



Supported by QiC

## SUPPORT AND SERVICES FOR PERSONS LIVING WITH DEMENTIA AND CAREGIVERS

- Write in to [ccmh@aic.sg](mailto:ccmh@aic.sg)
- Call the **Agency for Integrated Care (AIC)** at Tel: 1800 650 6060 (Monday – Friday, 8.30am – 8.30pm & Saturday, 8.30am – 4pm)

### HELPLINES

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

Organisation	Details	Helpline Numbers
<b>Brahm Centre Assistline</b>	For anybody in distress who needs an empathetic ear and emotional support	6655 0000 8823 0000 – WhatsApp available (Daily from 9am – 10.30pm)
<b>Caregivers Alliance Limited Helpline</b>	For caregivers who are caring for persons living with dementia and living with mental health issues	6460 4400 (Monday – Friday, 9am – 6pm)
<b>Care Corner Counselling Hotline (Mandarin)</b>	For those who need counselling and advice	1800 353 5800 (Monday – Sunday, except public holidays, 10am - 10pm)
<b>Dementia Hotline (by Dementia Singapore)</b>	For caregivers who are caring for persons living with dementia	6377 0700
<b>Samaritans of Singapore (SOS)</b>	For anybody in crisis and persons with suicidal tendencies	Hotline: 1-767 CareText Whatsapp: 91511767 (24 hours)
<b>Silver Ribbon Singapore</b>	Online emotional support	6386 1928 (Monday – Friday, 9am – 5pm, excluding public holiday)

### GOVERNMENT HOSPITALS

<b>Changi General Hospital</b>	6788 8833
<b>Kho Teck Puat Hospital</b>	6555 8000
<b>National University Hospital</b>	6779 5555 / 6772 5000 (A&E)
<b>Ng Teng Fong General Hospital</b>	6716 2000
<b>Sengkang General Hospital</b>	6930 6000
<b>Singapore General Hospital</b>	6222 3322 / 6321 4311 (A&E)
<b>Tan Tock Seng Hospital</b>	6256 6011 / 6357 8754 (A&E)

## SUPPORT AND SERVICES ON DEMENTIA

The **Community Outreach Team (CREST)** focuses on raising public awareness of mental health conditions and dementia, promotes early recognition of at-risk individuals, provides emotional support to individuals and their caregivers and links individuals to relevant health and social care services when necessary.

\* The Caregiver Community Outreach Team (CREST-Caregivers) focuses on caregivers who have or are at risk of developing depression, anxiety and burn-out due to their caregiving role. The team increases public awareness of caregiving concerns, promote identification of caregiver needs, supports caregivers in self-care and links caregivers up with support groups and counselling services where needed.

