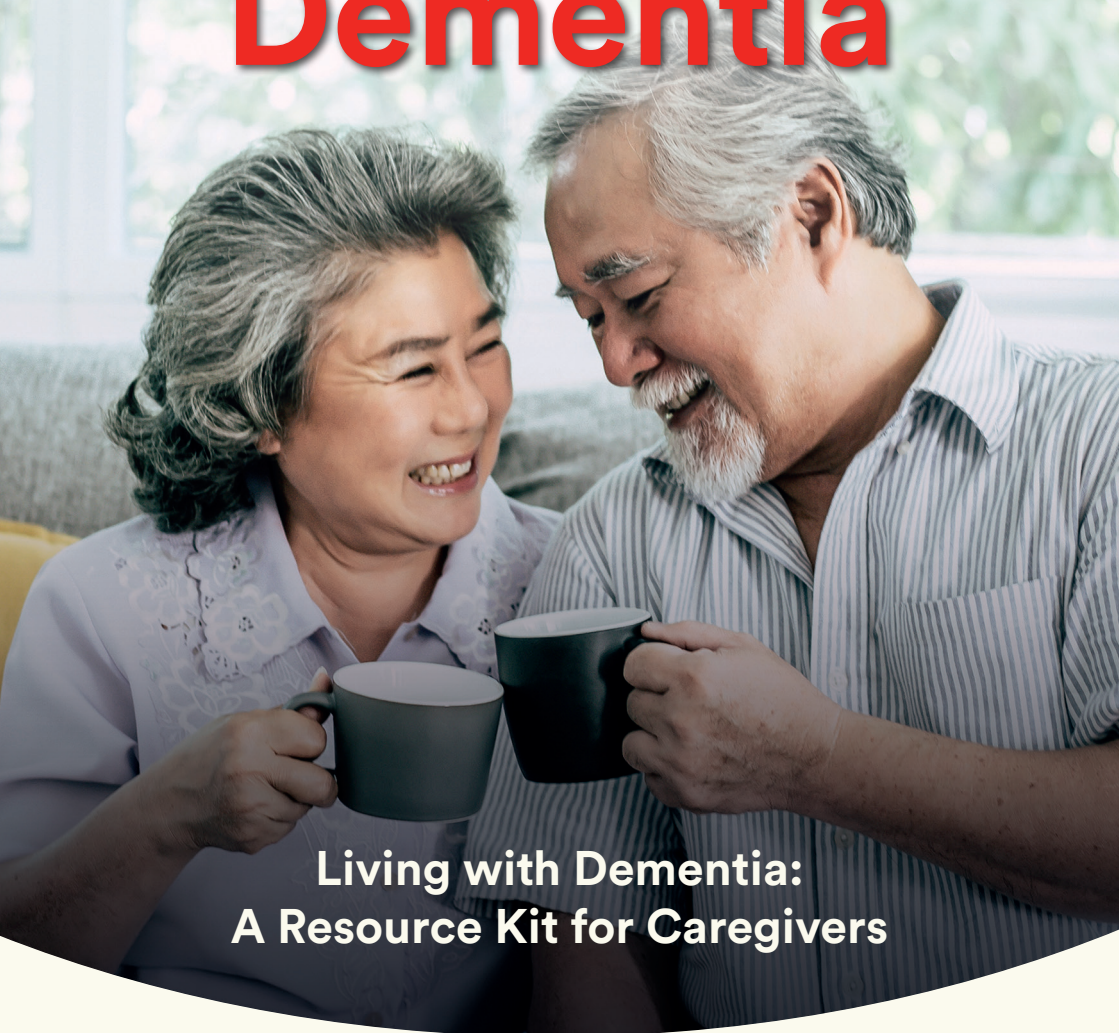


# Knowing Dementia



Living with Dementia:  
A Resource Kit for Caregivers



Supported by QiC

# How can this kit help you?

This kit consists of a series of 4 booklets and a listing of services. This booklet on Knowing Dementia provides essential information, practical tips, activities and resources on dementia to support you in caring for your loved one living with dementia.

It is designed for general public and caregivers like yourself to learn more about dementia, understand signs and symptoms, learn how to lower risks of getting dementia, on how to start early conversations, and how and when to seek diagnosis. We hope this booklet can empower you to better cope with your caregiving journey, ensuring your loved one receives the best possible care.

While dementia may not be curable, it is possible to slow down the progression with activities, therapies and medication. Remember that you are not alone in this caregiving journey.

If you know of someone who might need help or would like to find out more about the support and services for dementia, contact us at [ccmh@aic.sg](mailto:ccmh@aic.sg) or call the Agency for Integrated Care (AIC) Hotline at **1800 650 6060**.

We appreciate your feedback on this kit and hope you can take a few minutes to share your comments by scanning the QR code. Thank you!



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# 1. Dementia in Singapore

Dementia can affect adults of any age, but it is more common in those aged 65 and above.

In 2018, it is estimated that there are approximately 82,000 people living with dementia.

## Projected prevalence of dementia in Singapore

In 2015, the Well-Being of the Singapore Elderly Study (WiSE<sup>1</sup>) by the Institute of Mental Health found that one in 10 people aged 60 and above, and half of those aged 80 and above had dementia. Based on this, it is estimated that more than 100,000 people in Singapore may have dementia by 2030.

