Living with Dementia

A resource kit for caregivers
How can this kit help you?

This kit compiles information, practical tips, activities and resources on dementia from the community partners to support you in caring for your loved one with dementia. It is designed to address challenging concerns and issues to help you better cope with your caregiving journey, ensuring your loved one receives the best possible care.

While dementia may not be cured, it is possible to slow down the progression with hands-on activities and support to stimulate your loved one’s mind.

Remember, you are not alone in this caregiving journey. We are here to support you.

If you would like to seek direct advice or support, you may contact us anytime at:

**Singapore Silver Line**

1800 – 650 – 6060

Monday- Friday, 8.30am - 8.30pm, Saturday, 8.30am - 4.00pm

(Email us: careinmind@aic.sg)
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Fishing by the pond : group photograph
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All You Need to Learn About Dementia

National Day Celebration, 1960s: group photograph

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The original work © William Teo.
Key Facts of Dementia

Do you know?

Today, there are about 28,000 people aged 60 years and above with dementia. By 2030, we are expecting 80,000 persons with dementia. In the recent Well-being of the Singapore Elderly (WiSE) nationwide study, one in 10 people aged 60 and above in Singapore has dementia, and their caregivers are under stress caring for them.

Projected Dementia Prevalence in Singapore

<table>
<thead>
<tr>
<th>Year</th>
<th>2005</th>
<th>2010</th>
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<th>2025</th>
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<td>Prevalence (000s)</td>
<td>22</td>
<td>30</td>
<td>40</td>
<td>53</td>
<td>69</td>
<td>92</td>
<td>119</td>
<td>146</td>
<td>171</td>
<td>187</td>
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What do you know about Dementia?

Dementia is not part of the normal ageing process. It is a condition that affects the brain, leading to progressive memory loss, decline in mental abilities and personality changes. This will eventually cause the person with dementia to lose the ability to think, reason, remember, learn new information and skills, solve problems, make judgement and ability to care for themselves. One of the most common types of dementia is Alzheimer’s disease.

Common signs of Dementia

1. **Difficulty in doing familiar tasks**
   Daily tasks become a challenge and familiar things such as preparing a meal or getting dressed become hard. The person with dementia may have trouble driving to a location they go often, difficulty completing an ordinary task at work or forgetting the rules of a favorite game.

2. **Forgetfulness**
   This is the most common symptom. They easily forget information and struggle to retain new information; lose track of important dates, names and events. They ask for the same information over and over and increasingly need to rely heavily on memory aids like reminders on smartphones or family members for the things they used to handle on their own.
3. Misplacing things

Persons with dementia may put things in unusual places, for instance, placing a watch in the freezer. They may have misplaced things and are unable to retrace the steps to find them again. Sometimes they may accuse people of taking their things which will occur more frequently over time.

4. Confusion of time and place

Persons with dementia may lose track of dates, time, places and may be lost easily. They may have trouble fully grasping something that’s not happening right now. Sometimes, they may forget where they are or how they got there.

5. Problems communicating

Persons with dementia may struggle and have difficulty following and joining a conversation. They may suddenly stop in the middle of a discussion because they do not know what to say or may keep repeating themselves. They may forget simple words or substitute words that do not fit in the context.
6. Poor or decreased judgment
Lapse in judgment may result in poor decisions. For example, like giving money away when they normally wouldn’t. Persons with dementia may pay less attention to keeping themselves clean or dress inappropriately.

7. Difficulty in planning or solving problems
Persons with dementia may have trouble developing and following a plan. They may have difficulty following a recipe, even if they have used it many times. They may also find it hard to concentrate on detailed tasks, especially if they involve numbers. They may have trouble keeping track of monthly bills and take much longer to do things they used to do before.
8. **Changes in mood, behavior and personality**

Persons with dementia can exhibit rapid mood swings for no apparent reason. They can become confused, depressed, anxious, fearful, suspicious or withdrawn. They may get upset more easily and behave out of character.

9. **Changes in vision**

For some people with dementia, visuospatial problems may be observed. They may have difficulty in reading, judging distance, differentiating colours or contrast which may affect driving.

10. **Withdrawal from work or social activities**

Dementia may cause the person to lose interest in previously enjoyed activities. They may be scaling back on projects at work, be less involved with their favorite hobbies, lack motivation and watching television or sleeping more than usual. They may also avoid being social because of the changes they are experiencing.
Where to seek help?

If you suspect that your loved one has dementia:

- Consult a memory clinic at the hospital for assessment and diagnosis.
- Call the following helplines for more information.
  HealthLine by Health Promotion Board:
  📞 1800 223 1313
  Dementia Helpline by Alzheimer’s Disease Association:
  📞 6377 0700

What to expect after a diagnosis?

Receiving a diagnosis of dementia can be a difficult and emotional time. The diagnosis may come as a shock or it might provide answers to the problems you, or someone close to you, have been having. It can be hard to come to terms with and knowing what to do next. Some people might even feel a sense of relief from knowing what is wrong and so that they can find out what steps to take next.

Receiving support after a diagnosis is very important. The person with dementia and their close family should be able to talk things over with their doctor.

A diagnosis of dementia shouldn’t stop people from being in control of their lives or doing many of the things they enjoy. They should be supported to remain independent, active and engaged, and fully involved in making decisions and choices for themselves, for as long as they can.
Family Dynamics - How to cope when your loved one has dementia

Family dynamics can be one of the most challenging aspects of caring for a person with dementia. However, the experiences of caring for your loved one has the potential of bringing your family closer and relieve caregiving stress. Here are some tips to help you and your family cope with the situation together.

• **Listen to each family member with respect**
  Keep an open mind and avoid blaming each other

• **Discuss the caregiving responsibilities**
  Consider a division of responsibility that takes into account each family member’s interests and skills, as well as their availability

• **Keep the lines of communication open**
  Schedule regular meetings or conference calls to keep everyone up-to-date
Stages of Dementia

Stage 1: Early Stage
- Forgetfulness
- Losing track of time
- Becoming lost in familiar places

Stage 2: Middle Stage
- Becoming forgetful of recent events and people’s names
- Becoming lost at home
- Having increasing difficulty with communication
- Needing help with personal care
- Experiencing behaviour changes, including wandering and repeated questioning

Stage 3: Late Stage
- Becoming unaware of time and place
- Having difficulty recognizing relatives and friends
- Having an increasing need for assisted self-care
- Having difficulty walking
- Experiencing behaviour changes that may escalate and include aggression

For more information of dementia, you can contact Health Promotion Board at www.hpb.gov.sg or 1800 223 1313 for handbooks on
- Your guide to understanding Dementia (English & Chinese version available)
- Caring For An Elderly Loved One – Understanding Dementia
Understanding how Dementia progresses over time and overview of available resources and support

<table>
<thead>
<tr>
<th>Early Stage</th>
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<tbody>
<tr>
<td><strong>Symptoms of behavior</strong></td>
</tr>
<tr>
<td>- Forgetfulness</td>
</tr>
<tr>
<td>- Occasionally repeating him/herself</td>
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<tr>
<td>- Isolating themselves from others</td>
</tr>
<tr>
<td>- Feeling tired all the time</td>
</tr>
<tr>
<td>- Easily irritated</td>
</tr>
</tbody>
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| **Activities to stimulate the brain and engagement (refer to Section 3 on page 31)** |
| - Autobiography |
| - Photo Reminiscing |
| - Arts & Crafts |
| - Hobbies |
| - Games |

| **Services to ease your caregiving role (refer to Section 7 on page 80)** |
| - Emergency numbers |
| - Helpline |
| - Hospitals |
| - Caregiver Training |
| - Counselling |
| - Respite Care |
| - Senior Activity Centres |
| - Senior Care Centres |

| **Schemes to reduce your financial stress when providing care (refer to Section 6 on page 75)** |
| - Caregiver Training Grant (CTG) |
| - Community Health Assist Scheme (CHAS) |
| - Foreign Domestic Worker Grant |
### Middle Stage

- Getting lost in familiar places
- Repeating what he/she said
- Personal hygiene not taken care of
- Losing track of time & events
- Misplacing items
- Forgetting the names of common objects and familiar people

