



FOR A DEMENTIA-INCLUSIVE SINGAPORE

# COMMUNITY LIVING RESOURCE

(ANG MO KIO EDITION)

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# FOREWORD



Singapore's population is ageing rapidly. Currently, one in 10 people aged 60 and above may have dementia. By 2030, an estimated 150,000 people in Singapore may live with the condition.

Many people living with dementia are our loved ones, family, colleagues, friends and neighbours. They face daily challenges grappling with the cognitive decline brought about by the condition.

As a community, how can we best help them live well with dementia and age in place meaningfully and

happily?

Put together by the Ang Mo Kio Partners' Network (AMKFSC Community Services, AWWA, Dementia Singapore, Tan Tock Seng Hospital and TOUCH Community Services), this Community Living Resource is a compilation of local amenities and services that Ang Mo Kio residents can tap on to live well in the community despite dementia. With an inclusive and dementia-friendly community in mind, these pages will empower and resource persons living with dementia and their families to continue living well

at home regardless of the stage of dementia.

Within this booklet you will find:

- A self-checklist to empower all to be aware and take responsibility;
- Knowledge of the different stages of dementia;
- How to live well at each stage of the condition;
- A quick guide to the services available for persons living with

dementia and their families; Maps featuring community spaces that empower persons with dementia to continue living well in the community; and many more.

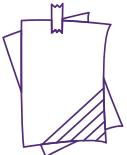
We hope you will find this Community Living Resource helpful as we work together to build an inclusive and dementia-friendly Ang Mo Kio.



# SELF-CHECKLIST

Source: Alzheimer's Association (US): Know The 10 Signs – Early Detection Matters

## Have you noticed these changes happening to you or someone you care about?



### Recent memory loss causing disruption to daily life

- Have you been told that you keep repeating the same things?
- Do you find an increasing need to rely on different ways — such as using reminder notes — to remember things?
- Can you recall what you heard five minutes ago?

*It's age, not dementia:* Forgets names or appointments but remembers them later.



### Confusion over places and time

- Do you get lost in places that you frequent?
- Do you have trouble recalling the date and need someone to remind you?
- Do you sometimes forget where you are or how you got there?

*It's age, not dementia:* Confuses the day of the week but figures it out later.



### Problems with visual perception

- Do you have trouble judging distances?
- Do you have trouble understanding images that are not straightforward or realistic?
- Do you have difficulty determining colour or contrast?

*It's age, not dementia:* Vision becomes blurred due to cataract.



### Difficulties in planning, thinking and problem-solving

- Can you make a shopping list and go shopping on your own?
- Can you take a bus, train or car on your own?
- Can you manage your finances or pay rent and utilities independently?

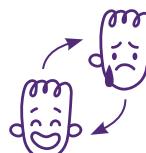
*It's age, not dementia:* Occasionally errs when managing finances.



### Difficulties in communication

- Do you have trouble following or joining a conversation?
- Do you stop mid-conversation and don't know how to continue?
- Do you name things wrongly and struggle to communicate?

*It's age, not dementia:* Can't find the right words to express yourself at times.



### Changes in mood, behaviour and personality

- Have you noticed changes in your behaviour and personality?
- Are you easily upset at home, at work or when outside your comfort zone?
- Do you become confused, suspicious, depressed, fearful or anxious for no obvious reason?

*It's age, not dementia:* Has specific ways of doing things and becomes irritable when a routine is disrupted.



### Withdrawal from work or social activities

- Do you have trouble remembering how to complete a favourite hobby?
- Have you lost interest in social activities and hobbies you used to enjoy?
- Do you avoid meeting with friends because of changes you are experiencing?

*It's age, not dementia:* Occasionally tired of work, family and social obligations.



### Difficulties completing familiar tasks

- Do you have trouble completing familiar tasks such as making a phone call, driving or doing the laundry?
- Do you have trouble finding your way to a familiar location?
- Do you forget the rules to your favourite game or sport?

*It's age, not dementia:* Sometimes needs help to use something new.



### Misplacing things and failing to retrace steps

- Do you leave things in unusual places, such as putting your reading glasses in the fridge?
- Do you lose things and fail to retrace your steps to find the misplaced items?
- Do you mistake others of stealing your things?

*It's age, not dementia:* Misplaces things from time to time but can still retrace steps to find them.



### Reduced or poor judgment

- Do you lose the instinct to know what is dangerous and unsafe, such as touching a hot kettle or crossing the road with ongoing traffic?
- Do you mishandle money, such as giving away large amounts to strangers?
- Do you pay less attention to your hygiene and tidiness?

*It's age, not dementia:* Makes bad decisions occasionally.

This checklist is just a guide and does not replace a proper/formal assessment and medical diagnosis.

If you or someone you care about is experiencing any of these 10 Common Signs of Dementia, please see a doctor to identify the cause.

## BE KIND TO PERSONS WITH DEMENTIA



Keep a lookout for people who show signs of dementia



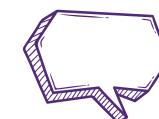
Interact with patience



Notice their needs and offer help



Dial for help



Use clear and simple language when talking



Acknowledge his/her concerns



Be respectful and reassuring



Engage to provide comfort and build trust

## WHAT TO DO IF SOMEONE YOU CARE ABOUT IS LOST

"My loved one with dementia is missing! What should I do?"

**File a police report** at the nearest Neighbourhood Police Post/Centre (no need to wait for 24 hours)

The **police** will need the following:

1. Latest **photo** of missing person with dementia
2. Full **name** and **age**
3. Last seen **attire**
4. Last seen **location** and frequent haunts
5. If missing person is known to **Social Service Agencies** (for example, if he/she attends a Dementia Day Care)



## WHAT TO DO IF YOU FIND SOMEONE WHO IS LOST

"I am lost. Can you take me home?"

Interact with **KIND** and **CARE**

Is he/she carrying any form of **identification**? (e.g. NRIC, CARA Membership Card, AIC ICED sticker)

**Yes**

Can you establish any contact number or address of **family, friend** or **guardian**?

**Yes**

Call the **family, friend** or **guardian**

Continue chatting with him/her until **family, friend** or **guardian** arrives

**No**

Can he/she give you any contact number or address of **family, friend** or **guardian**?

**No**

Take to nearest **Dementia Go-To-Point** or **Neighbourhood Police Post/Centre**

Can the **Dementia Go-To-Point** personnel or **police** establish the identity of lost individual and contact the **family, friend** or **guardian**?

