601</td>
<td></td>
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<tr>
<td>Fei Yue Community Services (Hougang) Bk 376C Hougang Street 32 #01-32, S533376 Tel: 6202 4699</td>
<td></td>
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<tr>
<td>Montfort Care @ 27 Family Service Centre Bk 27 Telok Blangah Way #01-128, S090027 Tel: 6720 8327</td>
<td></td>
</tr>
<tr>
<td>Montfort Care (Kreta Ayer) 101 Chin Swee Road #05-20, Manhattan House, S19876 Tel: 6904 8285</td>
<td></td>
</tr>
<tr>
<td>Montfort Care (Toa Payoh) 1 Lorong 3 Toa Payoh #03-08 Braddell House, S319563 Tel: 6979 0350</td>
<td></td>
</tr>
<tr>
<td>NTUC Health (Bukit Merah) Bk 121 Bukit Merah View #01-98, S13121 Tel: 8612 8302</td>
<td></td>
</tr>
<tr>
<td>O’Joy Care Services Bk 5 Upper Boon Keng Road #02-10, S380005 Tel: 6749 0190</td>
<td></td>
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<tr>
<td>Peace-CONNECT (Cluster Support) Bk 5 Beach Road #02-4195, S190005 Tel: 6291 2473</td>
<td></td>
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<tr>
<td>Thye Hua Kwan Moral Charities (Boon Crescent) Bk 44 Boon Crescent #01-57, S160044 Tel: 6589 0690</td>
<td></td>
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<tr>
<td>Singapore Association of Mental Health Bk 128 Potong Pasir Ave 3, S330339 Tel: 8511 2678</td>
<td></td>
</tr>
<tr>
<td>Singapore Silver Ribbon 1 Engku Aman Turn Level 4 Wisma Geylang Serai, S405828 Tel: 6742 4190</td>
<td></td>
</tr>
</tbody>
</table>

**North**

Anglican Care Centre (Yishun) Bk 707 Yishun Ave 3 #01-36, S760707 Tel: 6753 3311
Clarity Singapore Bk 884 Yishun Ring Road #10-31, S760854 Tel: 6757 7990
Club HEAL (Marsiling) Bk 317 Woodlands Street 31 #01-194, S730317 Tel: 6899 3463
Montfort Care (Yishun) Bk 838 Yishun Street 81 #01-322, S76038 Tel: 6484 4040
Thye Hua Kwan Moral Charities (Chong Pang) Bk 830 Ang Mo Kio Street #01-08, S560850 Tel: 6556 4833

**West**

Anglican Care Centre (Bukit Batok) Bk 267 Bukit Batok East Ave 4 #01-206, S550267 Tel: 6562 4881
Anglican Care Centre (Jurong East) Bk 374 Jurong East Street 34 #01-486, S600374 Tel: 6262 1183
Club HEAL (Bukit Batok) Bk 244 Bukit Batok East Ave 5 #01-02, S550244 Tel: 6899 3463
Fei Yue Community Services (Choa Chu Kang) Bk 549 Choa Chu Kang Street 3 #01-298, S6054 Tel: 6661 8488
Fei Yue Community Services (Queenstown) Bk 107 Commonwealth Crescent #01-390, S34007 Tel: 6471 2022
Fei Yue Community Services (Resitree Centre) Bk 11 Teck Whye Lane #01-222, S56001 Tel: 6769 6981
NTUC Health (Taman Jurong) Bk 361 Yung An Road #01-11, S56036 Tel: 8612 8302
REACH Community Services Bk 477 Bukit Batok West Ave 7 #01-294, S550417 Tel: 6801 0740
Singapore Association for Mental Health 1 Jurong West Central 2 #01-01 Jurong Point Shopping Centre, S64888 Tel: 6575 3578
St. Luke’s Hospital 2 Bukit Batok Street 11, S569674 Tel: 6895 2784
Trans Family Services Bk 3 Toh Yi Drive #01-189, S319003 Tel: 6467 8191

**Islandwide**

Alzheimer’s Disease Association (ADA) 70 Rendel Road #03-03A, Luzerne Building, S339840 Tel: 6377 0700
Caregiver Alliance 489B River Valley Road #04-04 Valley Point Office Tower, S248373 Tel: 6460 4400
Care Corner Counselling Centre Bk 62B Lorong 4 Toa Payoh #02-143, S33062 Tel: 6353 1180
### CAREGIVER SUPPORT GROUPS

*Most of the support groups listed provide island-wide services*

Caregiver support groups can be made up of care partners, spouses, family members and friends of those caring for persons with dementia. It offers caregivers support and information targeted towards dementia. It also encourages caregivers to share information, give and receive support, and exchange practical suggestions with one another.