### Late Stage

- Forgetting recent events
- Losing ability to walk and/or perform daily tasks
- Problems with language
- Confusion of place and time
- Poor or decreased judgement
- Problems with abstract thinking

### Middle Stage Activities

- Photo Reminiscing
- Arts & Crafts
- Hobbies
- Games

### Late Stage Activities

- Arts & Crafts
- Hobbies
- Games

### Support Services

- Emergency numbers
- Helpline
- Government Hospitals
- Community Hospitals
- Caregiver Training
- Caregiver Support Group
- Counselling
- Respite Care
- Home Care
- Senior Activity Centres
- Senior Care Centres
- Nursing Homes

### Financial Schemes

- Foreign Domestic Worker Levy Concession
- Interim Disability Assistance for the Elderly (IDAPE)
- Public Assistance (PA) Scheme

- Pioneer Disability Assistance Scheme (PG-DAS)
- Seniors’ Mobility and Enabling Fund (SMF)

For more information on financial schemes, please refer to page 73.
Chinese girl having her meal, 1971
The original work © Paul Piollet.
Caring for Your Loved One

Sembawang Kampong, 1980s: two people
This digital copy © National Library Board Singapore 2008.
The original work © Tang Kian Cheong.
Caring for your Loved One

Activities for Daily Living

There are many activities that everyone performs as part of their daily tasks. As dementia progresses, your loved one will need increasing help with the seemingly simple activities of daily living (ADLs). Eating, dressing, basic hygiene, shaving, and eventually toileting will likely be neglected as routines are forgotten, and their abilities deteriorate.

Caregivers have to remain alert on the difficulties their loved one may have while performing the daily tasks. Be especially careful about their personal activities, because problems in these may not be obvious. Your loved ones may need help with various activities because they may not remember how to do them, have movement disorders or poor coordination. They may lose interest in what they used to enjoy or may not understand why something needs to be done. Due to their cognitive decline, your loved one may not be able to understand instructions when you or someone tries to help them. As dementia is a progressive disease, your loved one will require more assistance as their condition deteriorates.

Basic activities of daily living include:

- Bathing
- Toileting
- Dressing & Grooming
- Dental Care
Bathing
Bathing is often the most difficult personal care activity that caregivers face. Because it is such an intimate experience, people with dementia may perceive it as unpleasant or threatening. Your loved one may become resistant to bathing. Such behavior often occurs because your loved one doesn’t remember what bathing is for or doesn’t have the patience to endure lack of modesty, being cold or other discomforts. Loss of independence and privacy can be very difficult for your loved one. The disease also may increase sensitivity to water temperature or pressure.

It’s important to make the bathroom as safe and comfortable as possible. Install grab bars, place non-skid mats on floors, watch for puddles and lower the thermostat on your hot-water heater to prevent scalding injuries. Also, take note not to leave your loved one alone in the bathroom, use products made of non-breakable materials, and keep sharp objects (i.e. tweezers, scissors) out of reach.

Toileting
Many people will experience incontinence (a loss of bladder or bowel control) in the later stages of dementia. Incontinence can be caused by many factors, including an inability to recognise the need to use the restroom, forgetting where the bathroom is located, medications, stress, certain physical conditions, clothing that is difficult to remove and constipation.
Activities for Daily Living

Be supportive of your loved one.

- Reassure your loved one to reduce feelings of embarrassment (For example, say “Something spilled on you” instead of “You wet yourself”).
- Be matter-of-fact; don’t scold or make your loved one feel guilty.
- Do not withhold fluids. This can cause dehydration, which can lead to a urinary tract infection, increased incontinence and agitated behavior. To prevent night time accidents, you may want to limit fluids intake before bedtime.

Dressing and Grooming

Helping your loved one maintain his or her appearance can promote positive self-esteem. Your loved one may not remember how to dress or may be overwhelmed with the choices or the task itself.

Helping your loved one to get dressed:

- **Simplify choices.**
  Provide an opportunity to select favourite outfits or colours, but try offering just two choices.

- **Organise the process.**
  Lay out clothing in the order that each item should be put on. Hand your loved one an item at a time while giving simple, direct instructions such as “Put on your shirt”, rather than “Get dressed”.

- **Pick comfortable and simple clothing.**
  Loose fitting clothes are preferred, especially at the waist and hips, and fabrics that are soft and stretchable are preferred. Clothes that button in front are also easier to wear than pullover tops. Shoes should be comfortable and non-slip.
Assist your loved one with their grooming:

- **Maintain grooming routines.**
  If your loved one has always gone to the hair salon or a barber, continue this activity. If the experience becomes distressing, it may be possible to have the barber or hairstylist come to the person’s home.

- **Use favourite toiletries.**
  Allow your loved one to continue using his or her favourite toothpaste, shaving cream, cologne or makeup.

- **Perform tasks alongside your loved one.**
  Combs your hair, and encourage the person to copy your motions.

- **Use safer, simpler grooming tools.**
  Cardboard nail files and electric shavers can be less threatening than clippers and razors.

**Dental Care**

In the early stages of Alzheimer’s, dental care focuses on prevention. Brushing, flossing and getting regular check up can prevent the need for extensive procedures late on.

During the middle and late stages of Alzheimer’s, oral health may become more challenging. Your loved one may forget what to do with toothpaste or how to rinse, or may be resistant to receiving assistance from others. As dementia progresses, your loved one will be less tolerant of extensive procedures.
Behaviours of Concern

Your loved one may develop behaviours of concern that can leave you feeling stressed, irritable and helpless. Such behaviours may become more extreme if your loved one faces difficulty in expressing himself/herself. However, you can better manage their behaviours by understanding more about the types of behaviours and how to cope with them.

Common types of unusual behaviours:

- **Repetitive behaviours**  
  Asking the same question over and over again

- **Restlessness**  
  Pacing up and down  
  Fidgeting

- **Shouting and screaming**

- **Lack of inhibition**  
  Undressing in public  
  Inappropriate sexual behavior

- **Waking up in the night**

- **Trailing and checking**

- **Hiding and losing things**

- **Suspicion**

- **Sleeplessness and ‘sundowning’**  
  Increased confusion at dusk which continues throughout the night
How to cope with his/her behaviours?

• Remind yourself that your loved one is not being deliberately difficult.

• All behaviours are means of communication. Try to establish what your loved one is trying to communicate to you to resolve the problem more quickly.

• Offer as much reassurance as you can.

• Distract your loved one with calming activities such as a hand massage, or play their favorite song.

• Find means of support for yourself and take breaks when you need them. If you feel that you cannot contain your irritation, make an excuse to leave the room for a while.
Behaviours of Concern

Is your loved one aggressive?

Your loved ones may develop behaviours of concern such as aggressive behaviour in middle to later stage of dementia. Such behaviour may be a result of unmet needs such as:

- **Biological**
  - Pain, illness, or physical discomfort
  - Misunderstandings due to poor eyesight/hearing
  - Hallucinations

- **Social**
  - Lack of social contact and loneliness
  - Boredom, inactivity and sensory deprivation
  - Changing of established routine

- **Psychological**
  - Frustrations at not being able to complete tasks
  - Possibility of depression
  - Perception that personal space is invaded
  - Feeling ignored

Aggression may be linked to your loved one’s personality, but there are others who may develop aggressive behaviour although they have never been aggressive. To help you cope with the behaviours, doctors can prescribe anti-psychotic medications to suppress the behaviour but it does not address the cause.

Try your best to find out the root cause of the behaviours and try to address them. This may reduce the behaviours of concern.
How can you cope with aggression?

• Try to stay calm and take a deep breath. Avoid any potential for confrontation.
• Reassure your loved one and acknowledge his/her feelings.
• Listen to what he/she is saying.
• Try not to show any fear, alarm or anxiety as this may make him/her more agitated.
• Maintain eye contact and try to encourage communication.
• Try to distract his/her attention if they remain angry.
• Seek support for yourself from your family, friends, counsellor, or support groups.
**Communication - Talking to your Loved One**

Dementia can affect the language skills of your loved one. For example, he/she cannot find the right words or names of their loved ones. Such scenarios can be upsetting and frustrating for your loved one and yourself. Here are some tips to help you better communicate with your loved one.