**Yes**

Contact the **family, friend** or **guardian**

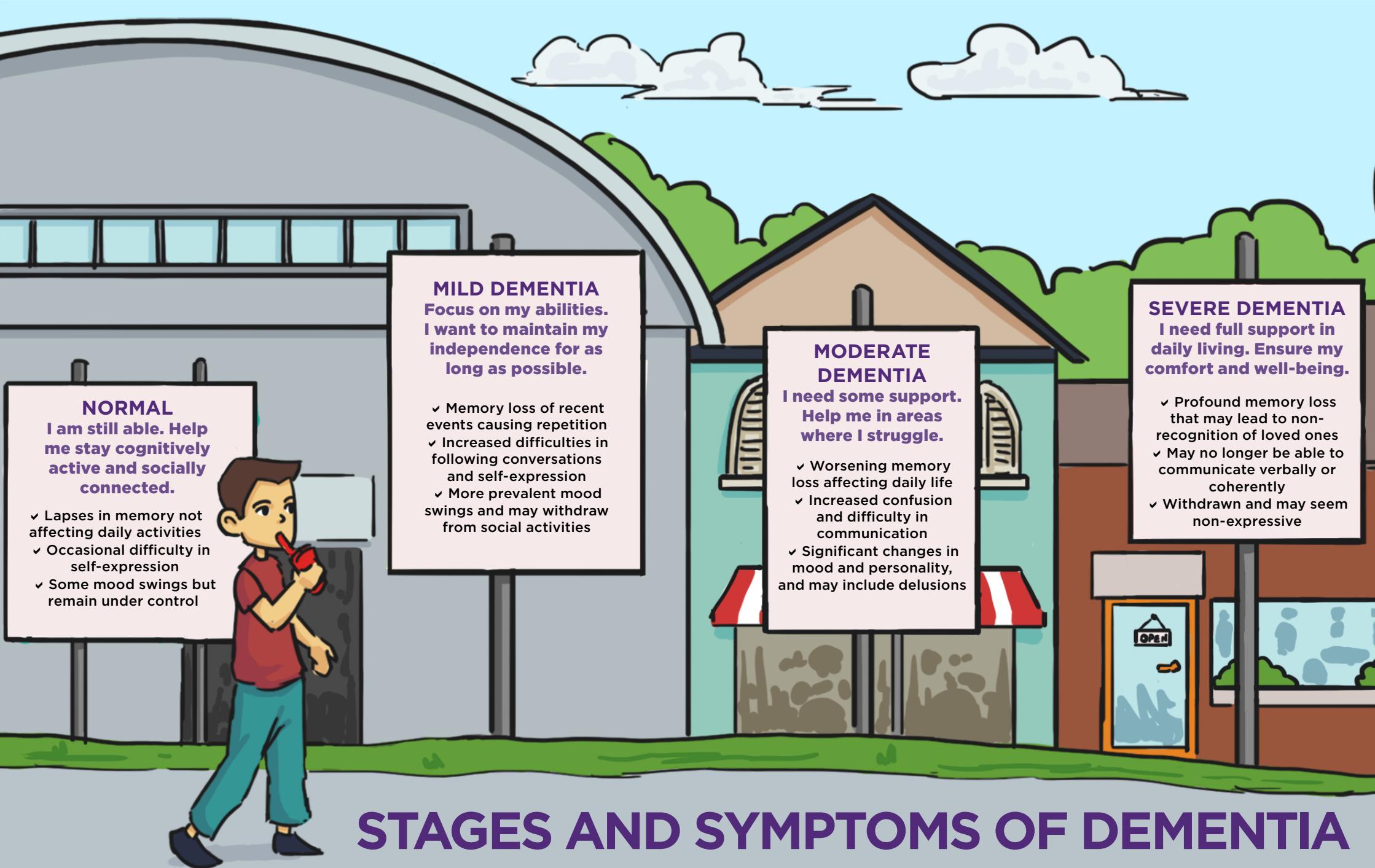


**No**

Establish if further support is needed through **Grassroots** or the **Ministry of Social and Family Development**

GPS-enabled devices can be used to track the whereabouts of persons with dementia (page 40)

**CARA**, a free dementia membership programme by Dementia Singapore, offers personalised support and benefits. Scan the QR code to find out more



## STAGES AND SYMPTOMS OF DEMENTIA

*Note: Symptoms listed for the different stages of dementia are not exhaustive and may overlap through the stages. Progression of the condition also varies between individuals.*

# THE ACTIVE-BEFRIENDING-CARE (ABC) WAY TO LIVING WELL



## NORMAL

NO APPARENT CHALLENGES IN DAILY LIFE AND ACTIVITIES

## MILD DEMENTIA

MAY HAVE TROUBLE PERFORMING FAMILIAR BUT COMPLEX ACTIVITIES

## MODERATE DEMENTIA

INCREASED DIFFICULTY IN SELF-CARE, NEEDS HELP IN SOME ASPECTS OF DAILY LIFE

## SEVERE DEMENTIA

LOSS IN PHYSICAL ABILITIES, NEEDS FULL SUPPORT WITH DAILY LIFE AND ACTIVITIES

- Attend and engage in activities organised by local Volunteer Centres, Community Clubs, and Active Ageing Centres
- Adopt a healthy and balanced diet, and get enough sleep

- Keep to a routine for physical and mental activities
- Maintain a healthy schedule for meals and sleep

- Do regular exercises as much as physically possible
- Maintain a balanced diet and get enough sleep and rest

- Encourage movement of limbs and engage through sight, smell, taste, touch and hearing

- Make new social connections and stay connected with family and friends

- Request for a befriender for additional companionship and keep regular contact with loved ones and friends

- Request for a befriender's visit for additional companionship and support (especially for homebound individuals)

- Consult a doctor when feeling anxious/sad/worried
- Consider and arrange for care planning that constitutes health, finance and legal matters while decision-making capacity is intact

- Adhere to medical appointments and take medication as prescribed
- Consult a doctor or contact dementia helplines for details on available support
- Consider regular engagements at a dementia day care centre

- Ensure a safe home environment
- Consult local service providers for details on available services
- If staying at home is no longer a safe option, consult a doctor or local service providers on alternate living arrangements

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CAREGIVER SUPPORT

This directory is not exhaustive and does not determine service boundary but is based on the nearest service provider. Consult your Healthcare or Social Service Provider to discuss individualised planning and preliminary evaluation of the suitability of services to meet your needs. Listing is accurate as of September 2022.

For more information, call CREST | AIC | Dementia Helplines.



# SOCIAL ACTIVITIES FOR DIFFERENT STAGES OF DEMENTIA

**NORMAL**  
I AM STILL ABLE

**MILD DEMENTIA**  
FOCUS ON MY ABILITIES

**MODERATE DEMENTIA**  
I NEED SOME SUPPORT

**SEVERE DEMENTIA**  
I NEED FULL SUPPORT IN DAILY LIVING

## Volunteer Centre (VC) / Opportunities

SG Cares VCs grow and coordinate volunteer supply and build volunteer management capabilities.

**Community Club (CC)**  
CCs are common spaces for the community to come together, build friendships and promote social bonding.

## GymTonic®

Gym Tonic is affectionately known as the “Uncle Auntie Gym” — designed specially for seniors. It helps seniors get stronger — even as they get older — through a simple fitness plan, high-tech equipment and coaches who care.

**YIO CHU KANG**

**SG Cares Volunteer Centre @ Ang Mo Kio (under AMKFSC Community Services)**

9170 6236 • [angmokio\\_va@amkfsc.org.sg](mailto:angmokio_va@amkfsc.org.sg)

**RSVP Singapore The Organisation of Senior Volunteers**

9 Bishan Place #08-02/#09-03 Junction 8 (Office Tower) • 6259 0802

**Yio Chu Kang CC**  
633 Ang Mo Kio Ave 6

6457 0414

**Kebun Baru CC**  
216 Ang Mo Kio Ave 4

6457 7379

**Teck Ghee CC**  
861 Ang Mo Kio Ave 10

6456 7123

**Ang Mo Kio CC**  
795 Ang Mo Kio Ave 1

6452 9644

**Cheng San CC**  
6 Ang Mo Kio St 53

6458 8222

Relocating in 2023 to 435 Ang Mo Kio Ave 10

**AWWA Rehab & Day Care Centre**

126 Ang Mo Kio Ave 3, #01-1929

6511 6790

[contactus@awwa.org.sg](mailto:contactus@awwa.org.sg)

**TOUCH Day Rehabilitation Centre**

433 Ang Mo Kio Ave 10 #01-1415

6804 6555





# SOCIAL ACTIVITIES FOR DIFFERENT STAGES OF DEMENTIA

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**YIO CHU KANG**

**KEBUN BARU**

**TECK GHEE**

**CHENG SAN – SELETAR**

**Social spaces or community cafes**  
Informal social spaces for residents to connect and be engaged.

\* Meeting Centre Support Programme: Social club for persons with dementia and family caregivers

**Ang Mo Kio Community Garden**

Between 123 and 124 Ang Mo Kio Ave 6

**AWWA Communal Gathering Point & Dementia Resource Centre**  
130 Ang Mo Kio Ave 3 (open in 2023)

**Dementia Intervention @ 645**  
(Meeting Centre Support Programme\* under THK AAC)  
645 Ang Mo Kio Ave 6 #01-4937  
**6554 7298**  
(Saturday 9am-11am)

**Onesimus Village**

113 Ang Mo Kio Ave 4 #01-343  
 [sws.sg/  
community-  
services](http://sws.sg/community-services)

**Onesimus Café**  
Wednesday and Friday 8.30am-noon

**Meeting Centre Support Programme\***  
Tuesday and Thursday 10am-noon, 2pm-4pm

**Community Farm**  
Therapeutic environment for residents and volunteers

**Tea Dance by Dementia & Co**  
Every first Monday of the month 2pm-4pm  
Kebun Baru CC Level 3 Dance Studio

[dementianco@gmail.com](mailto:dementianco@gmail.com)

**TOUCHpoint @ AMK 433**  
433 Ang Mo Kio Ave 10 #01-1415  
 6804 6568  
Dementia Go-To-Point, community garden and social space for gathering



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**Self-Advocacy**  
An empowerment programme equipping persons with dementia and their care partners with relevant skills, and helping them gain confidence to actively share their stories, needs and views publicly.

**YIO CHU KANG**

**KEBUN BARU**

**TECK GHEE**

**CHENG SAN – SELETAR**

**Voices for Hope Programme by Dementia Singapore**

[dementia.org.sg/voices](http://dementia.org.sg/voices)





# MEDICAL & HEALTHCARE FOR DIFFERENT STAGES OF DEMENTIA

**NORMAL**  
I AM STILL ABLE

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FOCUS ON MY ABILITIES

**MODERATE DEMENTIA**  
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**YIO CHU KANG**

**KEBUN BARU**

**TECK GHEE**

**CHENG SAN – SELETAR**

**Polyclinic / GP / Specialist Outpatient Clinic**  
Doctors in clinics for dementia diagnosis and treatment.

**Ang Mo Kio Polyclinic**  
21 Ang Mo Kio Central 2 • ☎ 6355 3000

**TTSH Ang Mo Kio Specialist Centre**  
723 Ang Mo Kio Ave 8 • ☎ 6554 6500

**Community Psychogeriatric Assessment & Treatment Team\***  
Mental-health team that visits frail or home-bound seniors for mental health, dementia screening and treatment.