Support Services	Contact Details
<b>East</b>	
<b>AMKFSC Community Services</b> Blk 182 Rivervale Crescent #01-311 S540182	Tel: 6385 0260
<b>Brahm Centre</b> Blk 227 Simei Street 4 #01-50 S520227	Tel: 6786 0800
<b>Brahm Centre</b> Blk 473 Tampines Street 43 #01-94 S520473	Tel: 6908 2122
<b>Club HEAL</b> Blk 148 Pasir Ris Street 13 #01-24 S510148	Tel: 6899 3463
<b>Fei Yue Community Services</b> Blk 376C Hougang Street 32 #01-32 S533376	Tel: 6011 7650 Tel: 6011 7656
<b>Filos Community Services</b> Blk 55 Chai Chee Drive #01-222 S460055	Tel: 6241 1503
<b>Montfort Care</b> Blk 551 Bedok North Avenue 1 #01-550 S460551	Tel: 6312 3988
<b>Montfort Care</b> Blk 52 Marine Terrace #01-189 S440052	Tel: 6702 0212
<b>Salvation Army</b> Blk 187 Bedok North Street 4 #01-02 S460187	Tel: 6581 9225
<b>Central</b>	
<b>AMKFSC Community Services</b> Blk 420 Ang Mo Kio Avenue 10 #01-1143 S560420	Tel: 6232 7508
<b>AWWA</b> Blk 123 Ang Mo Kio Avenue 6 #01-4011 S560123	Tel: 9621 7856
<b>Brahm Centre</b> Blk 55 Pipit Road #01-01 S370055	Tel: 6741 1131
<b>Care Corner Seniors Service Ltd</b> Blk 62B Lorong 4 Toa Payoh #02-121 S312062	Tel: 6258 6601
<b>Montfort Care</b> Blk 28 Telok Blangah Rise #01-219 S090028	Tel: 6274 6904
<b>NTUC Health</b> Blk 121 Bukit Merah View #01-96 S151121	Tel: 8612 8302
<b>O'Joy Limited</b> Blk 5 Upper Boon Keng Road #02-10 S380005	Tel: 6749 0190
<b>Silver Ribbon (Singapore)</b> Blk 208 Serangoon Central #01-238 S550208	Tel: 6386 1928
<b>Singapore Anglican Community Services</b> Blk 5 Beach Road #02-4915 S190005	Tel: 6291 2473
<b>Thye Hua Kwan Moral Charities</b> Blk 44 Beo Crescent #01-57 S160044	Tel: 6924 2951
<b>TOUCH Community Services</b> Blk 433 Ang Mo Kio Avenue 10 #01-1415 S560433	Tel: 6804 6555
<b>Viriya Community Services</b> Blk 142 Potong Pasir Ave 3 #01-224 S350142	Tel: 9690 2989

## North

<b>AWWA</b> Blk 740 Yishun Avenue 5 #01-490 S760740	Tel: 9784 9247
<b>Club HEAL</b> Blk 317 Woodlands Street 31 #01-194 S730317	Tel: 6899 3463
<b>Montfort Care</b> Blk 838 Yishun Street 81 #01-322 S760838	Tel: 6484 8040

## West

<b>Fei Yue Community Services</b> Blk 634B Senja Road #02-227 S672634	Tel: 6011 7653
<b>Fei Yue Community Services</b> Blk 574 Choa Chu Kang Street 52 #01-296 S680574	Tel: 6011 7655
<b>Fei Yue Community Services</b> Blk 107 Commonwealth Crescent #01-230 S140107	Tel: 6011 7651
<b>Fei Yue Community Services</b> Blk 11 Teck Whye Lane #01-222 S680011	Tel: 6011 7654
<b>NTUC Health</b> Blk 361 Yung An Road #01-111 S610361	Tel: 8223 1135 Tel: 6267 4197
<b>REACH Community Services</b> Blk 377A Bukit Batok Street 31 #01-24 S651377	Tel: 6801 0876 Tel: 6801 0878
<b>Singapore Anglican Community Services</b> Blk 374 Jurong East Street 32 #01-486 S600374	Tel: 6262 1183
<b>Viriya Community Services</b> Blk 646 Jurong West Street 61 #01-142 S640646	Tel: 9690 2989

## Nationwide

<b>*Caregivers Alliance Limited</b> 491-B River Valley Road #04-04 Valley Point Office Tower S248373	Tel: 6460 4400
<b>*Club HEAL</b> Blk 254 Bukit Batok East Avenue 4 #01-229 S650254	Tel: 6899 3463
<b>Dementia Singapore</b> 20 Bendemeer Road #01-02 BS Bendemeer Centre S339914	Tel: 6377 0700
<b>*Dementia Singapore</b> 298 Tiong Bahru Road #10-05 Central Plaza S168730	Tel: 6389 5389

The **Community Intervention Team (COMIT)** provides assessment, counselling, therapy, case management and psychoeducation support for clients with mental health issues and dementia, including their caregivers. COMIT works closely with the community outreach teams, General Practitioners, Polyclinics and other community partners to provide holistic care to clients.