- Minimise background noise and distractions to help your loved one focus.
- Use short, simple words and sentences.
- Ask one question at a time and allow time for them to respond.
- Speak slowly and distinctively. Use a gentle and relaxed tone – a lower pitch is more calming.
- Wait patiently for a response.
- Repeat information or questions as needed.
- Turn negatives into positives, e.g. say “Let’s go here” rather than “Don’t go there”.
- Treat the person with dignity and respect. Avoid talking to the person as if he/she is a child.
- Be patient and supportive. Use positive, friendly facial expressions and non-verbal communication.
**Diet - Healthy Eating**

Eating a balanced diet and drinking plenty of fluids are important for maintaining physical and mental wellbeing. Any physical illness can make a difference to a person’s ability to cope. It may also make them more confused or forgetful.

Today, there has been no clear and consistent information on dietary factors that may increase or decrease the risk for the onset of dementia. However, a Mediterranean diet may lower the risk of cognitive decline and dementia. This means eating higher proportion of cereals, fruits, fish and vegetables.

As dementia progresses, your loved one may lose weight and suffer from under-nutrition due to reduced appetite, cognitive and behavioural issues.

While it is essential to provide regular, healthy and balanced meal, you must also take note of the eating environment. As eating is a social activity, improving the eating environment can help with your loved one’s appetite.
Diet - Healthy Eating

How can you improve the eating environment?

- Eat with your loved one.
- Reduce unnecessary distractions (e.g. TV, household chores) unrelated to eating.
- Ensure that you have a variety of food in various colours.
- The colours of the food, plate and table should be different. For example, using contrasting colours.
- Avoid the use of patterned plates to prevent confusion.

How can you improve your loved one’s appetite?

- Let him/her choose what they want to eat.
- Provide regular snacks or small meals rather than setting designated mealtimes.
- Improve the look and smell of the food to make it more appealing.
- Do not overload the plate with too much food; small and regular portions often work best.
- Encourage your loved one to get involved at mealtimes; they could help prepare the food or lay the table.
Eating Well

People with dementia do not need a special diet. Eating a well-balanced nutritious diet is important for overall health. The key to the ideal meal for older adults is providing variety, balance and moderation. As older adult tends to eat less, they will require more vitamins and minerals to support the diet.

Fact 1:
Older adults tend to eat less

Fact 2:
Older adults need more vitamins and minerals

The Ideal Meal
How much should you eat?

The key is Variety, Balance, & Moderation

![The Ideal Plate](image)

Basic Guide, what is one serving?

- 1/2 bowl of rice
- 1 medium banana
- 3/4 cups of vegetables
- 2 squares of tofu
- 2 slices of bread
- 4 pieces of biscuits
Drinking Enough Fluids

The fluid requirements for older adults are the same for younger adults. However, the older adults tend to drink less than what their bodies need for a number of reasons. With age, the body loses its ability to detect thirst. Some older adults also suffer from poor memory, immobility, or illness — all of which can result in decreased fluid intake. In addition, certain medications can also interfere with hydration status and/or the thirst mechanism.

Dehydration can be a serious problem in older adults. It is associated with increased risk of falls, urinary tract infections, dental disease, bronchopulmonary disorders, kidney stones, cancer, constipation and impaired cognitive function.

Prevent dehydration in older adults by providing adequate fluids throughout the day.

Tips to increase fluid intake:

• Offer water frequently throughout the day and at mealtimes
• Offer help to those who can’t drink independently
• Offer barley, milk, soymilk, tea, coffee, juice, juicy fruits and soup for variety
Bukit Timah Railway Station, 1994:
general view
From the Lee Kip Lin Collection. All rights reserved. Lee Kip Lin
Activities to Engage Your Loved One

Young Chinese boys eating at the roadside stall; in the background a child is eating an ice ball with syrup: general view
© Edwin A. Brown Collection, courtesy National Library Board, Singapore 2016
Autobiography - Looking into your loved one’s experiences

Often, we only know our loved ones as they are today, failing to understand they bring along their own unique and individual memories. It is thus important to talk to your loved one and learn about their life story which can be recorded in various formats such as a diary, video, audio recording etc.

Below are some basic tips on how to talk to your loved one when capturing their story:

• Ask questions clearly and slowly, using simple sentences with simple words. Repeat questions if necessary.
• Maintain eye contact and show interest by leaning forward and nodding.
• Do not interrupt or correct what they say and avoid topics which might cause distress.
• Conduct the interview in a familiar and non-threatening environment and when your loved one is alert and calm.
• The interview should not last longer than an hour.
• At the end of the interview, thank your loved one to show that you value what they have shared.
Name:

Date of Birth:

Place of Birth:
My Childhood

What do you remember about your early childhood?

What are your memories from school?

What was your favourite subject?

What were you good at?

What were your favourite activities or games?

Write down any significant memories from your childhood.
What did you do as your first job?

Where did you work? (including working in the home)

What was it like? Did you go on to do different jobs?

If you had your time again, would you do the same job or something else?

Write down any significant memories about work.
Who were the significant people in your life i.e. friends/family?

How many family members do you have? What are their names and relationship to you?

Did you have any pets?
Where would you say has most been ‘home’ to you?

What memories do you have of the place you lived the longest or spent your happiest times? i.e. the buildings, shops, countryside, local people and community?

Are there any other places that were and are particularly important to you e.g. holiday places, places where significant things took place etc.? *(Include any photos/pictures/postcards)*
Social Activities and Interests

Who were the significant people in your life?

What do you like to do in your spare time?

What types of music do you like to listen to? Include some favourite songs/pieces of music.

Do you have any favourite radio channels or television programmes?

What is your favourite food and drink?
People who are important to me now

Who are the important people in your life at the moment? Include name and relationship to you.
Photo reminiscence - Recollecting past events and experiences

Many people enjoy telling stories about their past experiences to their younger generation. Telling their life story helps them to give meaning to their life and time spent. This is no different for your loved one with dementia. The added benefit of reminiscing is that it gives them a positive brain workout as they recall the details of their past events.

Reminiscence can be done in a lot of ways. It can be done through conversations, through looking through past photos or family videos, or a visit to their favourite places. No matter which way reminiscence is done, it is important to give your loved one the time and patience to recall. Be curious about their story and show your interest. If they are recalling some events that you are part of, you can also share your perspective and add more dimensions to the story.

We have included some photos related to early Singapore life throughout this resource kit that may serve as a trigger for memories. We have also included some discussion topics that you can ask your loved ones with dementia. Suggestions for activities that involve reminiscing are included in the activity section of this resource kit.
Suggested topics to talk about:

• I was born in which year, birth date, country etc.
• Family life and grandparents
• Food and cooking
• Childhood games/pastimes
• Favorite things/food/songs
• Dreams and aspirations
• Achievements
• Music
• During the war
• Love and marriage
• Work
• Friends
• Regrets
• Holidays

You may consider purchasing vintage items (e.g. wooden clogs, biscuit tins) to help jog their memories.
Daily living

Bukit Timah Road fishmongers’ shop: interior
From the Lee Kip Lin Collection. All rights reserved. Lee Kip Lin and National Library Board, Singapore 2016.
Upper Serangoon Road barber shop: interior
From the Lee Kip Lin Collection. All rights reserved. Lee Kip Lin and National Library Board, Singapore 2016
Malay wedding: general view
From the Lee Kip Lin Collection. All rights reserved. Lee Kip Lin and National Library Board, Singapore 2016.
National Day Parade line-up at Padang: general view
From the Kouo Shang-Wei Collection 郭尚慰收集.
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Wooden barrel shop at Victoria Street, 1990
From the Paul Piollet Collection. All Rights Reserved. Paul Piollet and National Library Board Singapore 2012.
Samsui woman at work, 1986: close-up
From the Kouo Shang-Wei Collection 郭尚慰收集. All rights reserved, Family of Kouo Shang-Wei and National Library Board Singapore 2016
Street Happenings

Hawker selling nuts: close-up

From the Kouo Shang-Wei Collection 郭尚慰收藏. All rights reserved, Family of Kouo Shang-Wei and National Library Board Singapore 2016
Street hawkers at roadside, 1980s: general view
From the Kouo Shang-Wei Collection 郭尚慰收集. All rights reserved, Family of Kouo Shang-Wei and National Library Board Singapore 2016
Art & Craft

Keeping busy keeps the mind of your loved one active, and help improve their sense of usefulness and accomplishment. Too much free time can make them feel lonely and unproductive, increasing the risk of depression, agitation and anger. However your loved one may lose the ability to select satisfying activities, so you need to start it off for them.