**IMH – Aged Psychiatry Community Assessment & Treatment Service (APCATS)**  
☎ 6389 2175 • ✉ apcats@imh.com.sg

**Accident & Emergency (A&E)**  
For acute emergencies and life-threatening cases such as cardiac arrest, active seizures, breathlessness, major traumas and stroke.

**995** for emergency ambulance  
**1777** for non-emergency ambulance

**Medical Escort & Transport\***  
Wheelchair-friendly transport and volunteers to take persons with difficulties in mobility or without caregiver to medical appointments.

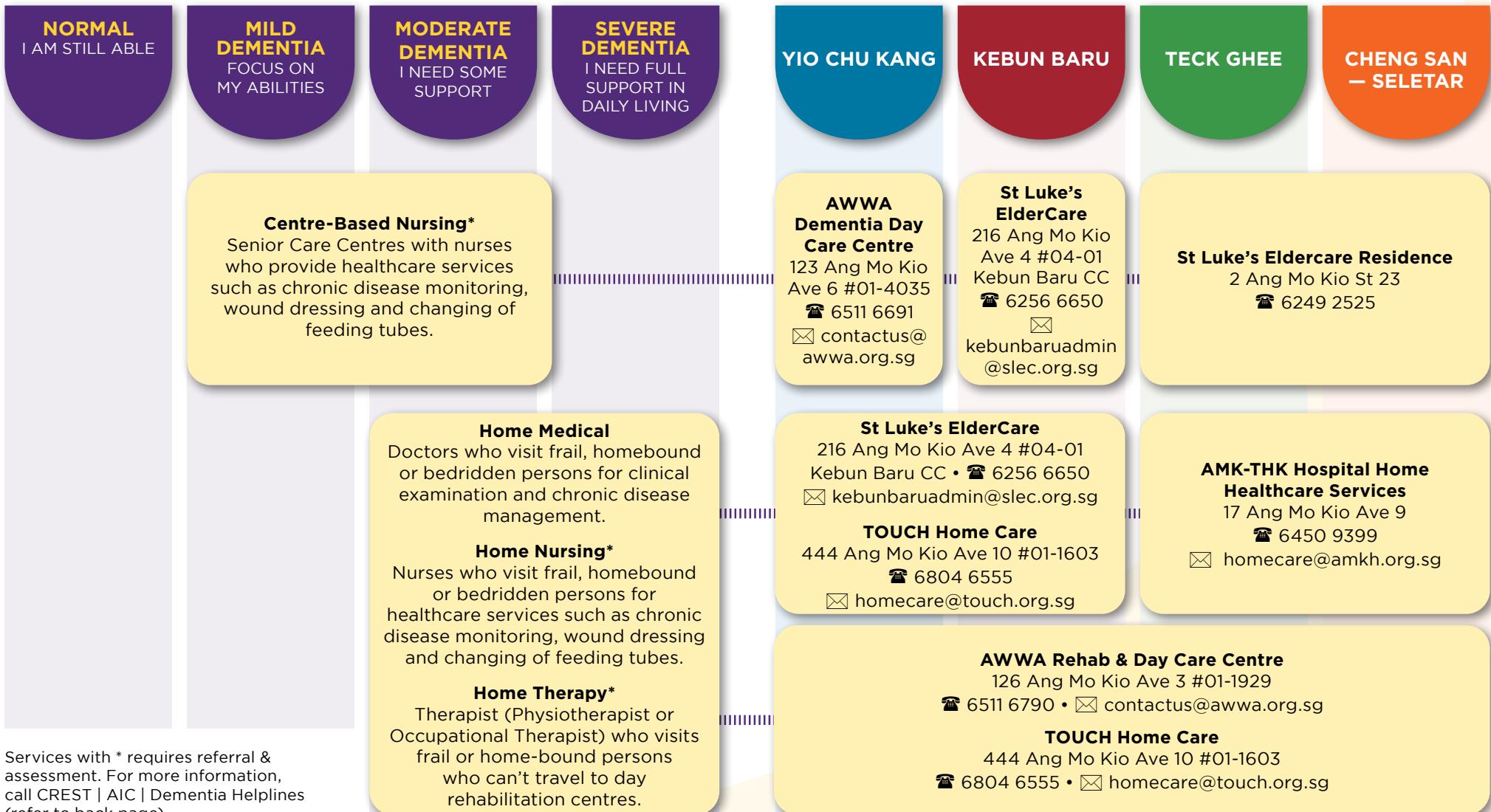
**TOUCH Home Care**  
444 Ang Mo Kio Ave 10 #01-1603  
☎ 6804 6555 • ✉ homecare@touch.org.sg

**Handicaps Welfare Association**  
16 Whampoa Dr • ☎ 6254 3006

Services with \* requires referral & assessment. For more information, call CREST | AIC | Dementia Helplines (refer to back page).



# MEDICAL & HEALTHCARE FOR DIFFERENT STAGES OF DEMENTIA





# MEDICAL & HEALTHCARE

## FOR DIFFERENT STAGES OF DEMENTIA

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### Day Rehabilitation Centres\*

Therapy sessions (Physiotherapy or Occupational Therapy) conducted in a centre to improve and train muscle strength, tolerance and ability to perform daily tasks safely.

**YIO CHU KANG**

**KEBUN BARU**

**TECK GHEE**

**CHENG SAN – SELETAR**

**AWWA Rehab & Day Care Centre**

126 Ang Mo Kio Ave 3 #01-1929  
 6511 6790

 contactus@awwa.org.sg

**AMK-THK Hospital**

17 Ang Mo Kio Ave 9  
 6450 6150  
 day\_rehab@amkh.org.sg

**THK AAC**

216 Ang Mo Kio Ave 4 #04-01 Kebun Baru CC  
 6256 6650  
 kebunbaruadmin@slec.org.sg

**THK AAC**

257 Ang Mo Kio Ave 4 #01-67 Kebun Baru View  
 6459 9139

**Ren Ci@ Ang Mo Kio (Nursing Home)**

10 Ang Mo Kio Ave 8  
 6355 6316  
 renCi@renCi.org.sg

**St Luke's Eldercare Residence**

2 Ang Mo Kio St 23  
 6249 2525

**St Luke's Eldercare @ Ang Mo Kio Polyclinic**

21 Ang Mo Kio Central 2 #02-01  
 6258 7045  
 amkpolyadmin@slec.org.sg

**SunLove Senior Care Centre**

557 Ang Mo Kio Ave 10 #01-1874  
 6452 1422  
 sunlovehq@sunlove.org.sg

**Community Musculoskeletal Clinic (by TOUCH)**

444 Ang Mo Kio Ave 10 #01-1603  
 6804 6555

Services with \* requires referral & assessment. For more information, call CREST | AIC | Dementia Helplines (refer to back page).



# CARE & SUPPORT FOR DIFFERENT STAGES OF DEMENTIA

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## Community Resource, Engagement & Support Team (CREST)

Community outreach team conducts screening for residents at risk, provides emotional support to individuals and their caregivers and links individuals to relevant health and social care services when necessary.

**YIO CHU KANG**

**KEBUN BARU**

**TECK GHEE**

**CHENG SAN — SELETAR**

**Community Intervention Team (COMIT)\***  
Provides assessment, counselling, therapy, case management and psychoeducation support for clients with mental health issues and dementia, including their caregivers.

**Post-Diagnostic Support (PDS)\***  
Supports persons newly diagnosed with dementia and their caregivers through needs assessment and providing information, psycho-education, service linkage and case management services.

**AWWA — CREST**

214 Ang Mo Kio Ave 3 Wellness Centre  
 9621 7856

**AMKFSC Community Services — COMNET CREST**

420 Ang Mo Kio Ave 10  
#01-1143 • 6453 5364

**TOUCH Community Services — CREST**

433 Ang Mo Kio Ave 10 #01-1415  
 6804 6568

**AMKFSC Community Services — COMIT**

677B Punggol Dr #01-774 • 6904 9817  
 Mindcare@amkfsc.org.sg

[amkfsc.org.sg/what-we-do/specialised-services/mindcare](http://amkfsc.org.sg/what-we-do/specialised-services/mindcare)

[aic.sg/caregiving/post-diagnostic-support-dementia](http://aic.sg/caregiving/post-diagnostic-support-dementia)



Services with \* requires referral & assessment. For more information, call CREST | AIC | Dementia Helplines (refer to back page).