Support Services	Contact Details
<b>East</b>	
<b>AMKFSC Community Services</b> Blk 677B Punggol Drive #01-774 S822677	Tel: 6904 9817
<b>Brahm Centre</b> Blk 473 Tampines Street 43 #01-94 S520473	Tel: 6908 2122
<b>Brahm Centre</b> Blk 227 Simei Street 4 #01-50 S520227	Tel: 6786 0800
<b>Filos Community Services</b> Blk 55 Chai Chee Drive #01-222 S460055	Tel: 6241 1503
<b>Montfort Care</b> Blk 551 Bedok North Ave 1 #01-550 S460551	Tel: 6312 3988
<b>Central</b>	
<b>Montfort Care</b> Blk 28 Telok Blangah Rise #01-219 S090028	Tel: 6274 6904
<b>Montfort Care</b> Blk 223, Mountbatten Road, #02-18, Singapore 398008	Tel: 6242 3309
<b>Tsao Foundation</b> 298 Tiong Bahru Road, Central Plaza #15-01/06 S168730	Tel: 6661 9539

Support Services	Contact Details
<b>North</b>	
<b>Club HEAL</b> Blk 317 Woodlands Street 31 #01-194 S730317	Tel: 6899 3463
<b>Montfort Care</b> Blk 838 Yishun Street 81 #01-322 S760838	Tel: 6484 8040
<b>West</b>	
<b>Fei Yue Community Services</b> Blk 574 Choa Chu Kang Street 52 #01-296 S680574	Tel: 6011 7658
<b>St. Luke's Hospital</b> 2 Bukit Batok Street 11 S659674	Tel: 6895 2794
<b>Viriya Community Services</b> Blk 646 Jurong West Street 61 #01-142 S640646	Tel: 9690 2989
<b>Nationwide</b>	
<b>Club HEAL</b> Blk 254 Bukit Batok East Avenue 4 #01-229 S650254	Tel: 6899 3463
<b>Dementia Singapore</b> 20 Bendemeer Road #01-02 BS Bendemeer Centre S339914	Tel: 6377 0700

## RESPITE CARE SERVICES

Respite care provides much needed short-term breaks that can relieve stress and restore energy. Apart from working with family members, relatives, friends, neighbours, or hiring a domestic helper, there are commercial respite care options that allow you to take short breaks. Caregivers can use this short time to rest, pursue their own hobbies or run personal errands. For the most updated list, you can refer to the AIC website at [www.aic.sg](http://www.aic.sg).

## CENTRE-BASED WEEKEND RESPITE SERVICES

Centres and Operating Hours	Contact Details
<b>Central</b>	
<b>Active Global Active Aging Hub @ Telok Blangah Parcview</b> 92 Telok Blangah Street 31 #01-255 S100092	Tel: 6536 0086 <a href="http://www.activeglobalcaregiver.sg">www.activeglobalcaregiver.sg</a>
<b>SASCO Day Activity Centre for the Elderly (DACE)</b> 30 Telok Blangah Rise #01-316 S090030	Tel: 6273 5183 <a href="http://www.sasco.org.sg">www.sasco.org.sg</a>
<b>East</b>	
<b>Peacehaven Changi Day Centre</b> 9 Upper Changi Road North S507706	Tel: 6546 5669 <a href="http://www.salvationarmy.org.sg">www.salvationarmy.org.sg</a>
<b>St Luke's Eldercare (Marine Parade)</b> 86 Marine Parade Central #01-670 S440086	Tel: 6284 1089 <a href="http://www.slec.org.sg">www.slec.org.sg</a>
<b>West</b>	
<b>Active Global Active Aging Hub @ Ghim Moh Edge</b> 31A Ghim Moh Link #01-11 S272031	Tel: 6536 0086 <a href="http://www.activeglobalcaregiver.sg">www.activeglobalcaregiver.sg</a>
<b>SASCO Integrated Eldercare Centre</b> 704 West Coast Road #01-431 S120704	Tel: 6464 0342 <a href="http://www.sasco.org.sg">www.sasco.org.sg</a>
<b>St Luke's Eldercare (Keat Hong)</b> 801 Keat Hong Close #01-02 S680801	Tel: 6891 0370 <a href="http://www.slec.org.sg">www.slec.org.sg</a>
<b>North &amp; North East</b>	
<b>St Luke's Eldercare (Nee Soon Central)</b> 766 Yishun Avenue 3 #01-295 S760766	Tel: 6759 9053 <a href="http://www.slec.org.sg">www.slec.org.sg</a>
<b>St Luke's Eldercare (Sumang)</b> 222 Sumang Lane #01-01 S820222	Tel: 6244 8031 <a href="http://www.slec.org.sg">www.slec.org.sg</a>