Here are some tips on successfully engaging your loved one with dementia:

1. **Do something that is similar to what he/she has always enjoyed.**
2. **Adjust the level of difficulty accordingly.**
3. **Make sure the area is comfortable and conducive:**
   - Adequate lighting
   - Enough space to move around
   - Minimize background noise
4. **Create a ‘failure-free’ activity**
   - Not all activities are about completing the activity; some are to provide enjoyment and meaningful recreation.
   - Take glitches in stride. Do not expect your loved one to perform to perfection.
5. **Communicate with your loved one, verbally and non-verbally.** Always allow time for response. Try to minimize options if it causes distress or confusion.
6. **Maintain dignity**
   Ensure that the activity is age-appropriate for your loved one. Do not over-simplify the activity.

7. **Emphasis on strengths**
   The activity should focus on what your loved one can do, not what he/she can’t do.

8. **Keep an eye for signs of fatigue or being overwhelmed. Check with your loved one on the need for rest frequently.**

During the activity, it is important to:

- Communicate with your loved one verbally and non-verbally to engage and guide the person through the activity.
- Promote a light-hearted atmosphere during activities. Atmosphere can be injected through conversations, background music, physical environment and age-appropriate materials.
- Be conscious to encourage choice making and respect his/her decisions. Do not undermine and override his/her opinions.
- Be sensitive and aware of your loved one’s signs of fatigue or being over-whelmed. Check with your loved one regularly if he/she needs to rest.
- Relax and enjoy the activity.
Engaging your loved one can be as simple as engaging them in the usual daily routine with some modifications. Here are some examples:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Early Stage</th>
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<tbody>
<tr>
<td>Home Management</td>
<td>• Folding clothes&lt;br&gt;• Cleaning windows&lt;br&gt;• Arranging forks, spoons and knives</td>
</tr>
<tr>
<td>Kitchen Activities</td>
<td>• Sorting recipes and finding pictures to illustrate them&lt;br&gt;• Making familiar simple dishes</td>
</tr>
<tr>
<td>Leisure</td>
<td>• Planting seedlings&lt;br&gt;• Transplanting small plants into larger pots&lt;br&gt;• Sorting and arranging photos in a photo album&lt;br&gt;• Making a scrapbook&lt;br&gt;• Solving large font crossword or large jigsaw puzzle&lt;br&gt;• Large jigsaw puzzles&lt;br&gt;• Playing simplified mahjong&lt;br&gt;• Practicing Tai Chi with guidance</td>
</tr>
</tbody>
</table>

We have also included some activities that you may be able to do with your loved ones in this kit.

Look out for new activities on which will be updated on Singapore Silver Pages (https://www.silverpages.sg/).
<table>
<thead>
<tr>
<th><strong>Moderate Stage</strong></th>
<th><strong>Advanced Stage</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>• Folding towels</td>
<td>• Putting laundry into the washing machine</td>
</tr>
<tr>
<td>• Rinsing wash cloths</td>
<td></td>
</tr>
<tr>
<td>• Sorting nail polish and lipsticks by preference of colour</td>
<td></td>
</tr>
<tr>
<td>• Sorting container by size or/and colour</td>
<td></td>
</tr>
<tr>
<td>• Washing fresh produce and putting them for later use</td>
<td>• Preparing vegetables for cooking</td>
</tr>
<tr>
<td>• Pulling weeds</td>
<td>• Caring for soil-less plants</td>
</tr>
<tr>
<td>• Watering plants</td>
<td>• Talking about old photos</td>
</tr>
<tr>
<td>• Making a photo collage</td>
<td>• Doing simple hand massage</td>
</tr>
<tr>
<td>• Completing 4-6 pieces of large jigsaw puzzle</td>
<td></td>
</tr>
<tr>
<td>• Sorting mah-jong tiles</td>
<td></td>
</tr>
<tr>
<td>• Playing dominoes</td>
<td></td>
</tr>
<tr>
<td>• Doing simple stretches</td>
<td></td>
</tr>
</tbody>
</table>

To challenge your brain and get a brain workout the fun way, contact The Able Studio at www.theablestudio.com.sg or 6602 2253 for the list of cognitive and visual skills and eye-hand motor skills applications for your electronic devices.

Contact Office of the Public Guardian at www.publicguardian.gov.sg or 1800 226 6222 for a handbook on Puzzles to Exercise Your Mind.
Art & Craft

Continue the drawing

Items required:

- Drawing block sized paper
- Marker
- If your loved one is not used to drawing, a large piece of paper may be intimidating. You can start by using a smaller piece of paper
- To promote more creativity, you can offer markers of a variety of colors

Steps involved:

1. Request for your loved one to sit at a table
2. Explain that the game is to create a picture together by taking turns to draw on the paper
3. Each person is allowed 3 strokes
4. If necessary, you may start the drawing first before passing to your loved one to continue
5. At the end of the drawing, invite your loved one to share about it

How it benefits your loved one:

- Promotes use of creativity though free expression of drawing
- Promotes ability to learn the rules of the activity through verbal and visual demonstration
- Requires planning so as to create a shared piece of art
- Encourages thinking if the drawing did not turn out the way they imagined.
Stringing beads bracelet

Items required:

• Large beads, preferably brightly coloured
• String, preferably with elasticity
• Large bowls with beads sorted out

Steps involved:

1. Show your loved one a completed bracelet
2. Explain that the game is to create a picture together by taking turns to draw on the paper
3. Measure and cut out the length of string required
4. Tie a knot at one end of the string
5. Thread beads through the string. Your loved one could choose their own colour and order in which they would like to string them
6. When completed, tie both ends of the string together

How it benefits your loved one:

• Threading beads into patterns requires planning and sequencing
• Eye-hand coordination is required for this activity
• The use of colourful beads provides visual stimulation
• Completing a product, especially one that they can wear, will give sense of achievement

Activity variation:

• To increase difficulty of the task, you can engage your loved one to first sort out the beads in different containers by their colours
• Be mindful that the your loved one’s vision may be poor. Beads chosen should have a large enough hole to thread the string in easily
• Your loved one may already be familiar with threading string through holes during sewing. You may want to check with them if they need a threader for this activity
Games

Playball

Items required:

- Balloon or soft ball
- Open area free of obstacles

Steps involved:

1. Stand opposite your loved one
2. Hit the balloon or soft ball to your loved one and invite him/her to hit it back to you
3. Invite your loved one to challenge themselves by catching or throwing with one or two hands

How it benefits your loved one:

- Physical exercise is good for your loved one’s general health
- Catching the ball will require hand-eye coordination.

Activity variation:

- If your loved one cannot stand for too long, or has poor balance, this activity can be done sitting down
- If your loved one has weak arm strength, you may stand closer to the him/her so that he/she does not need to use a lot of strength to hit the ball
Fisherman treasure

Items required:
- Plastic tub
- 10-15 floatable rubber fishes
- 1 small fishing net
- 1 plate

Steps involved:
1. Fill the tub with water
2. Place the fishes into the water
3. Distribute the fishing net
4. Invite your loved one to fish out the fishes then place on plate

How it benefits your loved one:
- Recognition of objects in the environment and initiation of activity
- Promote sensory experience and enjoyment
- Eye-hand coordination
- Enhances motor control for accuracy

Activity variation:
- This activity can also be done in a group
- If your loved one cannot stand for too long, or has poor balance, this activity can be done sitting down
- For those with poor physical coordination, provide bigger nets and less fishes
Games

Rummage box

Items required:
- Box
- Blindfold/or dark scarf
- Any items to test the sense of touch of your loved one
  - E.g. Ping Pong ball, Eraser, Orange

Steps involved:
1. Place the items in the box
2. Invite your loved one to reach for the items in the box
3. Let him/her hold it for 5 seconds
4. After which, let him/her guess the items he/she was hold

How it benefits your loved one?
- Sensory: sense of touch to discriminate objects

Activity variation: Super Smells in rummage box

Items required:
- Blindfold/or Dark scarf
- Items that has smell E.g. coffee beans, onion

Steps involved:
1. Place the different strong smelling items inside the box.
2. Blindfold your loved one and get them to guess the item he/she is holding by sniffing the smell

How it benefits?
- Sensory: sense of smell to discriminate food items
Cooking

Remember the ingredients

Items required:

- 20-30 pictures of common ingredients
- Table

Steps involved:

1. Start by chatting about dishes that your loved one used to cook for the family
2. Place pictures of common food ingredients on the table.
3. Invite your loved one to pick out pictures of ingredients that was mentioned in the earlier conversation

How it benefits your loved one?