### 60 and above



### 80 and above

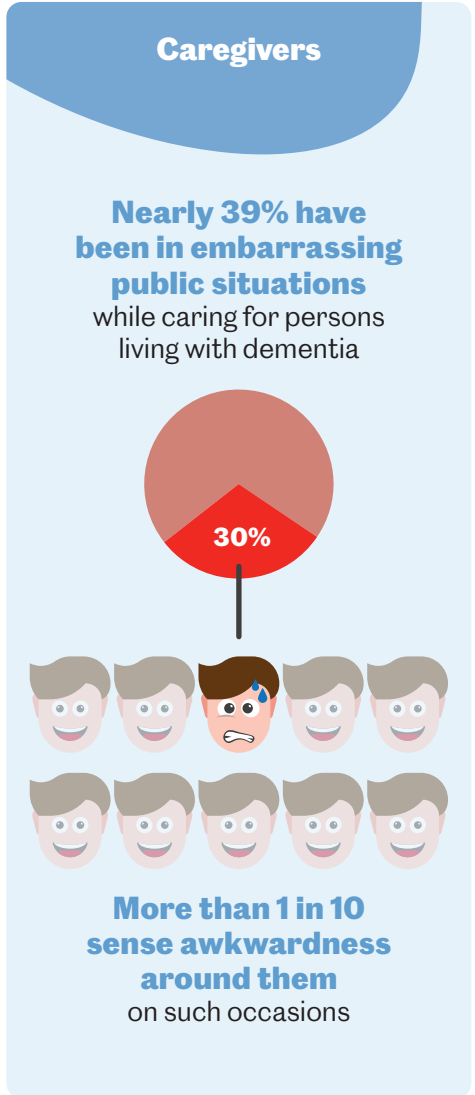
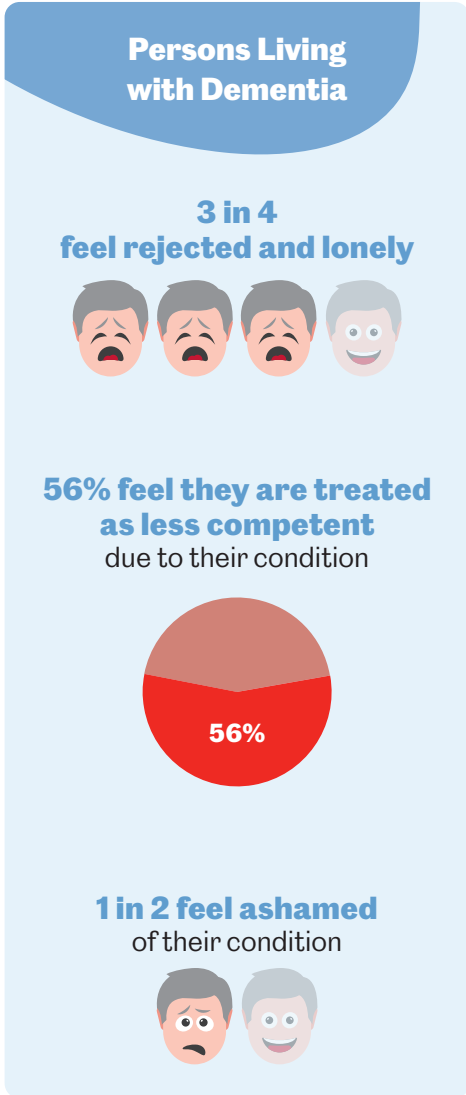


Source: Business Toolkit for a Dementia-Inclusive Singapore, [www.dementia.org.sg/business-toolkit](http://www.dementia.org.sg/business-toolkit)

<sup>1</sup> Subramaniam M. et al. (2015) Prevalence of Dementia in People Aged 60 Years and Above: Result from the WiSE Study. *Journal of Alzheimer's Disease*, vol. 45, no. 4, pp. 1127 – 1138

# Impact of dementia

In a Singapore-wide survey<sup>2</sup> on dementia in 2019, persons living with dementia and their caregivers experienced rejection, loneliness and shame, and felt incompetent.



<sup>2</sup> Singapore-wide survey by Singapore Management University and Dementia Singapore in 2019: 3 in 4 persons living with dementia feel rejection and loneliness, national survey on dementia finds. <https://dementia.org.sg/2019/05/06/smu-ada-survey-2019/>



## 2. What is Dementia



Dementia is a collection of different symptoms characterised by a progressive worsening of memory and intellect (cognitive abilities), orientation, or personality, that is caused by the diseases that affect the brain. It is not a natural part of ageing. Persons living with dementia may gradually find the following abilities challenging:

- Thinking and reasoning
- Remembering new information or recalling recent events
- Caring for oneself
- Learning new information and skills
- Problem-solving and making judgements

Dementia occurs when several changes take place in the brain. There are different types of dementia, each with different causes and symptoms. Being aware of the common types of dementia can help you better support your loved one.

# Types of dementia



## Alzheimer's Disease

Alzheimer's Disease is a progressive neurodegenerative disease caused by complex changes to the brain. It is associated primarily with memory loss and other intellectual abilities which interfere with daily life.

Visit [https://www.alz.org/alzheimers-dementia/what-is-alzheimers/brain\\_tour](https://www.alz.org/alzheimers-dementia/what-is-alzheimers/brain_tour) or scan the QR code to learn more about the brain and Alzheimer's Disease.



## Vascular Dementia

Vascular Dementia occurs when there is microscopic bleeding or blood vessel blockage in the brain, damaging the brain cells by depriving them of oxygen and nutrients. It is often related to atherosclerotic disease or stroke.

## Lewy Body Dementia

Lewy Body Dementia is associated with abnormal build-up of protein deposits in the brain called Lewy bodies, which damages the brain cells over time. Apart from the symptoms of Alzheimer's Disease, Lewy Body Dementia can result in symptoms similar to Parkinson's Disease.

## Fronto-Temporal Dementia

Fronto-Temporal Dementia is associated with the progressive degeneration of the nerve cells in the frontal (area behind the forehead) and temporal (region behind the ears) lobes of the brain. It also causes personality changes and behavioural issues.

## Alcohol-Related Dementia

Persons with excessive alcohol consumption over a lengthy period of time can cause damage to the brain and nervous system which can lead to increased risk of developing dementia.

Visit [www.aic.sg/body-mind/mental-health-elearning](http://www.aic.sg/body-mind/mental-health-elearning) or scan the QR code to learn more about dementia.





# 3. Normal Ageing vs Dementia

**How can you differentiate the normal ageing process from the symptoms of dementia?**

## Signs of normal ageing



### **Still able to pursue daily activities**

and function independently, despite occasional memory lapses.



