Happy Mind, Healthy Life!
Lower the risks of developing dementia with these tips on keeping your mind and body active.

Regular exercise
Take part in activities such as exercises, brisk walks and Zumba

Healthy diet
Adopt a healthy diet and cooking methods

An active social life
Connect with friends and family, and volunteer in your community

Challenge your brain
Engage your brain through reading, playing games and learning new skills

Dementia-Friendly Singapore
The Dementia-Friendly Singapore (DFSG) initiative aims to build a more caring and inclusive society to support people with dementia to age in place. With help within easy reach, people with dementia and their caregivers will feel respected, valued, and confident to be able to continue to lead independent lives at home and in the community.

If you would like to join us in building a Dementia-Friendly Singapore or if you have any enquiries, you may contact: ccmh@aic.sg

Learn more about dementia and get updates on DFSG on our social media pages:
Facebook: DementiaFriendlySingapore
Instagram: heygiffy

Useful Contacts

Agency for Integrated Care
Phone: 1800 650 6060
Monday - Friday, 8.30am - 8.30pm
Saturday, 8.30am - 4.00pm

Alzheimer’s Disease Association
Dementia Helpline
Phone: 6377 0700
Monday - Friday, 9.00am - 6.00pm

Forget Us Not
www.forgetusnot.sg

An initiative by:

Grandma has dementia.
But that doesn’t change the way I love her.

Self-Care Tips for Caregivers
Caring for a loved one can be rewarding and at times, challenging. Here are some tips to help you cope with caregiving stress.

Care for yourself
Exercise regularly, eat well, and take time off for personal activities and relationships

Open yourself to help
Let your loved ones know when you need help with caregiving and accept help when offered

Prepare yourself for caregiving
Participate in support groups to exchange knowledge and tips with other caregivers

Empower yourself
Embrace your role as a caregiver, feel positive and focus on what you can control

Download the Dementia Friends Mobile App
See inside for more details

Information is accurate as of date of printing (March 2020)
What is Dementia?

Dementia is an illness that affects the brain, resulting in memory loss, difficulties with language, recognition, planning and performing complex tasks. It can affect adults of any age but it is more common among those who are above 65 years old. There are several stages for the progression of dementia and the experience is different for each person.

ABC Signs and Symptoms of Dementia

A person may have dementia if he/she displays these ABCD signs and symptoms.

Activities of daily living

Difficulty performing daily activities or tasks such as cooking and dressing

Behaviour

May become socially withdrawn, more easily upset and frustrated

Cognition

Difficulty remembering things, problems with language and performing calculations

Disorientation

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

How Can You Help?

Be KIND when you come across someone who is alone and appears anxious.

Keep a lookout for people who show the ABCD signs and symptoms of dementia

Interact with patience
• Be patient and ask “Can I help?”
• Talk and communicate slowly

Notice their needs and offer help
• Ask for the next-of-kin’s whereabouts or contact number
• Look for an identification sticker with next-of-kin’s details e.g. EZ-Link Card
• Check the Dementia Friends app for updates of missing persons

Dial for help
• Call the next-of-kin
• Bring the person to the nearest Go-To Point that can provide assistance
• Please call the police at 999 as the last resort

Meet Giffy, our helpful Dementia Friend who cares and looks out for the people around him!

Communicate with CARE

It is important that you communicate with CARE to someone who may have dementia.

Use Clear and simple language when talking

Acknowledge his/her concerns

Be Respectful and reassuring

Engage to provide comfort and build trust

Find the nearest Go-To Point:
https://dementiafriendly.sg/Home/GoToPoints

Dementia Friends Mobile App

Download the Dementia Friends app to learn more about caring for persons with dementia. With the app, you can:

Get info, tips and resources on dementia
Post cases of missing loved ones and help keep a lookout
Receive updates on events and training

In Case of Emergency, Dial (ICED):

Next-of-kin’s Name & Contact (家属名字及联络号码)

If the next-of-kin is uncontactable, please contact the nearest Go-To Point (https://dementiafriendly.sg/Home/GoToPoints) or contact the Police at 999

For assistance and support:
Contact AIC at ccmh@aic.sg or 1800 650 6060
(Monday to Friday, 8.30am to 8.30pm & Saturday, 8.30am to 4.00pm)