## CAREGIVER SUPPORT GROUPS

Caregiver support groups can be made up of care partners, spouses, family members and friends of those caring for persons living with mental health conditions and dementia. It offers caregivers support, information and resources. It also encourages caregivers to share information, give and receive support, and exchange practical suggestions with one another. Most of the support groups listed provide nationwide services.

Caregiver Support Groups	Contact Details
<b>Central</b>	
<b>AMKFSC Community Service</b> Block 420 Ang Mo Kio Avenue 10 #01-1143 S560420	Tel: 6453 5364
<b>Caregivers Alliance Limited</b> 491-B River Valley Road #04-04 Valley Point Office Tower S248373	Tel: 6460 4400 <a href="http://www.cal.org.sg">www.cal.org.sg</a>
<b>Dementia Singapore - Caregiver Support Services</b> 20 Bendemeer Road #01-02 BS Bendemeer Centre S339914	Tel: 6377 0700 <a href="http://www.dementia.org.sg">www.dementia.org.sg</a>
<b>Dementia Singapore - Dementia Social Club</b> 298 Tiong Bahru Road #10-05 Central Plaza S168730	Tel: 6856 4606 <a href="http://www.dementia.org.sg/club">www.dementia.org.sg/club</a>
<b>National Neuroscience Institute Dementia Support Group</b> 11 Jalan Tan Tock Seng S308433	Tel: 9720 8718 (call or SMS for registration purpose only) Email: <a href="mailto:mei_mei_nyu@nni.com">mei_mei_nyu@nni.com</a> <a href="http://www.nni.com.sg/patient-care/dementia-support-group-meetings">www.nni.com.sg/patient-care/dementia-support-group-meetings</a>
<b>Singapore General Hospital Dementia Support Group</b> Outram Road S169608	Tel: 6222 3322 <a href="http://www.sgh.com.sg/patient-care/inpatient-day-surgery/support-groups">www.sgh.com.sg/patient-care/inpatient-day-surgery/support-groups</a>
<b>TOUCH Caregivers Support</b> Blk 444 Ang Mo Kio Avenue 10 #01-1603 S560444	Tel: 6804 6555 Email: <a href="mailto:caregivers@touch.org.sg">caregivers@touch.org.sg</a> <a href="http://www.touch.org.sg/caregivers">www.touch.org.sg/caregivers</a>
<b>North</b>	
<b>AWWA</b> Blk 740 Yishun Avenue 5 #01-490 S760740	Tel: 9784 9247
<b>Khoo Teck Puat Hospital Dementia Support Group</b> 90 Yishun Central S768828	Email: <a href="mailto:ktph.memorycare@ktph.com.sg">ktph.memorycare@ktph.com.sg</a>
<b>Montfort Care</b> Blk 838 Yishun Street 81 #01-322 S760838	Tel: 6484 8040 Email: <a href="mailto:goodlife-Yishun@montfortcare.org.sg">goodlife-Yishun@montfortcare.org.sg</a>
<b>East</b>	
<b>Filos Community Services</b> Blk 55 Chai Chee Drive #01-222 S460055	Tel: 6241 1503 <a href="http://www.filos.sg">www.filos.sg</a>
<b>Montfort Care</b> 551 Bedok North Avenue 1 #01-550 S460551	Tel: 6312 3988 Email: <a href="mailto:goodlifebd@montfortcare.org.sg">goodlifebd@montfortcare.org.sg</a>
<b>West</b>	
<b>Caregiving Welfare Association</b> Blk 3 Ghim Moh Road #01-294 S270003	Tel: 6466 7957 / 6466 7996 <a href="http://www.cwa.org.sg">www.cwa.org.sg</a>
<b>Club HEAL</b> Blk 254 Bukit Batok East Avenue 4 #01-229 S650254	Tel: 6899 3463