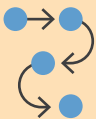
### **May require some time to remember**

directions and/or navigate new places.



### **Still capable in judgement**

and decision making.



### **Able to recall and describe**

significant events and instances.



### **May occasionally have difficulty finding the right word**

but has no problem in holding a conversation.





## Behaviours and symptoms that may indicate dementia



**Difficulty in performing simple daily tasks,**  
i.e. paying bills, dressing appropriately and washing up.  
Forgetting how to do things that they are normally very familiar with.



**Gets lost or appears disoriented**  
in familiar places and is unable to follow directions.



**Has difficulty choosing when presented**  
with many choices, may demonstrate improper judgement  
or socially inappropriate behaviour



**Unable to recall or describe instances,**  
especially with more recent events.



**Frequently forgets, misuses or garbles words.**  
Repeats phrases and stories unknowingly  
in the same conversation.



# 4. Common Signs and Symptoms of Dementia

## ABCD signs of dementia at different stages

There are several stages of dementia, with the experience different for each person. In most types of dementia, memory problems may be early signs. The deterioration in cognitive skills is gradual and in later stages, daily activities will become increasingly challenging without assistance.

### A Activities of Daily Living

Stages		
Mild	Moderate	Advanced
Still able to care for self in basic activities of daily living, i.e. personal hygiene, dressing	Requires assistance with dressing, personal hygiene, feeding, etc.	Unable to care for own hygiene, feeding oneself, going to the toilet, taking a shower
May have some difficulty with: <ul style="list-style-type: none"> <li>- Taking public transportation</li> <li>- Money management</li> <li>- Preparing meals</li> </ul>	High risk of falling	Likely to have mobility issues, could be bed-bound

### B Behaviour

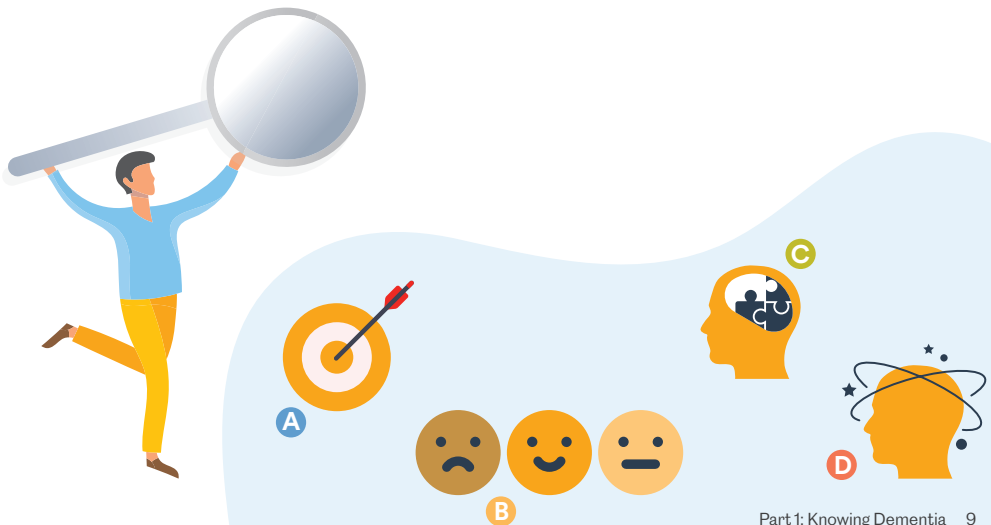
Stages		
Mild	Moderate	Advanced
Apathy; lack of interest in activities they used to engage in	Wandering	Crying, shouting or repetitive vocalisation as a means to communicate needs
Rapid mood changes	<ul style="list-style-type: none"> <li>• Repetitive actions/questions</li> <li>• Sleep reversal</li> <li>• Frustration at not being able to communicate well</li> <li>• May appear depressed, easily agitated, suspicious</li> </ul>	Refusing care due to confusion

## **C** Cognitive Decline

Stages		
Mild	Moderate	Advanced
Forgetfulness (short-term memory loss)	Vague long-term memory	Unable to recognise current self
Reduced judgement	Unable to recognise certain family members	Unable to communicate through language. May also be uncommunicative
Difficulty in following storylines and conversations	Difficulty in communication due to one's repetitive speech or inability to understand contexts	Sometimes unresponsive
<ul style="list-style-type: none"> <li>• Impaired abstract thinking</li> <li>• Difficulty finding the right words</li> <li>• Misplacing things</li> </ul>	Unable to remember own address or phone number	Unable to recognise common objects

## **D** Disorientation

Stages		
Mild	Moderate	Advanced
Occasionally feeling disoriented, but able to navigate between frequently visited places	<ul style="list-style-type: none"> <li>• Gets confused with concept of time</li> <li>• Gets lost in familiar places</li> </ul>	Unable to differentiate day and night





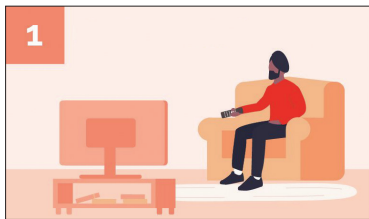
# 5. Risk Factors & Ways to Lower Risk of Dementia

There is no single cause for dementia. Rather, a combination of multiple factors is associated with the development of dementia. Family history and lifestyle factors, such as exercise patterns, dietary habits and stress levels, are examples of risk factors that may contribute to the onset of dementia.

Risk factors are characteristics which increase the likelihood of developing a disease. Their presence does not guarantee the development of the disease in question. For example, not everyone who smokes develops heart disease and not everyone with heart disease has been a smoker. However, a person who smokes is more likely to develop heart disease.