- Recalling recent conversation helps to practice memory skills
- Searching for the correct ingredients will require your loved one to focus
- While talking about the dishes and the required ingredients, your loved one will be able to recall recipes that he/she has known before
- To list down the ingredients required, your loved one will likely need to organize the information in his/her mind

Activity variation:

- Talking about more dishes before showing the picture cards will require your loved one to recall more information
- You can prompt your loved one by mentioning some parts of the conversation earlier if the elderly is unable to recall the ingredients
- You can also further ask your loved one to estimate the price of the ingredients
Lau Pa Sat: aerial view

Caring for Yourself

Malay woman and her child, 1950s: two people
From the Lee Kip Lin Collection. All rights reserved. Lee Kip Lin
Caring for yourself

Caring for your loved one can be rewarding yet challenging, and at times stressful. It can strain even the most resilient people. When a person reaches a state of physical, emotional and mental exhaustion, caregiver burnout occurs.

Do you have any of the following signs of burnout?

• Reduced energy
• Neglecting your own needs
• Feeling helpless and hopeless

How to cope with caregiving stress?

There are many resources available to help and support you on this journey. Taking care of yourself allows you to care for your loved one better.

• Support Group
  A caregiver support group allows you to share your experiences with other caregivers who are going through the same experiences as you. While receiving help and advice from others, you can also share your experiences to help others. Most importantly, you will find out that you are not alone in your caregiving journey.

• Helpline
  A helpline is a fast and convenient way to obtain information and advice. It also and emotional support when you are in distress.
Caregiver Training
There are times when you may find that you do not have adequate skills in providing care for your loved one. Caregiver training is able to equip you with skills, techniques and useful tips on how you can provide safe, healthy and supportive environment for your loved one.

Counselling
Counselling is an one-to-one session to discuss about issues bothering you such as any stressful events due to your caregiving role. The counsellor would be able to provide advice and guidance on how to manage your issues.

Respite Care
Respite care provides much needed short-term breaks that can relieve stress and help you restore energy. Apart from working with family members, relatives, friends, neighbours or hiring a domestic helper, there are commercial respite care options that can allow you to take short breaks.

Home-Based Respite Care
Home-based respite is the provision of care by a relief caregiver at the comfort of your home. Your loved one is cared for in a familiar environment. Moreover, care is personalised on a one-to-one basis.
Day Care Centre
Day care centres provide care for person with dementia during daytime working hours. They provide social activities and therapy so as to enhance the quality of life of your loved one and provide relief for caregivers. The staff of these centres are also trained to provide education and support for family members so as to help them continue to care for their lobed one at home.

Residential-Based Respite Care
Residential-based respite is the provision of care out of your home by an institution such as a nursing home. You are required to send your loved one to the facility and he/she can stay overnight from a few days to weeks.

Resource Guides
Many organisations, such as Health Promotion Board and Agency for Integrated Care provides a collation of comprehensive information and resources about caregiving. You may approach them for copies of the guides.

Mindfulness
Mindfulness is a therapeutic technique that you can practice alone at home that helps you to become more aware of what is happening in the surrounding. It improves your physical and emotional health.
Here are some online caregiver resources:

- Singapore Silver pages (www.silverpages.sg)
  One-stop resource on eldercare and caregiving resources for seniors and caregivers
- Carers SG (www.facebook.com/CarersSG)
  An online community for caregivers in Singapore to share information, resources and experiences
The table below shows an overview of the services that the organization offers. Please contact them directly for more details.

<table>
<thead>
<tr>
<th>Support Group</th>
<th>Helpline</th>
<th>Caregiver Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alzheimer’s Disease Association (ADA)</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Brahm Centre</td>
<td></td>
<td></td>
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<tr>
<td>Caregiving Welfare Association (CWA)</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Montfort Care</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>NTUC Health</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>SAGE Counselling Centre</td>
<td></td>
<td>✓</td>
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<tr>
<td>Shan You Counselling Centre</td>
<td></td>
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<tr>
<td>TOUCH Community Services</td>
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<tr>
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<td>Counseling</td>
<td>Respite Care</td>
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Alexandra Hospital: panoramic view
© National Library Board, Singapore 2016
Useful Information and Resources

Raffles Library Junior Section: general view
Useful Information and Resources

Making your Home Dementia Friendly

The design of the home environment can help make a significant difference to the independence, quality of life and well being of your loved one. Familiar objects in the home are often reassuring, and it is not advisable to make major changes or adaptations to your home overnight. Removing potential hazards and enabling your loved one to be independent in the home makes it easier for you to support him/her with minimal stress. To reduce hazards in your home, you may engage an occupational therapist to assess your home setting, habits of your loved one and resources before recommending a suitable home design. Rectifications may range from simple modifications like installation of grab bars to complicated structural changes like installation of ramps or removal of walls.
Below are some recommendations of suitable home environment for your loved one:

- Avoid steps and kerbs as far as possible
- Use lighting and tap fixtures that are easy to handle
- Locate switches in easy-to-reach spaces
- Contrasting colours will help with identification
- Labels may help someone with dementia navigate
Who can you contact for modifying your home to be dementia friendly

The Alzheimer’s Disease Association has developed a guide to Designing a Dementia-Friendly Environment using a mock-up apartment to assist understanding of the key principles to a dementia-friendly environment. A copy of it can be obtained from professional_trg@alz.org.sg or 6293 9971.

The Able Studio at www.theablestudio.com.sg or 6602 2253 can help you select a vendor that can make modifications.

To subsidise the cost of redesigning your home environment, the Housing Development Board runs the Enhancement for Active Seniors (EASE) scheme as part of the Home Improvement Programme (HIP). It looks at improving the comfort and enhance the mobility of seniors living in HDB flats with the enhancement of slip-resistant treatment to floor tiles of one bathroom or toilet, installation of grab bars and ramps (if feasible). More information about EASE can be found on Singapore Silver Pages (https://www.silverpages.sg/money_matter_article.aspx?Fid=375)
Other Resources

Below is a list of other available resources to support your caregiving needs.

<table>
<thead>
<tr>
<th>Needs</th>
<th>Support/ Services Available</th>
<th>Details and who to contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you would like to record your healthcare decisions and treatment preferences</td>
<td>Advance Care Planning (ACP)</td>
<td>Involve your loved ones, healthcare providers and facilitator to record your care preferences and be treated according to your wishes. For more information, please go to <a href="https://livingmatters.sg">https://livingmatters.sg</a></td>
</tr>
<tr>
<td>If you would like to inform your doctor that no life-sustaining treatment is to be used</td>
<td>Advance Medical Directive</td>
<td>Sign up for this legal document to inform the doctor who is treating you (in the event that you become terminally ill and unconscious) that you do not want any extraordinary life-sustaining treatment to be used to prolong your life. For more information, please go to <a href="https://www.moh.gov.sg/content/moh_web/home/legislation/legislation_and_guidelines/advance_medical_directiveact.html">https://www.moh.gov.sg/content/moh_web/home/legislation/legislation_and_guidelines/advance_medical_directiveact.html</a></td>
</tr>
<tr>
<td>If you would like to appoint someone you trust to make decisions and act on your behalf</td>
<td>Lasting Power of Attorney (LPA)</td>
<td>An LPA allows you to protect your interests by indicating your proxy decision maker to make decisions and act on your behalf should you become vulnerable when you lose the mental capacity to make your own decisions one day. For more information, please go to <a href="https://www.publicguardian.gov.sg">https://www.publicguardian.gov.sg</a></td>
</tr>
<tr>
<td>If you are worried about your loved one getting lost</td>
<td>Safe Return Card</td>
<td>The Safe Return Card is an identification card to protect and help person with dementia. The card provides a sources of identification when they are lost, and gives caregivers a sense of security and easy of mind when person with dementia is unaccompanied outside of their home. For more information, please go to <a href="http://www.alz.org.sg/support-services/safe-return-card">http://www.alz.org.sg/support-services/safe-return-card</a></td>
</tr>
</tbody>
</table>
Firing crackers during Chinese New Year: general view