#### Central
- **Alzheimer's Disease Association**
  - Tel: 6337 0700
  - Visit us at [www.ada.org.sg](http://www.ada.org.sg)
- **Caregiver Support Centre**
  - 70 Bendemeer Road #03-02A Luzerne Building, 5339940
  - Tel: 6985 8078 (call or SMS for registration purpose only)
- **National Neuroscience Institute**
  - Neurosciences Clinic Level 1
  - 11 Jalan Tan Tock Seng, S394433
  - Tel: 6337 0700
  - Visit us at [www.nus.edu.sg](http://www.nus.edu.sg)
- **Project Angels**
  - Bld 27 Telok Blangah Way #01-1018, 5980027
  - Tel: 6274 6904
  - Visit us at [www.projectangels.org.sg](http://www.projectangels.org.sg)
- **TOUCH Caregivers Support**
  - Bld 444 Ang Mo Kio Ave 10 #01-1603, 5560444
  - Tel: 6804 6555
  - Visit us at [www.touch.org.sg](http://www.touch.org.sg)

#### North
- **Caregivers Alliance Limited**
  - 491-B River Valley Road #04-04
  - Valley Point Office Tower, 2548337
  - Tel: 6460 4400
  - Visit us at [www.caol.org](http://www.caol.org)
- **Khoo Teck Puat Hospital**
  - 97 Yishun Central, 5768828
  - Email us at khph.memorycare@alexandrahealth.com.sg
  - Visit us at [https://www.kthp.org.sg/](https://www.kthp.org.sg/)

#### West
- **Filos Community Services**
  - Bld 38 Chai Chee Ave #01-177, 5461038
  - Tel: 6242 5797
  - Visit us at [www.filos.org.sg](http://www.filos.org.sg)
- **Caregiving Welfare Association**
  - Bld 398 Telok Blangah Rd #01-294, 5200003
  - Tel: 6564 7957
  - Visit us at [www.cwa.org.sg](http://www.cwa.org.sg)

#### Otherwise, you can visit our AlCareLinks at the following locations:

- **AlCare Link @ Changi General Hospital**
  - 2 Sim Lim Street 3
  - Singapore 298881
  - Discharge Lounge at Main Building, Level 1
  - (Next to Pharmacy)
  - Operating Hours:
    - Mon to Fri: 9:30 am to 5:30 pm
    - Sat: 9:00 am to 12:30 pm
  - Closed on Sundays and public holidays
- **AlCare Link @ Khoo Teck Puat Hospital**
  - 80 Yishun Central
  - Singapore 769226
  - Patient Service Centre, Tower B, Level 1
  - Operating Hours:
    - Mon to Fri: 9:30 am to 5:30 pm
    - Sat: 9:30 am to 12:30 pm
  - Closed on Sundays and public holidays
- **AlCare Link @ Maxwell**
  - 7 Maxwell Road #04-01
  - MND Complex Annex B
  - Singapore 069111
  - Above Amoy Street Food Centre
  - Operating Hours:
    - Mon to Fri: 8:30 am to 5:30 pm
    - Closed on weekends and public holidays
- **AlCare Link @ National University Hospital**
  - 5 Lower Kent Ridge Road
  - Singapore 119074
  - Main Building Lobby B, Level 1 (opposite The Coffee Bean and Tea Leaf Cafe)
  - Operating Hours:
    - Mon to Fri: 9:30 am to 5:30 pm
    - Sat: 9:00 am to 12:30 pm
  - Closed on Sundays and public holidays

#### North & North East
- **AlCare Link @ Ng Teng Fong General Hospital**
  - Jurong East Street 21
  - Singapore 6299606
  - Tower B, Level 2
  - (Near Visitor Self-registration Kiosk)
  - Operating Hours:
    - Mon to Fri: 9:30 am to 5:30 pm
    - Sat: 9:00 am to 12:30 pm
  - Closed on Sundays and public holidays
- **AlCare Link @ Sengkang Community Hospital**
  - 1 Anchorvale Street Singapore 546335
  - Patient Service Centre @ Green Zone
  - Beside Koufu Food Court (Near Sengkang MRT Station or Chong Lim LRT Station)
  - Operating Hours:
    - Mon to Fri: 9:30 am to 5:30 pm
    - Sat: 9:00 am to 12:30 pm
  - Closed on Sundays and public holidays
- **AlCare Link @ Singapore General Hospital**
  - Block 6,Level 1 (Beside Kopitiam)
  - Outram Road
  - Singapore 069608
  - Operating Hours:
    - Mon to Fri: 9:30 am to 5:30 pm
    - Sat: 9:00 am to 12:30 pm
  - Closed on Sundays and public holidays
- **AlCare Link @ Tan Tock Seng Hospital**
  - 11 Jalan Tan Tock Seng
  - Singapore 308433
  - CareConnect, Level 1, Atrium
  - Operating Hours:
    - Mon to Fri: 9:30 am to 5:30 pm
    - Sat: 9:00 am to 12:30 pm
  - Closed on Sundays and public holidays

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*All information in this insert is accurate as of Mar 2018.*