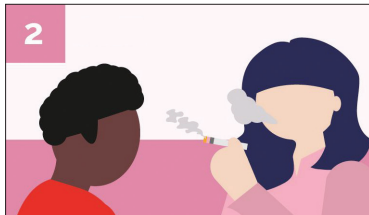
## Modifiable risk factors

Some risk factors can be modified. For example, being physically active and making lifestyle changes can reduce the risk of developing dementia. The modifiable risk factors include:



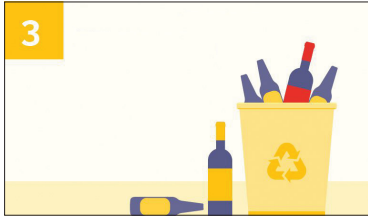
### 1. Physical inactivity

Regular physical activity is one of the best ways to reduce the risk of dementia. It is food for the heart, blood circulation, weight management and overall mental wellbeing. It can also help to lower cholesterol levels and maintain blood pressure at a healthy level, decreasing the risk of developing vascular dementia.



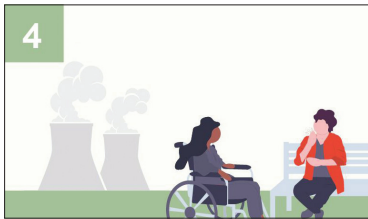
### 2. Smoking

Smoking greatly increases the risk of developing dementia, also adding complications for the lungs and heart while increasing the risk of other conditions, including diabetics, stroke, lung cancer and other cancers.



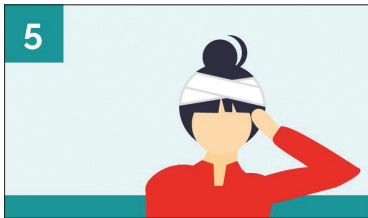
### 3. Excessive alcohol consumption

An excessive consumption of alcohol of more than 21 units per week significantly increases the risk of developing dementia, adding as a causal factor in more than 200 disease and injury conditions, a range of mental and behavioural disorders and other noncommunicable diseases.



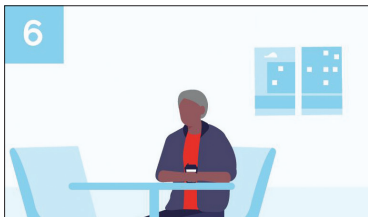
### 4. Air pollution

Research evidence suggests that air pollution increases the risk of developing dementia. It is recommended for policymakers to expedite improvements in air quality, particularly in areas with high air pollution.



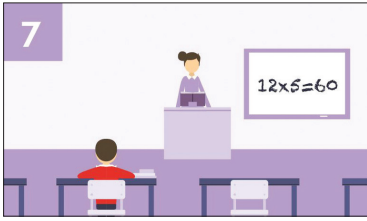
### 5. Head injury

Head injuries increase the risk of developing dementia. They are most commonly caused by vehicle accidents, military exposures, activities like boxing, football and other sports; firearms and violent assaults, and falls. Individuals can exercise a reasonable level of precaution when participating in activities such as wearing helmets during sports activities, and observing workplace safety measures.



### 6. Infrequent social contact

Engaging in frequent social activity may be the most enjoyable ways to reduce the risk of dementia. It is well-established that social interaction may delay the onset of dementia. Some theories suggested that social engagement may benefit brain health via brain stimulation, staving off dementia and depression in the process.



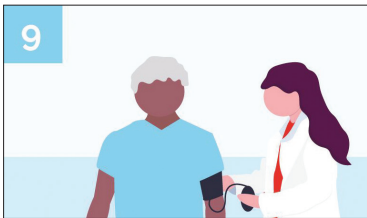
## 7. Lower levels of educational attainment

A low level of educational attainment in early life is one of the most significant risk factors for dementia. It is important to prioritise childhood education for all.



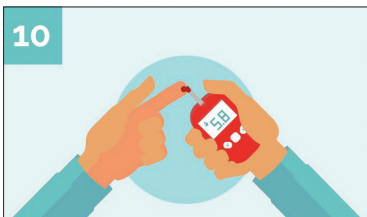
## 8. Mid-life obesity

Obesity is associated with an increased risk of dementia, especially in mid-life. It can be generally addressed through lifestyle changes such as diet and exercise.



## 9. Hypertension (high blood pressure)

Hypertension (high blood pressure) in mid-life increases a person's risk of dementia, amongst other health problems. Monitoring and keeping blood pressure at a healthy range is advised, and can be worked towards and maintained through lifestyle changes such as exercises, a balanced diet and stress management, and if necessary, medication for hypertension if prescribed by medical professionals.



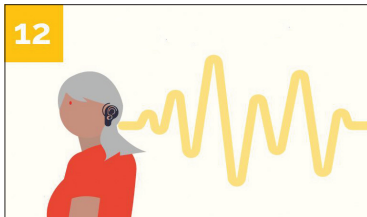
## 10. Diabetes

Persons with type 2 diabetes are advised to monitor their blood glucose level, and to manage it with dietary measures, regular exercise, and medication if prescribed by a doctor.



## 11. Depression, loneliness and social isolation

It is important to manage and treat depression as it is associated with increased disability, physical illnesses and other negative outcomes which themselves may be complicated care for a person living with dementia.



## 12. Hearing impairment

As hearing loss is one of the risk factors which affects the most people, it may be a particularly strategic factor to address in reducing the incidence of dementia.

Some content is reproduced with permission from Alzheimer's Disease International's article on Risk Factors and Risk Reduction found at <https://www.alzint.org/about/risk-factors-risk-reduction/>.



# Non-modifiable risk factors

Non-modifiable risk factors include age, genetics, gender and ethnicity.



## 1. Age

The greatest risk factor for dementia is age. Although age increases risk, dementia is not a normal part of ageing, and ageing is not a cause of dementia.



## 2. Genetics

There are more than 20 genes which affect a person's risk of developing dementia. The gene APOE was the first known to increase a person's risk of developing Alzheimer's disease, which is the most common cause of dementia, and it is currently still the strongest risk gene known. There are also genes which directly cause dementia, but these deterministic genes (genes that guarantee the development of a condition) are rare – they are estimated to account for less than 1% of dementia cases, and cause young-onset forms in which symptoms usually develop before the age of 60.