From the Kouo Shang-Wei Collection. All rights reserved, Family of Kouo Shang-Wei and National Library Board Singapore 2016
Financial Schemes

Workers in an office: rear view
From the Lee Kip Lin Collection. All rights reserved. Lee Kip Lin and National Library Board, Singapore 2009.
There are many financial schemes and assistance programmes available in the community to help you. The following lists the services that provide such assistance:

<table>
<thead>
<tr>
<th>Needs</th>
<th>Financial Schemes</th>
<th>Details and who to contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Subsidies to learn to care for your loved ones.</td>
<td>Caregivers Training Grant (CTG)</td>
<td>Caregivers (family members and foreign domestic workers) can tap onto this $200 grant which is topped up each financial year. <a href="http://www.silverpages.sg/CTG">www.silverpages.sg/CTG</a></td>
</tr>
<tr>
<td>Subsidies for pioneers</td>
<td>Pioneer Disability Assistance Scheme (PG-DAS)</td>
<td>Provides $100 monthly cash assistance to the Pioneer Generation living in Singapore, i.e. born before 1950 and a Singapore citizen before 1987. <a href="http://www.silverpages.sg/pioneerDAS">www.silverpages.sg/pioneerDAS</a></td>
</tr>
<tr>
<td>Subsidies for families who need to hire a foreign domestic worker</td>
<td>Foreign Domestic Worker Grant</td>
<td>Provides monthly grant of $120 to hire a FDW to care for your loved ones with moderate to severe disabilities. <a href="http://www.silverpages.sg/fdwg/">www.silverpages.sg/fdwg/</a></td>
</tr>
<tr>
<td></td>
<td>Foreign Domestic Worker Levy Concession for Persons with Disabilities</td>
<td>Enables the employment of FDW by paying a lower monthly concessionary levy of $120 (instead of $265). <a href="http://www.silverpages.sg/fdwlc/">www.silverpages.sg/fdwlc/</a></td>
</tr>
<tr>
<td>Subsidies for needy and disabled</td>
<td>Interim Disability Assistance Programme for the Elderly (IDAPE)</td>
<td>Provides financial support of $150 or $250 a month for a maximum period of 72 months to needy and disabled elderly Singaporeans who are not eligible for ElderShield because of their age or pre-existing disabilities. <a href="http://www.income.com.sg">www.income.com.sg</a></td>
</tr>
<tr>
<td>Needs</td>
<td>Financial Schemes</td>
<td>Details and who to contact</td>
</tr>
<tr>
<td>-------------------------------------------</td>
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<td>------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Healthcare subsidies for your loved ones to see GP or dentist</td>
<td>Community Health Assist Scheme (CHAS)</td>
<td>Enables lower and middle income households to receive subsidies for medical and dental care at participating General Practitioners (GP) and dental clinics near their homes. <a href="http://www.chas.sg/">http://www.chas.sg/</a></td>
</tr>
<tr>
<td>Subsidies for mobility aids</td>
<td>Seniors’ Mobility and Enabling Fund (SMF)</td>
<td>Provides subsidies for assistive devices, transport between home and centre-based facility and consumables. <a href="http://www.silverpages.sg">www.silverpages.sg</a></td>
</tr>
<tr>
<td>Others</td>
<td>Public Assistance (PA) Scheme</td>
<td>Provides monthly cash grants to help with basic living expenses, free treatment at polyclinics and government/restructured hospitals and education assistance for your children to help with schooling expenses. <a href="http://app.msf.gov.sg/ComCare/Find-The-Assistance-You-Need/Permanently-Unable-to-Work">app.msf.gov.sg/ComCare/Find-The-Assistance-You-Need/Permanently-Unable-to-Work</a></td>
</tr>
</tbody>
</table>
Elderly man having a meal: action [3]
© Edwin A. Brown Collection, courtesy National Library Board, Singapore 2016
Agencies Providing Services and Information on Dementia

First Aid lesson, 1953 or 1954
This digital copy © National Library Board Singapore 2008. The original work © Gan Soh Tin.
Agencies Providing Services and Information on Dementia

These are some useful numbers and helplines to support people with dementia. For more information, you may write to Agency for Integrated Care (AIC) at careinmind@aic.sg. For caregiver or community care related matters, please call the Singapore Silver Line at 1800 650 6060.

• Useful Numbers

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>Police</td>
<td>999</td>
</tr>
<tr>
<td>Civil Defence (Emergency Ambulance/Fire)</td>
<td>995</td>
</tr>
<tr>
<td>Ambulance (Non-Emergency)</td>
<td>1777</td>
</tr>
</tbody>
</table>

• Helpline

<table>
<thead>
<tr>
<th>Organization</th>
<th>Details</th>
<th>Helpline Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Singapore Silver Line</td>
<td>For eldercare information or to get connected to eldercare and caregiver support services in Singapore</td>
<td>1800 650 6060</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Monday – Friday: 8.30am – 8.30pm &amp; Saturday: 8.30am – 4.00pm)</td>
</tr>
<tr>
<td>Health Promotion Board Dementia Infoline</td>
<td>For caregivers who are caring for persons living with dementia</td>
<td>1800 223 1123</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Monday - Friday: 8.30am – 5.00pm &amp; Saturday: 8.30am – 1.00pm)</td>
</tr>
<tr>
<td>Dementia Helpline (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></td>
<td></td>
<td>(Monday to Friday: 9.00am - 6.00pm)</td>
</tr>
</tbody>
</table>
**Support and Services for Dementia**

Community Mental Health services provide accessible and integrated mental health support for clients and their caregivers in the community.

<table>
<thead>
<tr>
<th>Name &amp; Address</th>
<th>Contact Details</th>
<th>Type</th>
<th>Region</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alzheimer’s Disease Association (ADA)</td>
<td>Tel: 6377 0700</td>
<td>• Eldersit Respite Care Service</td>
<td>Central</td>
</tr>
<tr>
<td>70 Bendemeer Road, Luzerne Building #03-02A</td>
<td>Website: <a href="http://www.alz.org.sg">www.alz.org.sg</a></td>
<td>• Person-Centred Home-Based Intervention Service</td>
<td>North East</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>West</td>
</tr>
<tr>
<td>Thye Hua Kwan Moral Charities (THKMC)</td>
<td>Tel: 6690 0110</td>
<td>• Senior Activity Center</td>
<td></td>
</tr>
<tr>
<td>Blk 131 Yishun St 11, Chong Pang Social Service Hub</td>
<td>Website: <a href="http://www.thkmc.org.sg">www.thkmc.org.sg</a></td>
<td>• Community Network support for elderly (CREST services)</td>
<td></td>
</tr>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NTUC Health Co-operative Limited</td>
<td>Tel: 6543 6632</td>
<td>• Senior Care Centers</td>
<td></td>
</tr>
<tr>
<td>133 New Bridge Road, Chinatown Point #04-09</td>
<td>Website: <a href="http://www.ntuchealth.sg">www.ntuchealth.sg</a></td>
<td>• Home Care Services</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Community Network support for elderly (CREST services)</td>
<td></td>
</tr>
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<td></td>
<td></td>
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</tr>
<tr>
<td>Tsao Foundation – Hua Mei Central Dementia Care System</td>
<td>Tel: 6593 9500</td>
<td>• Eldersit Respite Care Service</td>
<td>Central</td>
</tr>
<tr>
<td>298 Tiong Bahru Road, Central Plaza #15-01/06</td>
<td>Website: <a href="http://www.tsaofoundation.org">www.tsaofoundation.org</a></td>
<td>• Person-Centred Home-Based Intervention Service</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Caregiver training</td>
<td></td>
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</tbody>
</table>
• **Community Support Teams**

Community support teams that reaches out to individuals who may be at risk of mental health conditions. They provide early identification, basic emotional support and be the liaison for mental health services.

