

TAKING PUBLIC TRANSPORTATION

Public transportation is a common mode of transport for all Singaporeans. This does not change even with the onset of dementia. Having an easily accessible transportation system enables persons with dementia to stay connected to their friends, families, and community. It also provides access to healthcare.

Challenges faced by persons with dementia

Dementia can make it challenging for people to access transport. Some reasons are:

- Memory loss of transport routes
- Disorientation to time and place
- Misplacing items whilst travelling (eg ezlink card, bag)
- Decreased judgement and difficulty planning and organising transport
- Difficulty in communicating to transport operators where they want to go
- Changes in mood or behaviour whilst using public transport

Tips for travelling on public transport with your loved one

1. **Plan** the route before you make the journey
2. Allow **enough** time for travel
3. Take note of any situations that may make your loved one with dementia feel uncomfortable
4. **Bring along a friend or relative** for extra support if needed

A person with dementia should be aided by a caregiver as they may not feel comfortable travelling alone. Not allowing a person with dementia to go out may make them socially isolated and depressed.

Initiatives by local transport providers

Grab has introduced their GrabAssist programme, where drivers are trained in helping out passengers with different accessibility needs. On top of wheelchair transfer and handling of mobility devices, these drivers know the basic signs and symptoms of dementia and basic communication skills.

