



# Dementia Singapore

Dementia Singapore was formed in 1990 as the 'Alzheimer's Disease Association' to better serve Singapore's growing dementia community, increase awareness about dementia, and reduce the stigma surrounding the condition.

As Singapore's leading Social Service Agency in specialised dementia care, Dementia Singapore aims to **advocate** for the needs of people with dementia and their families; **empower** the community through capability-building, knowledge and consultancy; and deliver quality, person-centred **care innovations**.

Dementia Singapore is constantly evolving, piloting new programmes to suit changing demographic trends. For the latest initiatives, visit our website.

## Join the Cause

### MISSION

To improve the well-being of people impacted by dementia through Care Innovation, Advocacy and Empowerment.

### VOLUNTEER

More hands are always welcomed in caring for persons with dementia.

### CAREER

Be part of a dedicated, multi-disciplinary team, as we strive to address the needs of our dementia community.

### DONATE

All donations will help greatly in Dementia Singapore's continued provision and improvement of various programmes, services and operations.

### SCAN TO DONATE

Cheques to 'Dementia Singapore Ltd' are accepted too.



### It is not the end.

People with dementia face many challenges, but with sufficient support, they have the ability to thrive. It takes a society to combat dementia stigma and together, we can change perceptions, remove the labels and make our community a dementia-friendly one. Happy, fulfilling, and meaningful lives are possible **#DespiteDementia**.



### CONTACT US

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## A Dementia-Inclusive Society



### DEMENTIA HELPLINE

**6377 0700**

Monday-Friday, 9am-6pm

## At a Glance

### GLOBALLY

Source: World Alzheimer Report 2019



Almost **8 out of 10** people agree that social support would improve the lives of persons with dementia.



Close to **40%** of the general public think that there are enough community services for persons with dementia and their caregivers.



**2 in 10** people would hide their own dementia diagnosis when meeting people.

### IN SINGAPORE

Source: SMU x DSG *Remember.For.Me.* national survey (2019)



Nearly **3 in 4** persons with dementia feel rejection and loneliness.



About **56%** of persons with dementia feel they are treated as less competent.



More than **1 out of every 2** members of the general public rate themselves low in dementia knowledge.

## Training Programmes

- Dementia-specific skills and strategies to assist persons with dementia and to provide quality dementia care.
- Training for **professional care staff** at varying competency levels.
- Training for **members of the public** to raise awareness about dementia.
- Dementia Care Training Workshops for **foreign domestic workers**.

## Care Services

A plethora of care services are provided for those impacted by dementia. These include Centre-based Care, Home-based Intervention and Community Support Programmes.

### CENTRE-BASED CARE

- **New Horizon Centres** are dementia daycare centres that provide daycare services for persons with dementia.
- **Family of Wisdom** is a caregiver-accompanied centre that provides a weekly three-hour programme for persons with dementia and caregivers.

### HOME-BASED INTERVENTION PROGRAMME

- The **Home Support Team** develops intervention strategies to address the behaviours of persons with dementia, collaborates with caregivers to carry out the interventions, and supports caregiving needs through psychoeducation, emotional support, relevant service linkages and referrals.
- **Post Diagnostic Support**, targeted at newly diagnosed persons with dementia and their families, aims to equip families with information, care connections and plans.



### COMMUNITY SUPPORT PROGRAMME

- **Dementia Helpline** 6377 0700 offers information and service linkages on dementia care.
- **Caregiver Support & Network** provides a platform for caregivers to nurture their interests, learn new skills, maintain their well-being, and connect with like-minded caregivers.
- **Caregiver Support Groups** provide respite for caregivers while exchanging caregiving experiences and practical tips, and discovering resources in a relaxed and safe environment.
- **Eldersit Service** is a home-based service where trained Eldersitters engage persons with dementia in meaningful and therapeutic activities.
- **Memories Café** is a community-based programme for persons with dementia and caregivers to interact in a normalised café setting.

## Consultancy Services

As a strategic partner in dementia care, Dementia Singapore offers consultancy services to help organisations to start programmes for persons with dementia and enhance their current services to provide quality dementia care by practicing person-centred care.

## Empowering Others

It takes a society to change societal attitudes, reduce the stigma and improve the landscape of how persons with dementia are supported. At Dementia Singapore, we conduct community-based programmes such as **Voices for Hope** to empower others to make an impact on those with dementia.

## Your Digital Care Companion

CARA, Dementia Singapore's pioneering Dementia Membership Programme, is a lifestyle and community digital platform that provides easy access for persons with dementia and caregivers to connect to an ecosystem of solutions via a mobile application, building a dementia-inclusive community one member at a time.

