

Let's build a caring and Dementia-Friendly Singapore together!

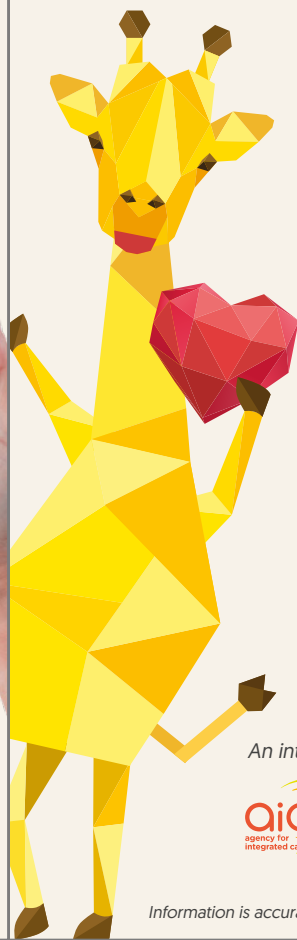
The Dementia-Friendly Singapore (DFSG) initiative aims to build a caring and inclusive society to support persons living with dementia to age in place.

With support from individuals, corporates and the larger community, persons living with dementia and their caregivers will feel respected, valued and confident to continue leading independent lives at home and in the community.

Be part of our caring community

Join us as a Dementia Friend today!

- 1 Follow us on **f @DementiaFriendlySingapore**
- 2 Learn about dementia here: **www.DementiaHub.SG**
- 3 Download the **CARA app**



Show you care with the CARA app

CARA, an initiative by Dementia Singapore, stands for 'Community, Assurance, Rewards and Acceptance'. It provides access to an ecosystem of solutions. Download the app to:

- Access trusted resources and support
- Obtain a unique identifier and membership card for persons living with dementia
- Receive support for the safe return of a wandering person living with dementia



To get the most comprehensive and up-to-date information and resources on dementia, visit:

www.DementiaHub.SG



Useful contacts

Agency for Integrated Care

- www.aic.sg
- ☎ 1800 650 6060
- 🕒 Monday – Friday, 8.30am – 8.30pm
Saturday, 8.30am – 4.00pm

Dementia Singapore

- www.dementia.org.sg
- ☎ 6377 0700
- 🕒 Monday – Friday, 9.00am – 6.00pm
Saturday, 9.00am – 1.00pm

An initiative by:



Supported by:



Giving Hope
Improving Lives

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Supported by QiC

LEND A HELPING HAND, BE A DEMENTIA FRIEND



Did you know?

1 in 10 persons aged 60 and above in Singapore has dementia.

Learn about dementia and how you can play your part to build a Dementia-Friendly Singapore.

Find out more inside.



What is dementia?

Dementia is an illness that can affect adults of any age, but is more common in those aged 65 and above. **It affects the brain, resulting in memory loss and difficulties with language, recognition, planning and performing complex tasks.**

There are several stages for the progression of dementia and the experience is different for each person.

Signs and symptoms to look out for

A person may have dementia if he/she displays the following **ABCD** signs and symptoms.

Activities of daily living

Difficulty in performing daily activities or tasks such as cooking and dressing

Behaviour

May become socially withdrawn or more easily upset and frustrated

Cognition

Have problems with language, remembering things and performing calculations

Disorientation

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

Get the support you need



If you need support, you may connect with **CREST teams** to help with early recognition of dementia, emotional support and service linkage to health and social services.

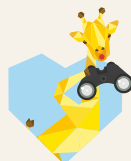
Scan the QR code to find out more.

How can you help as a Dementia Friend?

Be **KIND** when you come across someone who is alone and appears anxious – that person may have dementia.



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

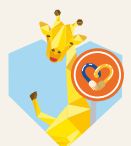


Keep a lookout for people who show the ABCD signs and symptoms of dementia



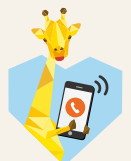
Interact with patience

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



Notice their needs and offer help

- Ask for their next-of-kin's whereabouts or contact number
- Look for an identification sticker with next-of-kin's details e.g. EZ-Link card



Dial for help

- Call the next-of-kin
- Bring the person to the nearest Dementia Go-To Point that can provide assistance
- Call the police at 999 only as the last resort

Communicate with CARE

When interacting with someone who may have dementia, it is important to:

- Use **Clear** and simple language when talking
- **Acknowledge** his/her concerns
- Be **Respectful** and assuring
- **Engage** to provide comfort and build trust

Know your nearest Dementia Go-To Points

♥ Go-To Points (GTPs) are located on the premises of organisations which support the #DementiaFriendlySG movement. These community nodes support persons living with dementia and their caregivers through the following functions:

- **Resource Centre:** The general public and caregivers can get educational resources and useful information on dementia here.
- **Safe Return Point:** Members of the public can bring lost elderly or persons living with dementia to the GTP.

♥ Staff at GTPs are trained to identify the person who has been brought to them and will assist to reunite them with their caregiver, where possible.



Look out for this identifier displayed at the GTP's entrance door or window.

Where to find Dementia Go-To Points

GTPs include community centres, train stations, bus interchanges, retail stores, supermarkets and many more.



The list of GTPs established nationwide can be found on HealthHub.

Scan the QR code to access the full list.