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**Meals-On-Wheels\***  
Meals home-delivered to immobile persons and those with cognitive issues or without assistance.

**Home Personal Care / Eldersit Service\***  
Trained personnel to provide care services such as housekeeping, showering, exercises or cognitive games to support frail or homebound persons.

**Maintenance Day Care**  
Centre providing supervision, care and support to seniors, such as exercises and social and cognitive activities.

Services with \* requires referral & assessment. For more information, call CREST | AIC | Dementia Helplines (refer to back page).

**YIO CHU KANG**

**KEBUN BARU**

**TECK GHEE**

**CHENG SAN – SELETAR**

**TOUCH Home Care**

444 Ang Mo Kio Ave 10 #01-1603  
☎ 6804 6555 • ✉ [homecare@touch.org.sg](mailto:homecare@touch.org.sg)

**AWWA – Home Personal Care Service**

123 Ang Mo Kio Ave 6 #03-4035 • ☎ 6511 5252  
**TOUCH Home Care**  
444 Ang Mo Kio Ave 10 #01-1603  
☎ 6804 6555 • ✉ [homecare@touch.org.sg](mailto:homecare@touch.org.sg)

**AWWA Rehab & Day Care Centre**  
126 Ang Mo Kio Ave 3 #01-1929

☎ 6511 6790  
✉ [contactus@awwa.org.sg](mailto:contactus@awwa.org.sg)

**St Luke's ElderCare**  
216 Ang Mo Kio Ave 4 #04-01 Kebun Baru CC

☎ 6256 6650  
✉ [kebunbaruadmin@slec.org.sg](mailto:kebunbaruadmin@slec.org.sg)

**Ren Ci@ Ang Mo Kio (Nursing Home)**  
10 Ang Mo Kio Ave 8

☎ 6355 6316  
✉ [rencli@rencli.org.sg](mailto:rencli@rencli.org.sg)

**St Luke's Eldercare @ Ang Mo Kio Polyclinic**

21 Ang Mo Kio Central 2 #02-01  
☎ 6258 7045  
✉ [amkpolyadmin@slec.org.sg](mailto:amkpolyadmin@slec.org.sg)

**SunLove Senior Care Centre**

557 Ang Mo Kio Ave 10 #01-1874  
☎ 6452 1422  
✉ [sunlovehq@sunlove.org.sg](mailto:sunlovehq@sunlove.org.sg)



# CARE & SUPPORT FOR DIFFERENT STAGES OF DEMENTIA

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**Dementia Day Care\***  
Centre-based care environment in specialised dementia care to slow down deterioration and stimulate cognitive abilities. Activities include reality orientation, cognitive activities and caregiver training.

**Weekend Day Care\***  
Dementia day care service over weekends.

**Social Service Office**  
Financial and other forms of social assistance.

Services with \* requires referral & assessment. For more information, call CREST | AIC | Dementia Helplines (refer to back page).

**YIO CHU KANG**

**AWWA Dementia Day Care Centre**  
123 Ang Mo Kio Ave 6 #01-4035  
☎ 6511 6691  
✉ contactus@awwa.org.sg

**KEBUN BARU**

**St Luke's ElderCare**  
216 Ang Mo Kio Ave 4 #04-01  
Kebun Baru CC  
☎ 6256 6650  
✉ kebunbaruadmin@slec.org.sg

**TECK GHEE**

**Ren Ci@ Ang Mo Kio (Nursing Home)**  
10 Ang Mo Kio Ave 8  
☎ 6355 6316  
✉ renici@renici.org.sg

**CHENG SAN – SELETAR**

**St Luke's Eldercare @ Ang Mo Kio Polyclinic**  
21 Ang Mo Kio Central 2 #02-01  
☎ 6258 7045  
✉ amkpolyadmin@slec.org.sg

**SunLove Senior Care Centre**  
557 Ang Mo Kio Ave 10 #01-1874  
☎ 6452 1422  
✉ sunlovehq@sunlove.org.sg

**AWWA Dementia Day Care Centre**  
123 Ang Mo Kio Ave 6 #01-4035  
☎ 6511 6691  
✉ contactus@awwa.org.sg

**Social Service Office**  
6A Ang Mo Kio St 53 Ang Mo Kio 3G Centre • ☎ 1800 222 0000



# CARE & SUPPORT FOR DIFFERENT STAGES OF DEMENTIA

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## Integrated Home & Day Care\*

Seniors who need intensive care have the flexibility to get a mix of care services under one service provider at home, a day care centre or both.

**Nursing Home Respite Care\***  
Stay at a nursing home between 1 week and 1 month.

**Counselling Helpline for Seniors**  
Lends an ear and addresses seniors-related questions.

**Family Service Centre**  
Social workers providing counselling for personal or family-related issues.

**YIO CHU KANG**

**AWWA Integrated Home & Day Care Centre**  
609 Ang Mo Kio Ave 4  
(open in 2023)  
☎ 6511 5250  
✉ contactus@awwa.org.sg

**KEBUN BARU**

**St Luke's Eldercare Residence**  
2 Ang Mo Kio St 23  
☎ 6249 2525

**ECON Medicare Centre**  
451 Yio Chu Kang Rd  
☎ 6752 0038

**TECK GHEE**

**Ren Ci@Ang Mo Kio (Nursing Home)**  
10 Ang Mo Kio Ave 8  
☎ 6355 6316 • ✉ rencli@rencli.org.sg

## Seniors Helpline

☎ 1800 555 5555 (Monday to Friday 9am-7pm, Saturday 9am-1pm)

**ACES Care HelpLife**  
☎ 6797 6797 (Monday to Friday 9am-5pm)

**AMKFSC – Family Services @ Yio Chu Kang**  
643 Ang Mo Kio Ave 5 #01-3001  
☎ 6553 6643

**AMKFSC Community Services – Ang Mo Kio FSC**  
230 Ang Mo Kio Ave 3, #01-1264  
☎ 6453 5349

**AMKFSC Community Services – Family Services @ Teck Ghee**  
323 Ang Mo Kio Ave 3 #01-1960  
☎ 6457 8559

**AMKFSC Community Services – Cheng San FSC**  
445 Ang Mo Kio Ave 10 #01-1647  
☎ 6454 6678

Services with \* requires referral & assessment. For more information, call CREST | AIC | Dementia Helplines (refer to back page).



# SAFETY & MONITORING FOR DIFFERENT STAGES OF DEMENTIA

**NORMAL**  
I AM STILL ABLE

**MILD DEMENTIA**  
FOCUS ON MY ABILITIES

**MODERATE DEMENTIA**  
I NEED SOME SUPPORT

**SEVERE DEMENTIA**  
I NEED FULL SUPPORT IN DAILY LIVING

**YIO CHU KANG**

**KEBUN BARU**

**TECK GHEE**

**CHENG SAN – SELETAR**

## Home Modification\*

Self-help to improve home safety according to dementia-friendly designs or seek an Occupational Therapist to assess your home to identify potential safety hazards, recommend improvements, apply for financial subsidies, coordinate with contractors and follow up.

An example of a Dementia-Friendly HDB Home can be viewed at

 [cloudexpo.hiverlab.com/DFHome](http://cloudexpo.hiverlab.com/DFHome)

## HDB EASE

 [hdb.gov.sg/residential/living-in-an-hdb-flat/for-our-seniors/ease](http://hdb.gov.sg/residential/living-in-an-hdb-flat/for-our-seniors/ease)

## Safe Home Scheme (by TOUCH)

444 Ang Mo Kio Ave 10 #01-1603 •  6804 6555

## CARA Membership — Safe Return

Each CARA card comes with a unique QR code that stores important identification and caregiver contact details. This aids in the Safe Return of a person living with dementia. To understand the Safe Return process, go to [cara.sg/safe-return-guide](http://cara.sg/safe-return-guide).



 [cara.sg](http://cara.sg)

## Tracking devices using GPS

Commercial mobile tracking devices in the forms of keychains and watches, to locate a user in real time. Some devices even allow the user to press a panic button to call for help during an emergency. Find one that suits the habits and lifestyle of the person with dementia.

Available online. Search for “personal GPS tracker” on e-commerce platforms such as Qoo10, Lazada, Shopee, eBay and Amazon.

There are also mobile apps that can share live locations. Search for “personal GPS tracker” on the Apple App Store or Google Play.

## Police station

**Ang Mo Kio North NPC**  
51 Ang Mo Kio Ave 9 •  1800 484 9999

**Kebun Baru NPP**  
111 Ang Mo Kio Ave 4 •  1800 458 9999

**Teck Ghee NPP**  
321 Ang Mo Kio St 31 •  1800 459 9999

**Ang Mo Kio South NPC**  
81 Ang Mo Kio Ave 3 •  1800 451 9999

Services with \* requires referral & assessment. For more information, call CREST | AIC | Dementia Helplines (refer to back page).