Caregiver Support Groups	Contact Details
<b>West</b>	
<b>Fei Yue Community Services</b> Blk 107 Commonwealth Crescent #01-230 S140107	Tel: 6471 0116 <a href="http://www.fyccs.org">www.fyccs.org</a>
<b>REACH Community Services</b> Blk 377A Bukit Batok Street 31 #01-24 S651377	Tel: 6801 0878 / 6801 0876 Email: <a href="mailto:crest-ss@reach.org.sg">crest-ss@reach.org.sg</a> <a href="https://www.reach.org.sg/">https://www.reach.org.sg/</a>

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

If you wish to find out more information about any of the services in this list, it is advisable to call the numbers provided before making a trip down.

<b>AIC Link @ Changi General Hospital</b> 2 Simei Street 3 S529889 Discharge Lounge at Main Building Level 1 Atrium (next to Pharmacy B)	<b>AIC Link @ Outram Community Hospital</b> 10 Hospital Boulevard S168582 Patient Service Centre Level 2 (opposite Koufu Food Court)
Operating Hours: Mondays to Fridays: 9.30am – 5.30pm Saturdays: 9am – 12.30pm Closed on Sundays and public holidays	Operating Hours : Mondays to Thursdays: 9.30am – 5.30pm Fridays: 9.30am – 5pm Saturdays: 9am – 12.30pm Closed on Sundays and public holidays
<b>AIC Link @ Khoo Teck Puat Hospital</b> 90 Yishun Central S768828 Patient Service Centre Tower B Level 1	<b>AIC Link @ Sengkang Community Hospital</b> 1 Anchorvale Street S544835 Patient Service Centre at Green Zone Beside Koufu Food Court (Near Sengkang MRT Station or Cheng Lim LRT Station)
Operating Hours: Mondays to Fridays: 9.30am – 5.30pm Saturdays: 9am – 12.30pm Closed on Sundays and public holidays	Operating Hours: Mondays to Fridays: 9.30am – 5.30pm Saturdays: 9am – 12.30pm Closed on Sundays and public holidays
<b>AIC Link @ Maxwell</b> 7 Maxwell Road #04-01 MND Complex Annex B S069111 Above Amoy Street Food Centre	<b>AIC Link @ Singapore General Hospital</b> Block 6 Level 1 (beside Kopitiam) Outram Road S169608
Operating Hours: Mondays to Fridays: 8.30am – 5.30pm Closed on weekends and public holidays	Operating Hours: Mondays to Fridays: 9.30am – 5.30pm Saturdays: 9am – 12.30pm Closed on Sundays and public holidays
<b>AIC Link @ National University Hospital</b> 5 Lower Kent Ridge Road S119074 Main Building Zone G Level 1 (besides Health & U or opposite Kopitiam)	<b>AIC Link @ Tan Tock Seng Hospital</b> 11 Jalan Tan Tock Seng S308433 Centre for Health Activation Level 1 Atrium
Operating Hours: Mondays to Fridays: 9.30am – 5.30pm Saturdays: 9am – 12.30pm Closed on Sundays and public holidays	Operating Hours: Mondays to Fridays: 9.30am – 5.30pm Saturdays: 9am – 12.30pm Closed on Sundays and public holidays
<b>AIC Link @ Ng Teng Fong General Hospital</b> 1 Jurong East Street 21 S609606 Tower B Level 2 (near Visitor Self-registration Kiosk)	
Operating Hours: Mondays to Fridays: 9.30am – 5.30pm. Saturdays: 9am – 12.30pm. Closed on Sundays and public holidays	

All information is accurate as of March 2023.