<table>
<thead>
<tr>
<th>Name &amp; Address</th>
<th>Contact Details</th>
<th>Region</th>
</tr>
</thead>
</table>
| AMKFSC (CREST Service @ Ang Mo Kio) | Tel: 6453 5364  
Website: www.amkfsc.org.sg | Central |
| Blk 420 Ang Mo Kio Ave 10  
#01-1143 S560420 | | |
| Care Corner  
CREST Service @ Toa Payoh | Tel: 6258 6601  
Website: www.carecorner.org.sg | | 
| Blk 62B Toa Payoh Lorong 4  
#02-121 S312062 | | |
| Thye Hua Kwan Moral Charities  
(CREST Service @ Beo Crescent) | Tel: 6589 0690  
Website: www.thkmc.org.sg | | 
| 133 New Bridge Road, Chinatown  
Point #04-04 S059413 | | |
| Peace-CONNECT Seniors Activity Centre (CREST Service @ North Bridge Road) | Tel: 6392 0460  
Website: www.pcnl.org | | 
| Blk 8 North Bridge Road S190008 | | |
| Silver Ribbon Singapore  
(CREST Service @ Geylang) | Tel: 6742 4190  
Website: www.silverribbonsingapore.com | | 
| Blk 616 Hougang Avenue 8 S530616 | | |
| NTUC Health  
(CREST Service @ Bukit Merah) | Tel: 6273 3297  
Website: www.ntuchealth.sg | North |
| Blk 121 Bukit Merah View #01-96 S151121 | | |
| Thye Hua Kwan Moral Charities  
(CREST Service @ Chong Pang) | Tel: 6690 0110  
Website: www.thkmc.org.sg | | 
<p>| Blk 131 Yishun Street 11 S760131 | | |</p>
<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone Numbers</th>
<th>Website</th>
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<tr>
<td>Montfort Care - MP GoodLife! SAC</td>
<td>Blk 15 Marine Terrace #01-18 S440015</td>
<td>Tel: 6445 0570</td>
<td>Website: <a href="http://www.montfortcare.org.sg">www.montfortcare.org.sg</a></td>
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<td>(CREST Service @ Marine Parade)</td>
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<tr>
<td>Thye Hua Kwan Moral Charities</td>
<td>Blk 13 Bedok South Road #01-625 S460013</td>
<td>Tel: 6241 8171</td>
<td>Website: <a href="http://www.thkmc.org.sg">www.thkmc.org.sg</a></td>
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<td>(CREST Service @ Bedok)</td>
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<tr>
<td>Charis ACE (Project IRENE)</td>
<td>Blk 125 Geylang East Ave 1 #01-05 S381125</td>
<td>Tel: 6842 0497</td>
<td>Website: <a href="http://www.mws.sg">www.mws.sg</a></td>
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<tr>
<td>NTUC Health (Taman Jurong)</td>
<td>Blk 361 Yung An Road #01-111 S610361</td>
<td>Tel: 8612 8298/58612 8302</td>
<td>Website: <a href="http://www.ntuchealth.sg">www.ntuchealth.sg</a></td>
<td>West</td>
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<tr>
<td>Singapore Anglican Community Services</td>
<td>Blk 373 Jurong East St 32 #02-442 S600373</td>
<td>Tel: 9133 2457</td>
<td>Website: <a href="http://www.sacs.org.sg">www.sacs.org.sg</a></td>
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<td>(CREST Service @ JurongEast)</td>
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<tr>
<td>Fei Yue Community Services</td>
<td>Blk 107 Commonwealth Crescent #01-230 S140107</td>
<td>Tel: 6471 2022</td>
<td>Website: <a href="http://www.fycs.org">www.fycs.org</a></td>
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<td>(CREST Service @ Queenstown)</td>
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<tr>
<td>Fei Yue Retirees Centre (Project IRENE)</td>
<td>Block 11 Teck Whye Lane #01-222 S680011</td>
<td>Tel: 6769 6981</td>
<td>Website: <a href="http://www.fycs.org">www.fycs.org</a></td>
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## Community Support Teams

Community support teams that provides mental health services to manage the condition and support caregivers.

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<tr>
<th>Name &amp; Address</th>
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<th>Region</th>
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<tbody>
<tr>
<td>AMKFSC (MindCare)</td>
<td>Tel: 6553 6643</td>
<td>Central</td>
</tr>
<tr>
<td>Blk 643 Ang Mo Kio Ave 5 #01-3001</td>
<td>Website: <a href="http://www.amkfsc.org.sg">www.amkfsc.org.sg</a></td>
<td></td>
</tr>
<tr>
<td>Singapore S560643</td>
<td></td>
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<tr>
<td>O’Joy Care Services</td>
<td>Tel: 6749 0190</td>
<td></td>
</tr>
<tr>
<td>Blk 5 Upper Boon Keng Rd #02-10</td>
<td>Website: <a href="http://www.ojoy.org">www.ojoy.org</a></td>
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</tr>
<tr>
<td>S380005</td>
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<tr>
<td>Singapore Association for Mental Health (COMIT)</td>
<td>Tel: 6255 3222</td>
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<tr>
<td>Blk 69 Lorong 4 Toa Payoh</td>
<td>Website: <a href="http://www.samhealth.org.sg">www.samhealth.org.sg</a></td>
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<tr>
<td>S310069</td>
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<tr>
<td>Community Rehabilitation Support Services (Yishun)</td>
<td>Tel: 6562 4881</td>
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</tr>
<tr>
<td>Blk 707 Yishun Avenue 5 #01-36</td>
<td>Website: <a href="http://www.sacs.org.sg">www.sacs.org.sg</a></td>
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<tr>
<td>S760707</td>
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<td>Clarity Singapore (Yishun)</td>
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<td>Blk 854 Yishun Ring Road #01-3511</td>
<td>Website: <a href="http://www.clarity-singapore.org">www.clarity-singapore.org</a></td>
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<tr>
<td>S760854</td>
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<tr>
<td>Community Rehabilitation Support Services (Pasir Ris)</td>
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<td>East</td>
</tr>
<tr>
<td>Blk 534 Pasir Ris Drive 1 #01-266</td>
<td>Website: <a href="http://www.sacs.org.sg">www.sacs.org.sg</a></td>
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<tr>
<td>S610534</td>
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<tr>
<td>Community Health Centre (EHA - Siglap)</td>
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<tr>
<td>Blk 300 Bedok South Ave 3</td>
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<td>Community Rehabilitation Support Services (Bukit Batok)</td>
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<tr>
<td>Blk 267 Bukit Batok East Ave 4 #01-206</td>
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<tr>
<td>Club Heal</td>
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<tr>
<td>Blk 244 Bukit Batok East Ave 5</td>
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<td>S650244</td>
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**General Practitioners**

General Practitioners who are able to support, provide mental health assessment and diagnosis.