# SAFETY & MONITORING FOR DIFFERENT STAGES OF DEMENTIA

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**CHENG SAN — SELETAR**

## Dementia Go-To-Points

Safe Return points when helping someone who may appear lost and can't identify themselves or their way home.

List on the right is not exhaustive. For a complete list of Dementia Go-To-Points in Singapore, go to  
 [healthhub.sg/directory/dementia-go-to-points](http://healthhub.sg/directory/dementia-go-to-points)

**AWWA AAC**  
123 Ang Mo Kio Ave 6 #01-4011  
 6511 6690

**The Lenton Residence**  
51 Lenton Avenue  
 6451 6300

**MWS Kebun Baru AAC**  
180 Ang Mo Kio Ave 5 #01-2980  
 6238 4136

**St Luke's Eldercare**  
216 Ang Mo Kio Ave 4 #04-01 Kebun Baru CC  
 6256 6650

**Ang Mo Kio Interchange**  
57 Ang Mo Kio Ave 8  
 6554 1056

**ComNet@469 Teck Ghee**  
469 Ang Mo Kio Ave 10 #01-940  
 6451 0898

**ComNet@420 Teck Ghee**  
420 Ang Mo Kio Ave 10 #01-1143  
 6453 5364

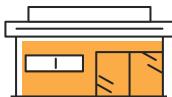
**MWS SAC**  
307D Ang Mo Kio Ave 1 #01-01  
 6684 0341

**Yio Chu Kang Interchange**  
3002 Ang Mo Kio Ave 8  
 6451 1680

**Yio Chu Kang Station**  
3000 Ang Mo Kio Ave 8  
 6767 3316

**ComNet@510 Cheng San**  
510 Ang Mo Kio Ave 8 #01-2556  
 6251 1358

**TOUCHpoint@ AMK 433**  
433 Ang Mo Kio Ave 10 #01-1415  
 6804 6563



# LIVING ARRANGEMENTS FOR DIFFERENT STAGES OF DEMENTIA

**NORMAL**  
I AM STILL ABLE

**MILD DEMENTIA**  
FOCUS ON MY ABILITIES

**MODERATE DEMENTIA**  
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**SEVERE DEMENTIA**  
I NEED FULL SUPPORT IN DAILY LIVING

**YIO CHU KANG**

**KEBUN BARU**

**TECK GHEE**

**CHENG SAN – SELETAR**

## Community Care Apartments

A senior-friendly pilot project by HDB that integrates care services to aid independent ageing. There are common spaces on every floor for residents to mingle and form a community.

💻 [hdb.gov.sg/cs/infoweb/residential/buying-a-flat/finding-a-flat/types-of-flats/community-care-apartments](http://hdb.gov.sg/cs/infoweb/residential/buying-a-flat/finding-a-flat/types-of-flats/community-care-apartments)

**Sheltered Home / Senior Group Home\***  
For mobile seniors who do not have caregivers.

## AWWA Senior Community Home

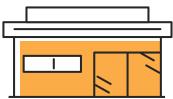
123 Ang Mo Kio Ave 6, #02-4035 • ☎ 6511 6686

💻 [healthhub.sg/live-healthy/126/shelteredcommunityhomesaic](http://healthhub.sg/live-healthy/126/shelteredcommunityhomesaic)

**Assisted Living Facility\***  
A care facility with coordinated support and monitoring for frail seniors.

**Integrated Dementia Assisted Living (IDeAL@115)**  
Pilot model of care for frail and vulnerable seniors living in rental units  
115 Ang Mo Kio Ave 4 #02-369/373

Services with \* requires referral & assessment. For more information, call CREST | AIC | Dementia Helplines (refer to back page).



# LIVING ARRANGEMENTS FOR DIFFERENT STAGES OF DEMENTIA

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I NEED FULL SUPPORT IN DAILY LIVING

**Private Nursing Home**  
Long-term residence — without government subsidies — for persons who need daily care and assistance.

**Voluntary-Welfare Nursing Home (General/Dementia)\***  
Long-term residence — with government subsidies — for persons who need daily care and assistance.

**YIO CHU KANG**

**KEBUN BARU**

**TECK GHEE**

**CHENG SAN — SELETAR**

**ECON Medicare Centre**

451 Yio Chu Kang Rd • ☎ 6752 0038

**The Lenton Residence**

51 Lenton Ave • ☎ 6451 6300

**St Luke's Eldercare Residence**

2 Ang Mo Kio Street 23 • ☎ 6249 2525

**Ren Ci@Ang Mo Kio (Nursing Home)**

10 Ang Mo Kio Ave 8 • ☎ 6355 6316

Services with \* requires referral & assessment. For more information, call CREST | AIC | Dementia Helplines (refer to back page).



# PLANNING AHEAD FOR DIFFERENT STAGES OF DEMENTIA

**NORMAL**  
I AM STILL ABLE

**MILD DEMENTIA**  
FOCUS ON MY ABILITIES

**MODERATE DEMENTIA**  
I NEED SOME SUPPORT

**SEVERE DEMENTIA**  
I NEED FULL SUPPORT IN DAILY LIVING

**YIO CHU KANG**

**KEBUN BARU**

**TECK GHEE**

**CHENG SAN – SELETAR**

## Lasting Power of Attorney

A legal instrument that allows a person aged 21 and above to appoint one or more person/s to make decisions and act on his/her behalf — personal welfare and property & affairs — in the event of a mental capacity loss.

## Advance Care Planning (ACP)

Aimed at empowering everyone in choosing how they would like to be cared for.

## Community Legal Clinic

If you are facing a legal issue on a personal matter (investment, business and professional matters are not covered) and have never sought legal advice, and/or cannot afford a lawyer, you may ask for free basic legal guidance at Community Legal Clinics.

## TOUCH Professional Deputies & Donees

☎ 6317 9996 (Monday to Friday 9am-6pm)  
✉️ [enquirypdd@touch.org.sg](mailto:enquirypdd@touch.org.sg) [touch.org.sg/pdd](http://touch.org.sg/pdd)

## Tan Tock Seng Hospital ACP

☎ 6359 6410  
[for.sg/ttshacp](http://for.sg/ttshacp)  
**SATA CommHealth Ang Mo Kio Medical Centre**  
715 Ang Mo Kio Ave 6 #01-4008/#01-4010 • ☎ 6244 6688  
[aic.sg/care-services/advance-care-planning](http://aic.sg/care-services/advance-care-planning)

## ACP (by TOUCH)

☎ 6317 9996 (Monday to Friday 9am-6pm)  
✉️ [enquirypdd@touch.org.sg](mailto:enquirypdd@touch.org.sg) [touch.org.sg/acp](http://touch.org.sg/acp)

 [lawsociety.org.sg/our-community/community-legal-clinic](http://lawsociety.org.sg/our-community/community-legal-clinic)



# CAREGIVER SUPPORT FOR DIFFERENT STAGES OF DEMENTIA

**NORMAL**  
I AM STILL ABLE

**MILD DEMENTIA**  
FOCUS ON MY ABILITIES

**MODERATE DEMENTIA**  
I NEED SOME SUPPORT

**SEVERE DEMENTIA**  
I NEED FULL SUPPORT IN DAILY LIVING

**YIO CHU KANG**

**KEBUN BARU**

**TECK GHEE**

**CHENG SAN — SELETAR**

## Caregiver Training

To help you learn how to better care for your loved ones at home. Choose training based on topic or provider, and the mode of learning that suits you best.

💻 [aic.sg/caregiving/caregiver-training-course](http://aic.sg/caregiving/caregiver-training-course)

## Caregiver Support & Network

To promote self-care by providing a platform for caregivers to nurture interests, learn skills and connect with other caregivers.

**AWWA CREST**  
214 Ang Mo Kio Ave 3 Wellness Centre  
☎ 9621 7856

**AMKFSC Community Services — ComNet Senior Service**  
420 Ang Mo Kio Ave 10 #01-1143  
☎ 6453 5364

**TOUCH Caregivers Support**  
444 Ang Mo Kio Ave 10 #01-1603  
☎ 6804 6555  
Facebook group:  
*Caregivers Support GroupSG*

**Dementia Singapore Caregiver Support Services**  
💻 Caregiver Support Groups: [dementia.org.sg/csg](http://dementia.org.sg/csg)  
💻 Caregiver Support and Network: [dementia.org.sg/csn](http://dementia.org.sg/csn)  
💻 Memories Cafe: [dementia.org.sg/memoriescafe](http://dementia.org.sg/memoriescafe)

## Helplines | Caregiver Support (by TOUCH)

These helpline services attend to enquiries or concerns related to caring for persons with dementia, provide support to caregivers, and advise and assist with referrals to appropriate services or resources.