## 3. Gender

Women are more likely to develop Alzheimer's disease than men, even when the fact that women's lifespans are on average longer than men's is accounted for. The reasons for this are unclear.



## 4. Ethnicity

From a study investigating the prevalence of dementia in Singapore, Malays were found to have twice the risk of developing Alzheimer's Disease than Chinese, while Indians had more than twice the risk of developing Alzheimer's Disease and Vascular Dementia than Chinese. The reasons for this ethnic difference require further investigation.

Some content is reproduced with permission from Alzheimer's Disease International's article on Risk Factors and Risk Reduction found at <https://www.alzint.org/about/risk-factors-risk-reduction/>.



# Lowering your risk of dementia

These are some tips on how you can keep your mind active and lower the risk of developing dementia.

## Physical Activity

Exercising regularly will make your heart and blood circulatory system more efficient. It will also help to lower cholesterol and maintain your blood pressure at a healthy level, decreasing the risk of developing Alzheimer's Disease and Vascular Dementia. Examples of some light exercises include regular stretching, brisk walking and stationary cycling.

## Brain Activity

Keep your mind active. Mentally stimulating activities, such as puzzles, Sudoku and other word games serve as cognitive training that may offset or delay the setting in of dementia.

Scan the QR codes or visit the websites to enjoy some of these brain games or Silver Activities.



[www.lumosity.com](http://www.lumosity.com)



[www.silveractivities.com](http://www.silveractivities.com)

## Connectivity

Be physically and socially active. Physical activity and social interaction may delay the onset of dementia. To stay connected, you may head to your nearby community centres or senior activity centres available in the community.

## Diet

Maintain a healthy diet. Having a healthy diet is important for many reasons, but a diet rich in fruits, vegetables and omega-3 fatty acids – commonly found in certain fish and nuts – may promote overall health and offset or delay the setting in of dementia.

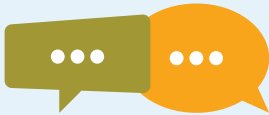


# 6. Seeking Diagnosis

## Importance of getting a diagnosis

**With timely diagnosis, caregivers can make informed decisions early.**

- ✓ Emotional relief for your loved one and family by knowing the causes early
- ✓ Timely access to information, resources and support on dementia; benefit from therapies that may stimulate cognition
- ✓ Maximise your loved one's quality of life
- ✓ Make plans for the future early; review financial and legal matters
- ✓ Your loved one may wish to participate in support groups to build friendship, and learn coping strategies through sharing of feelings and information



## Starting conversation on seeking diagnosis

If you suspect your loved one is displaying signs and symptoms of dementia, you should get him or her diagnosed and treated. However, starting a conversation with someone on this sensitive issue may not be easy. Often, someone experiencing the signs and symptoms of dementia may feel worried, helpless or in denial.

To encourage someone to talk when you are worried about how their memory loss has affected them, you can:

- 1 **Have the conversation in a familiar and relaxing place.**
- 2 **Cite examples of their behaviour to initiate awareness.**
- 3 **Have a frank conversation to discuss their needs and issues.**



Being diagnosed with dementia may come as a surprise to someone at first. However, with a clear diagnosis, persons living with dementia can get the information, treatment, management and support needed to manage the symptoms.

Depending on your loved one's comfort level, sharing concerns with family members early in the conversation can:

- 1 Coax your loved one to obtain a diagnosis and seek support.**
- 2 Prepare family members early for the caregiving role.**
- 3 Help both your loved one and their caregiver(s) to plan for the future ahead.**

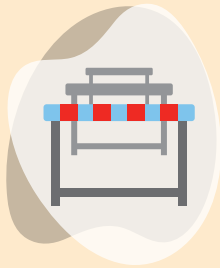
You do not need to get your loved one to agree to visit a doctor for a diagnosis in just one session. This is a difficult development to process, so it may take some time for him/her to accept it.

Here are some questions that you may use to start the conversation:

- 1 You seem worried; how can I help?**
- 2 You don't seem yourself today, how are you feeling?**
- 3 Are you ok? You seem to be concerned about something.**



## **When approaching your loved one to seek a diagnosis, understanding the stages may help you.**



### **The First Hurdle**

We often feel worried, helpless or go into denial upon receiving unexpected news. The progressive nature of dementia also makes it convenient for people to brush off the symptoms as either a natural part of ageing or a minor inconvenience. Any talk of it being a sign of something ominous or as a possible symptom of dementia is dismissed or explained away. Frequently misplacing things around the hours may spark the response ‘I’m so forgetful’, and an older person’s mood swings may appear to some as them simply being unreasonable or seeking attention.

Instead of waiting for a ‘defining incident’ to give dementia significance, put the truth gently to them. Stop making excuses for them and trivialising the signs. Do not point out all the signs and symptoms you observe, try to help your loved one to connect the dots. With the intention to guide him/her towards early detection and diagnosis, you may subtly provide information on the symptoms of dementia that may gradually reveal to them what he/she may be trying to deny.



## Seize The Opportunity

Often, your loved one's reluctance to see a doctor is a result of fear, denial or a desire to hold on to their decision-making abilities for as long as they are able to do so. Acknowledge their emotions and fears. Give them room to embrace their true emotions, but make use of opportunities to bring them to the doctor. For example, if your loved one is expressing concerns about cognitive symptoms or other health symptoms they acknowledge, you as a caregiver may take these opportunities to encourage them to go for a doctor's consultation where dementia-related symptoms could be raised.



## Reframe Your Approach

Knowing the barriers holding your loved one back from getting an early diagnosis is not sufficient. Ease their concerns by exploring these barriers with them and try to empathise with their emotions while providing assurance. Explain that seeing a doctor is the best course forward for them.