<table>
<thead>
<tr>
<th>Name &amp; Address</th>
<th>Contact Details</th>
<th>Region</th>
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<tbody>
<tr>
<td>Dr Kwan Wai Chee Grace</td>
<td>6254 2232</td>
<td>Central</td>
</tr>
<tr>
<td>Bishan Grace Clinic</td>
<td></td>
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</tr>
<tr>
<td>Blk 150 Bishan St 11 #1-151 S570150</td>
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<tr>
<td>Dr Teo Huiling</td>
<td>6273 3603</td>
<td></td>
</tr>
<tr>
<td>Fraser Medical Centre</td>
<td></td>
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</tr>
<tr>
<td>Blk 78A Telok Blangah St 32 #1-07 S101078</td>
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<tr>
<td>Dr Lim Soon Aun Rodney</td>
<td>6289 0885</td>
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<tr>
<td>Healthlink Medical Clinic and Surgery</td>
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<tr>
<td>Blk 5 Upper Aljunied Lane #01-46 S360005</td>
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</tr>
<tr>
<td>Dr Tan Sai Tiang</td>
<td>6593 9530</td>
<td></td>
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<tr>
<td>Hua Mei Clinic</td>
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</tr>
<tr>
<td>298 Tiong Bahru Road, Central Plaza</td>
<td></td>
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</tr>
<tr>
<td>#15-01/06 S168730</td>
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<tr>
<td>Dr Ko Hong Beng Gregory</td>
<td>6842 1403</td>
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<tr>
<td>Ko Family Clinic</td>
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<tr>
<td>Blk 18 Upper Boon Keng Road #01-1133 S380018</td>
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<tr>
<td>Dr Lee Yik Voon</td>
<td>6745 6877</td>
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<tr>
<td>Lee &amp; Tan Family Clinic and Surgery</td>
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<tr>
<td>Blk 72 Circuit Road #1-03 S370072</td>
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<tr>
<td>Dr Ng Kwee Choon</td>
<td>6347 6210</td>
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<tr>
<td>Mount Alvernia Hospital</td>
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<tr>
<td>820 Thomson Road S574623</td>
<td></td>
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<tr>
<td>Dr Cheng Heng Lee</td>
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<tr>
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<tr>
<td>Blk 447 Ang Mo Kio Ave 10 #1-1677 S560447</td>
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<tr>
<td>Dr Phuah Wei Jan Melanie</td>
<td>6735 0706</td>
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<tr>
<td>Nutramed Clinic</td>
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<tr>
<td>1 Grange Road, Orchard Building #10-10 S239693</td>
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<tr>
<td>Dr Goh Sze Yi</td>
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<tr>
<td>Dr See Shean Yaw</td>
<td>Make-well Family Clinic &amp; Surgery</td>
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<tr>
<td>Dr Lee Choi Keong</td>
<td>Maritime Medical Centre Pte Ltd</td>
<td>6223 6066</td>
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<td>Dr Wong Choo Wai</td>
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<td>6444 1104</td>
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<td>Dr Chua Teo Ngee</td>
<td>Chua Medical Centre</td>
<td>6785 3825</td>
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<td>Blk 248 Simei St 3 #1-134 S520248</td>
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<tr>
<td>Dr Cheng Kah Ling Grace</td>
<td>Joy Health Medical Clinic &amp; Surgery</td>
<td>6781 1868</td>
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<td>Blk 825 Tampines St 81 #1-50 S520825</td>
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<td>Dr Foo Yew Sin Patrick</td>
<td>Little Cross Family Clinic</td>
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<tr>
<td>Dr Ang Choon Kiat Alvin</td>
<td>Our Family Physician Clinic &amp; Surgery</td>
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<td>Blk 829 Tampines St 81 #1-292 S520829</td>
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<td>Dr Chong Wai Yip</td>
<td>Trinity Medical &amp; Aesthetic Clinic</td>
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<tr>
<td>Dr Tan Chong Wai Vincent</td>
<td>Viva Medical Clinic</td>
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<td>Blk 450A Tampines St 42 #1-356 S521450</td>
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<tr>
<td>Dr Lye Tong Fong</td>
<td>Central Clinic &amp; Surgery 24Hrs (Pasir Ris)</td>
<td>6582 2640</td>
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<tr>
<td>Dr Chua Boon Ling</td>
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<td>6287 8755</td>
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<td>Dr Yeap Eng Hooi</td>
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<td>Dr Wong See Hong</td>
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<td>Dr Eugene Ung</td>
<td>Meridian Medical Centre</td>
<td>Blk 327 Hougang Ave 5 #01-162 S530327</td>
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<td>Dr Tang Peng Wee</td>
<td>Lifelink 24 Hrs Clinic &amp; Surgery</td>
<td>Blk 153 Serangoon North Ave 1 #01-534 S550153</td>
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<tr>
<td>Dr Wong Ming</td>
<td>Everhealth Medical Centre</td>
<td>Blk 540 Hougang Ave 8 #B1-1235 S530540</td>
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<td>Dr Foo Hsien Yang Joel</td>
<td>Medlife Clinic &amp; Surgery</td>
<td>Blk 684 Hougang Ave 8 #01-985 S530684</td>
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<td>Dr Ang Teng Soon</td>
<td>Zenith Medical Clinic Pte Ltd</td>
<td>266 Punggol Way #01-374 S823266</td>
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<td>Dr Kwek Thiam Soo</td>
<td>Bukit Batok Medical Clinic</td>
<td>Blk 207 Bukit Batok #1-114 S650207</td>
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<td>Dr Pradit Thonqudomporn</td>
<td>Drs Trythall, Hoy, Davies (Pte) Ltd</td>
<td>Jurong Point, 1 Jurong West Central 2 #B1-19B S648886</td>
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<tr>
<td>Dr Chin Yew Liang Alan</td>
<td>Lifeline Bukit Panjang Medical Clinic</td>
<td>Blk 103 Gangsa Road #1-37 S670103</td>
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<td>Dr Lim Chew</td>
<td>Pier Medical Centre</td>
<td>Blk 725 Jurong West Ave 5 #B1-164 S640725</td>
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<tr>
<td>Dr Lum Wai Mun Alvin</td>
<td>Shenton Family Medical Clinic (Bukit Gombak)</td>
<td>Blk 372 Bukit Batok St 31 #1-378 S650372</td>
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<tr>
<td>Dr Tan Chong Wai Vincent</td>
<td>Viva Medical Clinic (Westside)</td>
<td>Blk 154 West Coast Road, West Coast Plaza #01-81 S127371</td>
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### Public Hospitals

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<tr>
<td>Changi General Hospital</td>
<td>6788 8833</td>
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<tr>
<td>Ng Teng Fong General Hospital</td>
<td>6716 2000</td>
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<tr>
<td>Khoo Teck Puat Hospital</td>
<td>6555 8000</td>
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### Names and Addresses

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<thead>
<tr>
<th>Name</th>
<th>Clinic &amp; Surgery</th>
<th>Address</th>
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<tr>
<td>Dr Teo Tiong Kiat</td>
<td>Teo Clinic &amp; Surgery</td>
<td>Blk 352 Clementi Avenue 2 #1-111 S120352</td>
<td>6776 0216</td>
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<tr>
<td>Dr Phan Oi Peng</td>
<td>The Peoples Clinic</td>
<td>Blk 145 Teck Whye Ave #1-161 S680145</td>
<td>6769 3766</td>
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<td>Dr Wong Wee Nam</td>
<td>Wong Clinic &amp; Surgery</td>
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<td>6776 0124</td>
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<tr>
<td>Dr Wu Eu Heng</td>
<td>Wu Clinic &amp; Surgery</td>
<td>Blk 249 Jurong East St 24 #1-78 S600249</td>
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<td>Dr Eng Soo Kiang</td>
<td>CCK Family Clinic</td>
<td>Blk 304 Choa Chu Kang Ave 4 #01 – 643 S680304</td>
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<td>Dr Fok Wai Yee Rose</td>
<td>Drs.Koo, Fok &amp; Associates Pte Ltd</td>
<td>Blk 4 Kian Teck Ave #02-01 S628909</td>
<td>6261 3629</td>
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<td>Dr Wong Ming</td>
<td>Everhealth Family Clinic &amp; Surgery</td>
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<tr>
<td>Dr Keith Ong</td>
<td>Parsons Medical Clinic Pte Ltd</td>
<td>Blk 779 Yishun Ave 2 #01-1541 S760799</td>
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<td>Dr Wong Choo Wai</td>
<td>Jurong Day &amp; Night Clinic Pte Ltd</td>
<td>Blk 966 Jurong West St 93 #01-219 S640966</td>
<td>6792 2257</td>
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• **Caregiver Support Group**

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

<table>
<thead>
<tr>
<th>Name &amp; Address</th>
<th>Contact Details</th>
<th>Region</th>
</tr>
</thead>
</table>
| Alzheimer’s Disease Association (ADA) | Tel: 6593 6440 Website: www.alz.org.sg | Central
| Alzheimer’s Disease Association (ADA) Caregiver Support Centre 70 Bendemeer Road, Luzerne Building #03-02A S339940 | Tel: 6377 0700 Website: www.alz.org.sg | Central
| Filos Community Services 57A New Upper Changi #01 – 1320 S461056 | Tel: 6242 5978 Website: www._los.sg | East
| Project Angels 27 Telok Blangah Way #01-1018 S090027 | Tel: 6274 6904 Website: www.monfortcare.org.sg | Central
| TOUCH Caregivers Support (TOUCH Community Services Limited) 173 Lorong 1 Toa Payoh #01-1264 S310173 | Tel: 6258 6797 Website: www.caregivers.org | Central