☎ 1800 650 6060 (Monday to Friday 8.30am-8.30pm, Saturday 8.30am-4pm)

**Dementia Singapore — Dementia Helpline**  
☎ 6377 0700 (Monday to Friday 9am-6pm, Saturday 9am-1pm)

## TOUCH Care Line

☎ 6804 6555 (Monday to Friday 9am-5pm)

# PLACES FOR PERSONS WITH

**PRE-DEMENTIA (NORMAL)  
I AM STILL ABLE**



MEDICAL &  
HEALTHCARE



PLACES OF  
WORSHIP



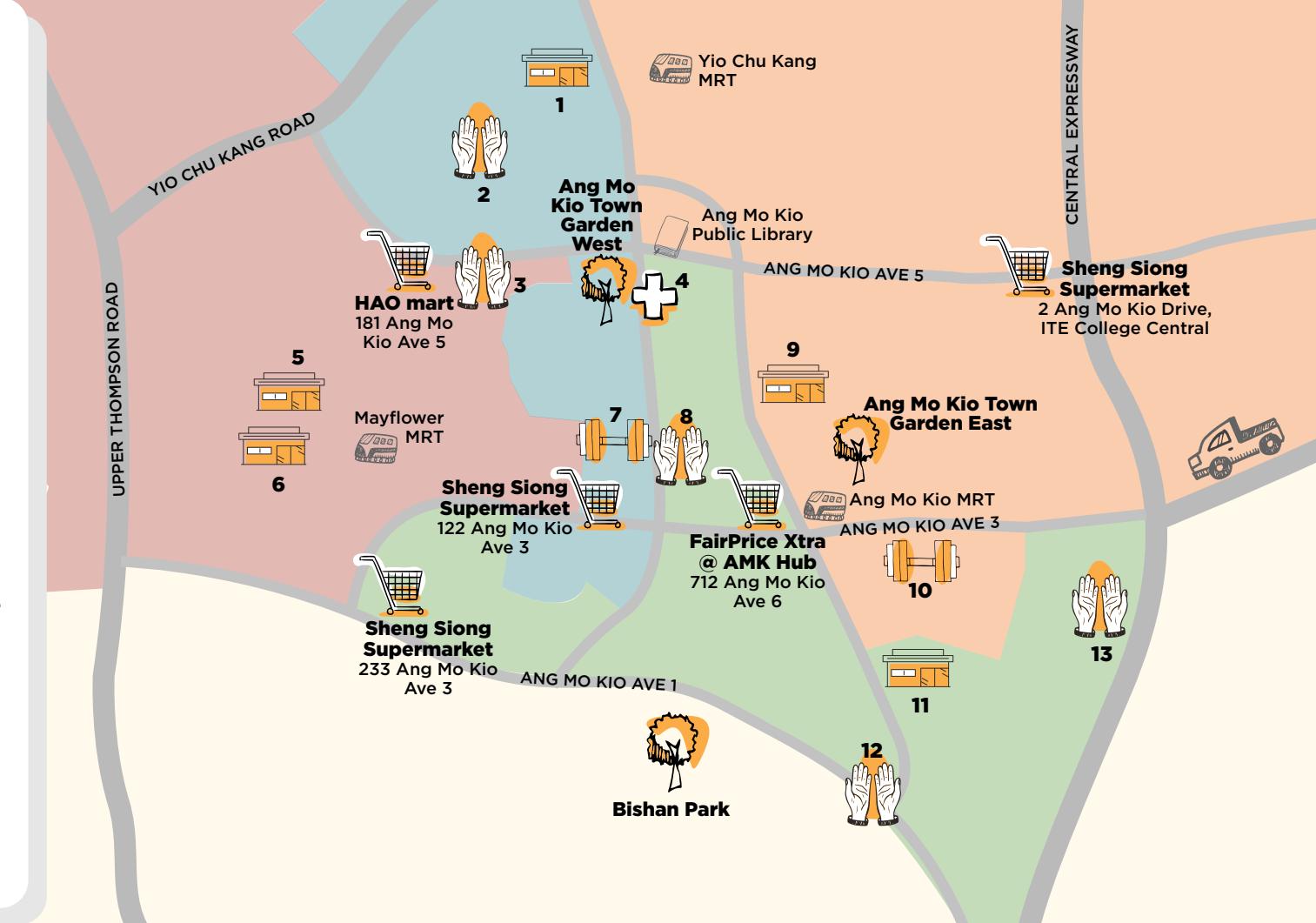
COMMUNITY  
CLUB (CC)



GYMTONIC

YIO CHU KANG  
KEBUN BARU  
TECK GHEE  
CHENG SAN-SELETAR

1. Yio Chu Kang CC 633 Ang Mo Kio Ave 6
2. Bethesda Hall 601 Ang Mo Kio Ave 4
3. Chu Sheng Temple 48 Ang Mo Kio St 61
4. Ang Mo Kio Polyclinic 21 Ang Mo Kio Central 2
5. Kebun Bahru CC 216 Ang Mo Kio Ave 4
6. Onesimus Village @ Kebun Baru  
113 Ang Mo Kio Ave 4
7. GymTonic @ AWWA Rehab & Day Care Centre  
126 Ang Mo Kio Ave 3
8. Masjid Al-Muttaqin 5140 Ang Mo Kio Ave 6
9. Cheng San CC 6 Ang Mo Kio St 53  
(Relocating in 2023 to 435 Ang Mo Kio Ave 10)
10. GymTonic @ TOUCH Day Rehabilitation Centre  
433 Ang Mo Kio Ave 10
11. Teck Ghee CC 861 Ang Mo Kio Ave 10
12. Church of Christ the King  
2221 Ang Mo Kio Ave 8
13. Potong Pasir Joint Temples & Tiong Sing Sze  
8 Ang Mo Kio St 44



# PLACES FOR PERSONS WITH

MILD DEMENTIA  
FOCUS ON MY ABILITIES



CARE &  
SUPPORT



COMMUNITY  
CLUB (CC)



PLANNING  
AHEAD



MARKET & FOOD  
CENTRE (MFC)

YIO CHU KANG  
KEBUN BARU  
TECK GHEE  
CHENG SAN-SELETAR

1. **TOUCHpoint @ AMK 433 AAC**  
433 Ang Mo Kio Ave 10
2. **MWS Kebun Baru AAC** 180 Ang Mo Kio Ave 5
3. **THK AAC** 257 Ang Mo Kio Ave 4
4. **AWWA CREST** 214 Ang Mo Kio Ave 3
5. **THK AAC** 208 Ang Mo Kio Ave 1
6. **MWS SAC** 307D Ang Mo Kio Ave 1
7. **Lions Befrienders SAC** 318 Ang Mo Kio Ave 1
8. **ComNet @ 510 Cheng San** 510 Ang Mo Kio Ave 8
9. **Cornerstone Senior Centre** 591A Ang Mo Kio St 51
10. **TTSH Ang Mo Kio Specialist Centre**  
723 Ang Mo Kio Ave 8
11. **ComNet @ 420 Teck Ghee** 420 Ang Mo Kio Ave 10
12. **ComNet @ 469 Teck Ghee** 469 Ang Mo Kio Ave 10
13. **Mayflower MFC** 162 Ang Mo Kio Ave 4
14. **Ang Mo Kio Central MFC** 724 Ang Mo Kio Ave 6
15. **Cheng San MFC** 527 Ang Mo Kio Ave 10
16. **SATA Commhealth** 715 Ang Mo Kio Ave 6
17. **Teck Ghee Court MFC** 341 Ang Mo Kio Ave 1