Try asking a favour from your loved one instead of repeatedly emphasising the importance of early diagnosis. Sometimes, loved ones will do something for others that they would not do for themselves. Reframing the purpose of the visit will help to provide clarity and make things less intimidating for your loved one with dementia.

Visit [www.dementiahub.sg](http://www.dementiahub.sg) or scan the QR code for more information.



## You may obtain a diagnosis by:

- 1 Contacting any of the memory clinics in Singapore in the table below.

<b>Tan Tock Seng Hospital</b>	Geriatric Medicine Clinic [basement 1] 11 Jalan Tan Tock Seng Singapore 308433	Tel: 6359 6100 Fax: 6359 6101
<b>Institute of Mental Health</b>	Psychogeriatric Clinic 10 Buangkok View Singapore 539747	Tel: 6389 2200 Fax: 6385 1075
<b>National University Hospital</b>	Neuroscience Clinic 5b Lower Kent Ridge Road Singapore 119074	Tel: 6779 5555 Fax: 6779 5678
<b>Changi General Hospital</b>	Geriatric Clinic 2 Simei Street 3 Singapore 529889	Tel: 6850 3510 Fax: 6787 2141
<b>Sengkang General Hospital</b>	Department of General Medicine 110 Sengkang East Way Singapore 544886	Tel: 6930 5000 appointments@skh.com.sg
<b>Singapore General Hospital</b>	Department of Neurology Outram Road Singapore 169036	Tel: 6321 4377 Fax: 6220 3321 appointments@sgh.com.sg
<b>NNI @ TTSH Campus</b>	Neuroscience Clinic, Level 1 National Neuroscience Institute 11 Jalan Tan Tock Seng Singapore 308433	For appointment Tel: (65) 6357 7095 Fax: (65) 6357 7103 appointments@nni.com.sg
<b>Ng Teng Fong General Hospital</b>	Geriatric Medicine 1 Jurong East Street 21 Singapore 609606	Tel: 6716 2000 (24 hours) Tel: 6716 2222 (appointment)

- 2 Approaching General Practitioners (GPs) and Polyclinics who are certified to support and provide mental health assessment and diagnosis. You may also approach our Community Outreach Teams (CREST) and Community Intervention Teams (COMIT) for screening, intervention, and caregiver support.

Visit [www.aic.buzz/mindmatters-directory](http://www.aic.buzz/mindmatters-directory) or scan the QR code for the listing of services. You may also refer to the directory listings from the insert.



- 3 Calling the following helplines for more information.
  - a) Agency for Integrated Care (AIC) Hotline: 1800 650 6060
  - b) Dementia Helpline by Dementia Singapore: 6377 0700
  - c) HealthLine by Health Promotion Board (HPB): 1800 223 1313

# 7. Treating Dementia

Presently, there is no cure for dementia. There are, however, medications that may help improve the behavioural symptoms of dementia and slow down the symptomatic progression of the condition.

Although slight improvements or stabilisation of symptoms can at times be seen, these ultimately do not put a stop to the condition or restore mental health.

## Types of medications

The following are the medications commonly used to relieve some symptoms of dementia:

### Acetylcholinesterase Inhibitors

- Help maintain mental function
- Donepezil (Aricept), Rivastigmine (Exelon) and Galantamine (Reminyl)
- Primarily to treat mild to moderate stage of dementia although there is also evidence of effectiveness in advanced dementia
  - \* Exelon is available in a patch form to be stuck onto the skin

### Memantine

- Treat moderate to advanced stage of dementia
- Alternative if patients cannot tolerate Acetylcholinesterase inhibitors
- Can be used on its own or in combination with Acetylcholinesterase Inhibitors

### Antipsychotics, Antidepressants, Mood Stabilisers and Sedatives

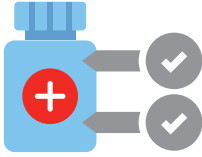
- Used to treat various challenging and disruptive behaviours such as anxiety, aggression, agitation and sleep problems

Note: Some medications may have side effects. Consult your doctor or pharmacist on what they are. Do not make adjustments to your loved one's medication routine without seeking medical advice first.

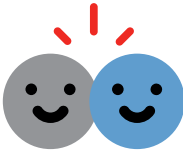


## Tips on medication management

Here are some tips about medication management for persons living with dementia. Do not hesitate to consult your pharmacist for more information.



If your loved one forgets to take his/her medications, administer it as soon as you can. However, if it is almost time for the next dose, skip the missed dose and resume at the next dose. **Do not double the dose to make up for the missed dose.** Take note of missed or irregular doses and inform the care team.



Inform the doctor and pharmacist if your loved one is taking any other chronic medications, herbal concoction, supplements or nutritional products, as these may interact with his or her medications. **Be open with the doctor to avoid conflicts in medication.**



**Note down timings when your loved one takes his/her medications.** This will be helpful if your loved one has a lot of medications, or when the main caregiver passes caregiving duties to other family members during times of respite or overseas travel.

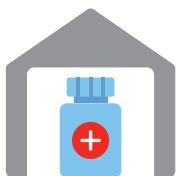


As a caregiver, **it is important for you to be aware of possible side effects of medication and to look out for them.** Your loved one may have difficulty finding the words to alert you to any side effects he or she is going through.





**Take note of medications that may cause drowsiness**, to decrease the risk of falling, especially in seniors.



**Be attentive to special storage instructions.** Store medications in a cool and dry place, away from direct light and heat. Some medications may require refrigerated storage conditions.



**Administer medications as per the doctor's instruction.** Do not stop any medication without first consulting the doctor or pharmacist.





# 8. Building A Caring and Dementia-Friendly Singapore



Together, we can build a more inclusive community.

Be **Aware.**  
Be **Kind.**  
Be **Understanding.**



Scan the QR code to Like and follow **Dementia-Friendly Singapore** Facebook page for more information and guides. Leave a message on our Facebook page to get in touch!



# What is a Dementia-Friendly Singapore

## How Can a Dementia-Friendly Singapore Support You and Your Loved One?

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.

## What is a Dementia-Friendly Community (DFCs)?

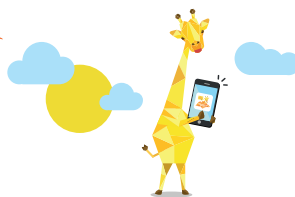
A Dementia-Friendly Community (DFC) is one whereby people know about dementia and mental wellness. Persons living with dementia and their families feel included, involved and supported in the community.



People are **ENGAGED** and know the signs of dementia, how to communicate as well as how to offer assistance.



Persons living with dementia, caregivers and seniors are **EMPOWERED** with preventive activities, memory screening, resources and services.



Community partners are **ENABLED** through collaborations on enhanced environment designs and technological enablers to create a safe and inclusive environment.

## How does a DFC support you and your loved one



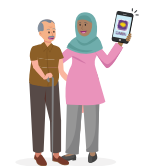
### Raise Community Awareness

Residents, grassroots and front line staff of businesses know about dementia, and offer help when they encounter someone with dementia in the neighbourhood.



### Prevention and Early Identification

Seniors at risk can go for targeted screenings organised by service partners in the community and seek help early if a result is positive. They can also participate in activities that lower dementia risk.



### Care and Support

Service providers provide service linkage, facilitate referrals, care coordination and management to persons living with dementia and caregivers.



### Enhancing the Environments

Corporates, facility and transport operators enhance their corporate practices or built environment so that persons with dementia can navigate safely and with ease.

## Dementia Go-To Points



Go-To Points 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:

### 1. Resource Centre

The general public and caregivers can get educational resources and helpful information on dementia here.

### 2. Safe Return Point

Members of the public can bring persons living with dementia who may appear lost and are unable to find their way home for staff assistance here.

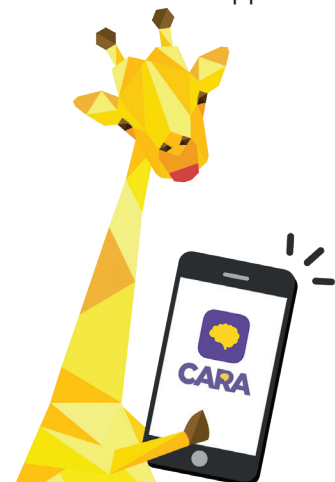
Visit <https://www.healthhub.sg/directory/dementia-go-to-points> or scan the QR code to find the locations of the GTPs.



## Technology Enablers - 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:

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



## Services

In each DFC, there is a community outreach team, also known as CREST, which promotes the DFC, driving the provision of care programmes, mental health and dementia care services. The following are the CREST teams in the respective DFCs:

DFC	Service Providers
1. Yishun	Montfort Care (Tel: 6484 8040)
2. Hong Kah North	REACH Community Services Society (Tel: 6801 0730)
3. MacPherson	Brahm Centre Ltd (Tel: 6741 1131)
4. Queenstown	Fei Yue Community Services (Tel: 6471 0116)
5. Bedok	Montfort Care (Tel: 6312 3988)
6. Fengshan	The Salvation Army (Tel: 6581 9225)
7. Teck Ghee	AMKFSC Community Services LTD. (Tel: 6232 7508)
8. Taman Jurong	NTUC Health Co-operative Ltd (Tel: 8223 1135)
9. Bukit Batok East	Singapore Anglican Community Services (Tel: 6262 1183)
10. Woodlands	AWWA Ltd (Tel: 9784 9247)
11. Toa Payoh West - Thomson	Care Corner Seniors Services Ltd (Tel: 6258 6601)
12. Toa Payoh East	Care Corner Seniors Services Ltd (Tel: 6258 6601)
13. Kebun Baru	AMKFSC Community Services LTD. (Tel: 6232 7508)
14. Yio Chu Kang	AWWA Ltd (Tel: 96217856)
15. Clementi	Fei Yue Community Services (Tel: 6351 9555)
16. Marine Parade	Montfort Care (Tel: 6445 0570)

## Caregiver Support Network

Caregiver Support Network (CSN) were developed with the intention of enabling caregivers to care for themselves and to become pillars of support for one another.

There are 3 key focus areas, namely Self-care, Peer Support Network and Recognition. We hope that CSNs can promote awareness of the different needs required to support caregiving. Refer to book 2 'Caring for Yourself', page 28 to find out more about CSN.

# How can you play a part

Here are some different roles individuals can play to make Singapore more supportive for persons living with dementia and their caregivers.

Stages	As an individual	As an organisation	As a community
<b>Awareness (I KNOW)</b>	<p><b>Aware</b> of dementia</p> <p><b>Know</b> the signs and symptoms</p>	<p><b>Aware</b> of the importance of building a Dementia-Friendly Community and nation</p>	<p><b>Aware</b> of activities that support this movement</p>
<b>Friendliness (I CAN)</b>	<p><b>Help</b> keep a lookout and offer support to persons living with dementia</p>	<p><b>Improve</b> the environment to better support persons living with dementia</p> <p><b>Advocate</b> a Dementia-Friendly environment that enhances understanding towards persons living with dementia</p>	<p><b>Organise</b> activities that allow persons living with dementia and caregivers to interact with others within the community</p> <p><b>Link</b> people to the available resources and support</p>
<b>Inclusiveness (I WANT)</b>	<p><b>Show support and participate</b> in activities to build a Dementia-Friendly Community</p>	<p><b>Promote</b> dementia awareness, early identification and preventive care</p> <p><b>Share</b> useful resources on dementia</p>	<p><b>Advocate</b> building an inclusive community</p> <p><b>Rally</b> others to be a part of this movement</p>

# Dementia-Friendly Singapore (DFSG) Movement

#DementiaFriendlySG Movement – Let’s Build a Caring and Dementia-Friendly Singapore Together!