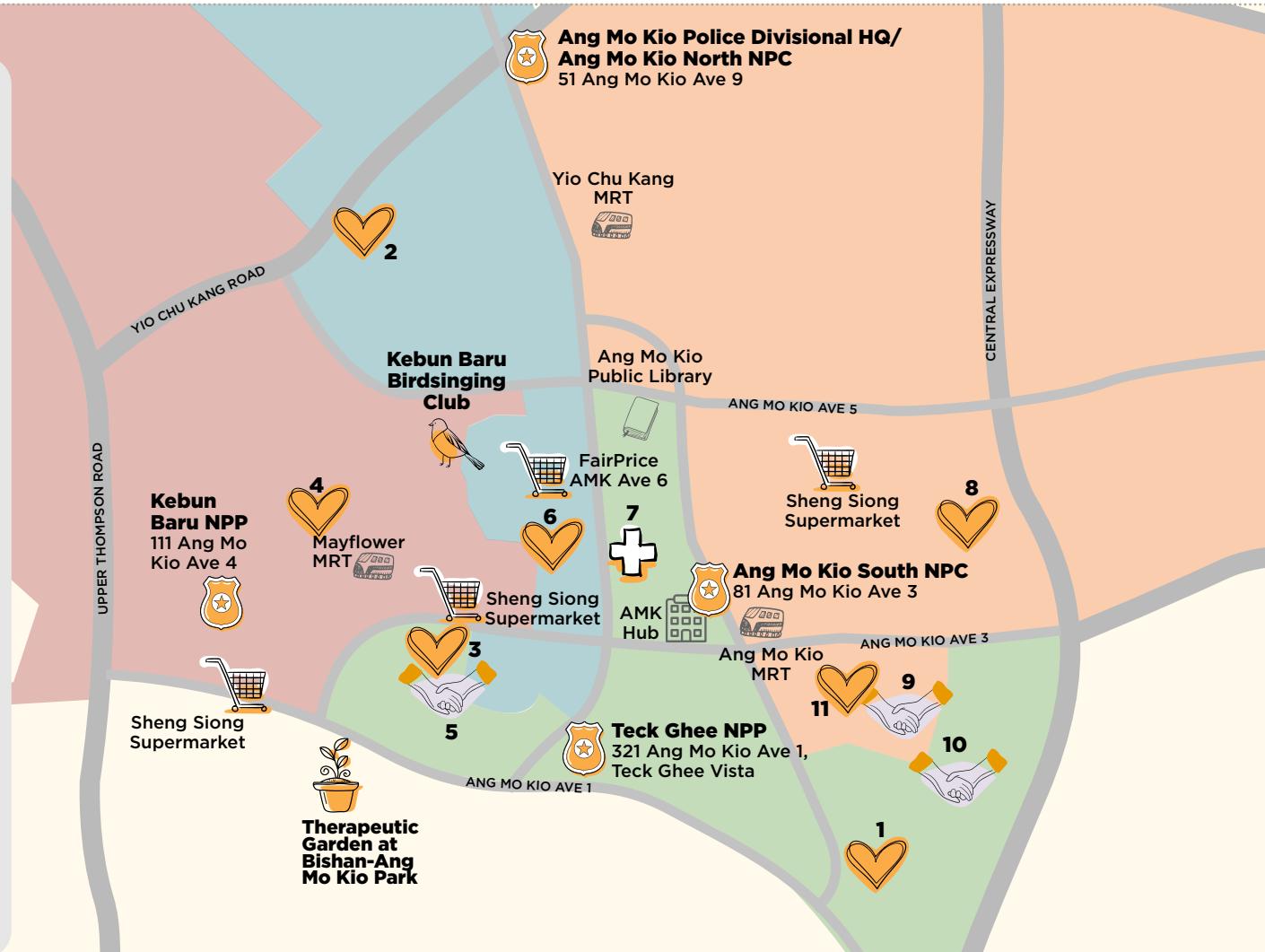
# PLACES FOR PERSONS WITH

MODERATE DEMENTIA  
I NEED SOME SUPPORT



YIO CHU KANG  
KEBUN BARU  
TECK GHEE  
CHENG SAN-SELETAR

1. Ren Ci @ Ang Mo Kio (Nursing Home)  
10 Ang Mo Kio Ave 8
2. AMK-THK Hospital Home Healthcare Services  
17 Ang Mo Kio Ave 9
3. St Luke's Eldercare Residence 2 Ang Mo Kio St 23
4. St Luke's Eldercare  
216 Ang Mo Kio Ave 4 #04-01, Kebun Baru CC
5. AWWA CREST 214 Ang Mo Kio Ave 3 Wellness Centre
6. AWWA Rehab & Day Care Centre  
126 Ang Mo Kio Ave 3
7. St Luke's Eldercare @ Ang Mo Kio Polyclinic  
21 Ang Mo Kio Central 2 #02-01
8. SunLove Senior Care Centre 557 Ang Mo Kio Ave 10
9. TOUCH Caregivers Support 444 Ang Mo Kio Ave 10
10. AMKFSC Community Services — ComNet Senior Service 420 Ang Mo Kio Ave 10
11. TOUCH Community Services CREST  
433 Ang Mo Kio Ave 10

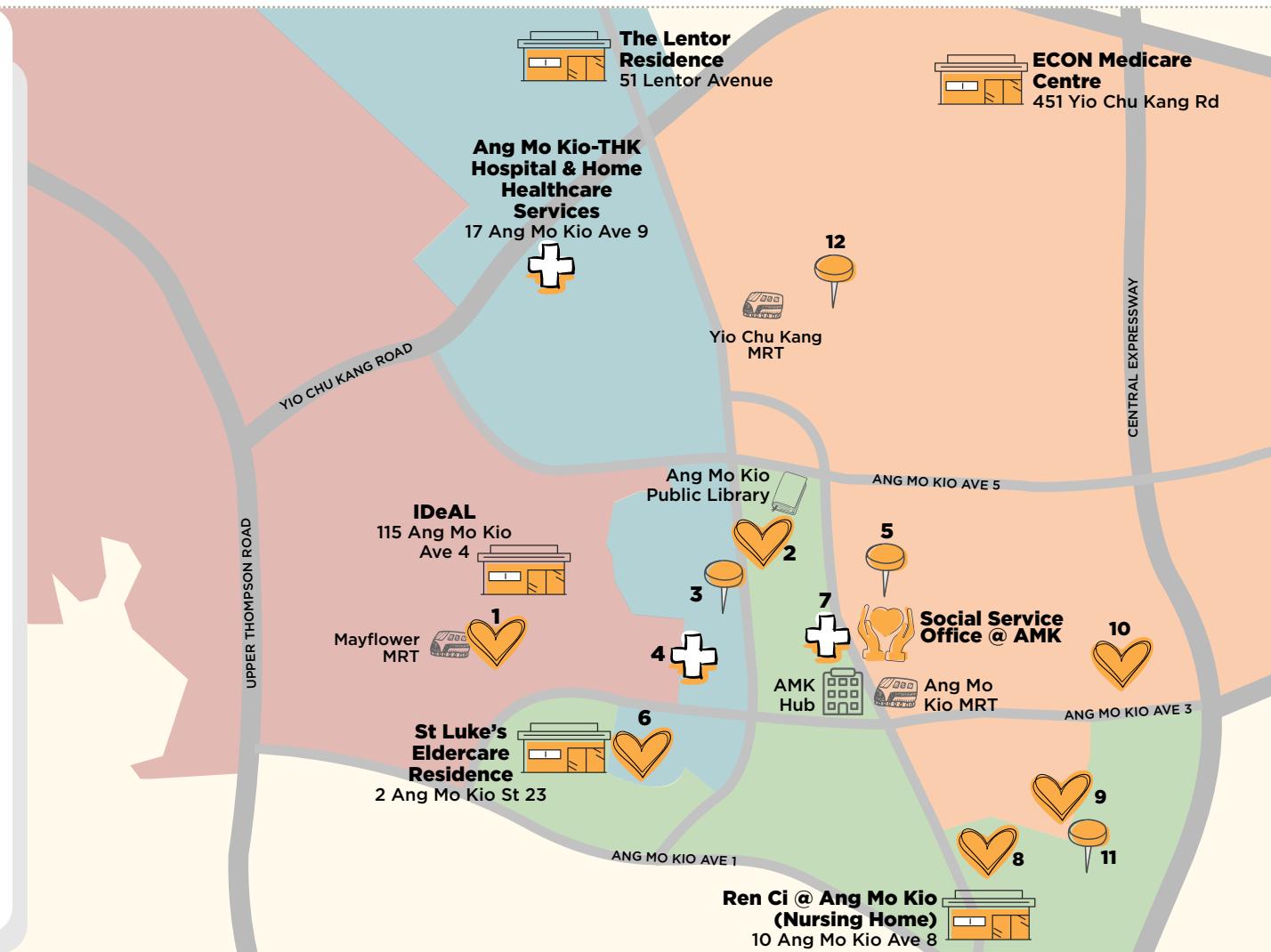


# PLACES FOR PERSONS WITH

**SEVERE DEMENTIA  
I NEED FULL SUPPORT IN DAILY LIVING**



1. **St Luke's Eldercare**  
216 Ang Mo Kio Ave 4, Kebun Baru CC
2. **St Luke's Eldercare @ Ang Mo Kio Polyclinic**  
21 Ang Mo Kio Central 2 #02-01
3. **AWWA Dementia Day Care Centre**  
123 Ang Mo Kio Ave 6
4. **AWWA Rehab and Day Care Centre**  
126 Ang Mo Kio Ave 3
5. **AMKFSC Community Services** 510 Ang Mo Kio Ave 8
6. **AWWA CREST** 214 Ang Mo Kio Ave 3 Wellness Centre
7. **TTSH Ang Mo Kio Specialist Centre**  
723 Ang Mo Kio Ave 8
8. **ComNet @ 420 Teck Ghee** 420 Ang Mo Kio Ave 10
9. **TOUCH Home Care** 444 Ang Mo Kio Ave 10
10. **SunLove Senior Care Centre** 557 Ang Mo Kio Ave 10
11. **ComNet @ 469 Teck Ghee** 469 Ang Mo Kio Ave 10
12. **Yio Chu Kang Interchange** 3002 Ang Mo Kio Ave 8



# OTHER USEFUL RESOURCES



## DEMENTIA HUB

One-stop portal on all things related to dementia. Contains articles, medical research and how-tos.

dementiahub.sg



## FORGET US NOT

This handbook gives tips and knowledge on how to create a dementia-friendly Singapore.