On 20 November 2022, the Agency for Integrated Care (AIC) officially launched the inaugural campaign to spearhead the national movement to make Singapore dementia-friendly. The social movement aims to rally the society as individuals, community and businesses to play a part in building a caring and dementia-friendly Singapore. It aims to raise greater public awareness about dementia and encourage every individual to lend a helping hand as a Dementia Friend. It is important for our ageing nation to build a caring and supportive environment for persons living with dementia to continue living a fulfilling life in the community.

The movement was part of the Dementia-Friendly Singapore (DFSG) initiative, announced in 2016 by the Ministry of Health to address the growing dementia prevalence in Singapore. Led by AIC, the campaign hopes to spread the message on the importance of creating an inclusive society and advocate ways that anyone can become a Dementia Friend in supporting persons living with dementia in the community.



Scan the QR code to Like and follow **Dementia-Friendly Singapore** Facebook page for more information. Leave a message on our Facebook page to get in touch!



## Build a Dementia-Friendly Environment through Corporate Engagement

### Transportation

Enhancing the commuting experience as it’s an essential service for you and your loved one to travel from one place to another

### Retail

Increasing services touchpoints to create more community nodes in reaching out to the masses on dementia awareness



### Banking & Finance

Improving financial literacy to allow you and your loved one to better financial planning

### Building

Improving infrastructures to enable you and your loved one to have better access (ie. wayfinding) and navigate around the neighbourhood safely

### Arts & Leisure

Promoting mental wellness through the promotion of services that help to increase quality of life for you and your loved one

# Assisting persons living with dementia in public

## Be KIND when you come across a person living with dementia

**K**



### **KEEP a lookout**

For persons who show the ABCD signs and other symptoms of dementia

**I**



### **INTERACT with patience**

Be patient and ask, "Can I help?"  
• Talk and communicate slowly, with \*CARE

**N**



### **NOTICE the persons' needs and offer help**

- If the person appears lost, ask for the next-of-kin's whereabouts or contact number
- Look for identification with next-of-kin's details

**D**



### **DIAL for help**

- Call the next-of-kin
- In the event of emergency, call the police at 999



It is important that you communicate with \*CARE to persons living with dementia.

**C**



### **CLEAR and simple when talking to persons living with dementia**

- Speak clearly at a slower pace
- Maintain a calm and comforting tone
- Use short and simple sentences

**A**



### **ACKNOWLEDGE his/her concerns**

- Smile
- Maintain eye contact
- Put the person at ease
- Be attentive when listening to the person
- Prepare to spend more time with the person

**R**



### **RESPECTFUL and reassuring**

- Bring the person to a quiet location
- Give the person time to think and respond
- Use a friendly and caring tone
- Give the person plenty of encouragement

**E**



### **ENGAGE to provide comfort and build trust**

- Create a comforting presence when talking to the person
- Build a trusting relationship with the person
  - Introduce yourself
  - Assure the person you are there to help him or her
- Ask simple questions to help him or her regain self-awareness
  - “Who did you come with?”
  - “Where are you going?”
  - “What would you like me to do?”
  - “How would you like me to help you?”
  - “Do you want us to give \_\_\_\_\_ a call”



# 9. Resources & References

## Learn more about dementia

Equip yourself with knowledge through **e-learning**.

Visit [www.aic.buzz/mh-elearning](http://www.aic.buzz/mh-elearning) or scan the QR code.



Find out more about dementia from **DementiaHub.SG**, Singapore's one-stop resource platform on dementia.

Visit [www.dementiahub.sg](http://www.dementiahub.sg) or scan the QR code.



## Make Your Home Dementia Friendly

Learn tips on designing or improving your home to be dementia-friendly.

Visit [www.aic.buzz/DFhome](http://www.aic.buzz/DFhome) or scan the QR code.



## Bond and Engage With Your Loved Ones

Explore cooking simple and nutritional meals for your loved one at home. Check out the recipes from the **Care. Cook. Inspire** cookbook.

Visit [www.aic.buzz/cookbook-care-cook-inspire](http://www.aic.buzz/cookbook-care-cook-inspire) or scan the QR code.



## Caregiver Support

Learn more about **Caregiving** and its resources available.

Visit [www.aic.buzz/CG-brochures](http://www.aic.buzz/CG-brochures) or scan the QR code.



Be connected to an ecosystem of solutions via a mobile application, **CARA**, Dementia Singapore's pioneering membership programme providing a lifestyle and community digital platform for persons living with dementia and caregivers.

Visit [www.cara.sg](http://www.cara.sg) or scan the QR code.



## Other Resources

### Agency for Integrated Care website

Visit [www.aic.buzz/dementia-brochures](http://www.aic.buzz/dementia-brochures) or scan the QR code.



### Dementia Friendly Singapore Facebook Page

Visit [www.facebook.com/DementiaFriendlySingapore](http://www.facebook.com/DementiaFriendlySingapore) or scan the QR code.



### Let's Build a Caring and Dementia-Friendly Singapore Together!

Visit [www.aic.buzz/dfc-accordion-eng](http://www.aic.buzz/dfc-accordion-eng) (English),

Visit [www.aic.buzz/dfc-accordion-chi](http://www.aic.buzz/dfc-accordion-chi) (Chinese), or scan the QR codes.



**Forget Us Not** is an initiative that strives to foster a kampong spirit for persons living with dementia to lead normal and dignified lives in the community. There are useful videos for caregivers here.

Visit [www.forgetusnot.sg](http://www.forgetusnot.sg) or scan the QR code.



# The Heart of Care



Click  
[www.aic.sg](http://www.aic.sg)



Call  
**1800 650 6060**



Visit  
**AIC Link**

The Agency for Integrated Care (AIC) aims to create a vibrant care community for people to live well and age gracefully. AIC coordinates and supports efforts in integrating care to achieve the best care outcomes for our clients.

We reach out to caregivers and seniors with information on staying active and ageing well, and connect people to services they need.

We support stakeholders in their efforts to raise the quality of care, and also work with health and social care partners to provide services for the ageing population.

Our work in the community brings care services and information closer to those in need.