[bit.ly/3w2KxVC](http://bit.ly/3w2KxVC)



## DEMENIA-FRIENDLY HOME

Practical tips and tricks, and surprising ideas to help you cope with daily challenges of caregiving.

[hackcare.sg/index.php](http://hackcare.sg/index.php)



## ASK THE EXPERT

This YouTube video series inspires and shares tips for persons living with dementia and caregivers.

[bit.ly/3U7yQY6](http://bit.ly/3U7yQY6)



## E-CARE LOCATOR

Use the E-care Locator by Agency for Integrated Care (AIC) to find suitable services near you.

[bit.ly/3SOwiO4](http://bit.ly/3SOwiO4)



## AS YOU ARE, NOW

This helps users navigate the personal, financial and legal complexities that come with ageing.

[bit.ly/3JS4ggG](http://bit.ly/3JS4ggG)



## FOR BUSINESSES

A toolkit to guide businesses through a three-stage framework as they embark on their dementia journey.

[dementia.org.sg/business-toolkit](http://dementia.org.sg/business-toolkit)



## CAREGIVER VIDEOS

Videos share tips and personal stories by and for caregivers on how to support people with dementia.

[forgetusnot.sg/videos.html](http://forgetusnot.sg/videos.html)



## FOR THOSE WHO WANDER

A publication by AIC to help you provide support to loved ones with dementia who wander.

[bit.ly/3K9IPcl](http://bit.ly/3K9IPcl)



## ALL THAT REMAINS

A graphic novel inspired by real-life experiences and anecdotes from families touched by dementia.

[bit.ly/3QqbYkB](http://bit.ly/3QqbYkB)



## DESTIGMATISE DEMENTIA

Learn the appropriate language and words when talking about dementia to destigmatise the condition.

[dementia.org.sg/wordshurt](http://dementia.org.sg/wordshurt)



## RESOURCE KITS BY AIC

List of dementia-related resource kits, brochures, recipe books and other useful information by AIC.

[bit.ly/3zULuk4](http://bit.ly/3zULuk4)



## UNDERSTANDING DEMENTIA

A guide by Khoo Teck Puat Hospital for patients with dementia and their family members.

[bit.ly/3w3GE2T](http://bit.ly/3w3GE2T)



## ACTIVITIES & CONVERSATIONS

This digital kit features activities and conversation-starters for people living with dementia and caregivers.

[dementia.org.sg/jade](http://dementia.org.sg/jade)



## RESOURCES ON DEMENTIAHUB

Toolkits, guides, workbooks and other useful resources by DementiaHub.

[dementiahub.sg/downloads](http://dementiahub.sg/downloads)

# ABOUT US

## ANG MO KIO PARTNERS' NETWORK

The Ang Mo Kio Partners' Network is a coalition of social and healthcare agencies, grassroots organisations and community stakeholders. It was established to build networks of communication and care, connecting like-minded stakeholders keen on supporting residents to be well and independent, and for them to age better in place. This network includes:



### AMKFSC COMMUNITY SERVICES

Founded in 1978, AMKFSC Community Services is a leading community-based social service agency providing a holistic range of services to support children, youth, families and seniors at multiple touchpoints across Singapore. AMKFSC operates four family service centres across Ang Mo Kio, Sengkang and Punggol, alongside other support services such as student care, senior services, a youth centre and mental health support programmes. URL: amkfsc.org.sg



### AWWA

AWWA is a Singapore-based registered charity with an Institution of a Public Character status. It was founded in 1970 by a group of volunteers supporting low-income families and has since evolved into one of Singapore's largest multi-service social service agencies. Its programmes and services include early intervention for preschoolers, education and integration support for individuals with additional needs, social assistance for vulnerable families, and care services for seniors.

AWWA aims to empower the disadvantaged, and identify and fill key social service gaps in the community. AWWA's services focus on empowering optimal participation in society, be it through independence, integration in mainstream settings or inclusivity. AWWA has been advocating for greater inclusion in the education sphere and in 2016 started Kindle Garden, Singapore's first truly inclusive preschool, with the support of Lien Foundation.



### TAN TOCK SENG HOSPITAL (TTSH)

TTSH is the flagship hospital of the National Healthcare Group and part of Singapore's Public Healthcare System. As a pioneering hospital with strong roots in the community for over 178 years, TTSH is recognised as the People's Hospital, serving the 1.4 million people living in Central Singapore. Together with 70 community partners and 80 community health posts, it brings care beyond the hospital into the community as an integrated care organisation — Central Health.

As one of the largest multi-disciplinary hospitals in Singapore, TTSH operates more than 1,700 beds with centres of excellence including the

National Centre for Infectious Diseases, Institute for Geriatrics & Active Ageing, NHG Eye Institute, and TTSH Rehabilitation Centre.



### TOUCH COMMUNITY SERVICES

Since 1992, TOUCH Community Services has served people of all backgrounds to see sustainable change and transformation in their lives. It believes in the worth and potential of every child, at-risk youth, family in need, senior and person with special or healthcare needs to grow, participate and contribute in the community.

The heartbeat of TOUCH is to activate potential, build independence, connect people, and deliver impact by developing sustainable solutions. In its bid to better meet the needs of Singapore's rapidly-ageing population, TOUCH in 2016 piloted the Community Enablement Project to activate communities by developing residents and stakeholders as resources to support ageing in community. Caregivers can also receive further support through the building of care networks within their community, and be empowered with skill sets to enhance their well-being.

TOUCH provides support and services for caregivers through its home care and support services, Care Line (helpline for caregivers) and online support group for caregivers. URL: touch.org.sg/caregivers



### DEMENIA 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 destigmatise the condition.

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

### ACKNOWLEDGEMENT

With inspiration from the "Dementia-friendly Community in Machida" booklet produced in Machida City (Tokyo, Japan), this Community Living Resource (Ang Mo Kio edition) for a dementia-inclusive Singapore would not have been possible without the passion, time and effort of its working group members:

CHAI HUI MIN • JOYCE FU • HOW AI XIN • MARY-ANN KHOO  
LIM WEI LIN • NG WEI XUAN • JACINDA SOH • TEO YING YING

Design and layout by The Lede

## **COMMUNITY RESOURCE, ENGAGEMENT & SUPPORT TEAM (CREST)**

Community outreach team conducts screening for residents at risk, provides emotional support to individuals and their caregivers and links individuals to relevant health and social care services when necessary.

### **AMKFSC Community Services — ComNet CREST**

420 Ang Mo Kio Ave 10 #01-1143 • ☎ 6453 5364

### **AWWA — CREST**

214 Ang Mo Kio Ave 3 Wellness Centre • ☎ 9621 7856 • ✉ contactus@awwa.org.sg

### **TOUCH Community Services — CREST**

433 Ang Mo Kio Ave 10 #01-1415 • ☎ 6804 6563 • ✉ crest@touch.org.sg

## **HELPLINES**

These helplines attend to enquiries and concerns in caring for persons with dementia, provide support and advice to caregivers, advise and assist in referrals to appropriate services and resources.

### **AIC Hotline**

☎ 1800 650 6060 (Monday to Friday 8.30am-8.30pm, Saturday 8.30am-4pm)

### **Dementia Singapore — Dementia Helpline**

☎ 6377 0700 (Monday to Friday 9am-6pm, Saturday 9am-1pm)

### **Seniors Helpline**

☎ 1800 555 5555 (Monday to Friday 9am-7pm, Saturday 9am-1pm)

### **TOUCH Care Line**

☎ 6804 6555 (Monday to Friday 9am-5pm)

If you need more copies of this Community Living Resource, it is available at Community Clubs in Ang Mo Kio, CREST Centres listed above and Social Service Agencies listed in this guide.

As we are learning continually, we appreciate all feedback on your experience in using the guide or any information for the team to consider. You may reach us at the CREST Centres listed above or email TOUCH Caregivers Support (caregivers@touch.org.sg).

Information stated are accurate as at September 2022.

### **SUPPORTED BY**



### **IN SUPPORT OF**

