

# Dementia Care Resources

It is important for caregivers to make use of available community care services to lessen the caregiving stress or burden.

## Helplines

- Attend to the caregivers' concerns in caring for their elderly loved ones
- Assist in managing any crisis situation at home



Organisation	Helpline
Alzheimer's Disease Association Caregiver Support Service	6377 0700
Caregiving Welfare Association	6466 7957
AWWA Caregivers Helpline	1800 299 2992
O'Joy Care Services	6749 0190
The Salvation Army Family Support Services	6273 7207
Samaritans of Singapore (24-Hour)	1800 221 4444
Referral Service Helpline (Agency for Integrated care)	6603 6800

## Caregiver Respite Services

- Provide respite for caregivers who need to take a break from caregiving



## Dementia Day Care

- Provide care for persons with dementia (PWDs) during daytime
- Provide education and support for the family to ensure care continuity for PWDs at home

## Caregiver Support Groups & Networks

- Provide opportunities for caregivers to share their concerns and experiences with other caregivers
- Teach caregivers new skills and maintain their well-being

## Caregiver Training & Empowerment

- Provide dementia care training to caregivers caring for PWDs, equip them with practical knowledge and skills to handle different challenges

## Dementia Friends App

- Download the app and be a Dementia Friend to keep a lookout for PWDs who are lost
- Provide caregivers with knowledge, resources and support



Visit [www.aic.sg](http://www.aic.sg) and [www.alz.org.sg](http://www.alz.org.sg) to find out more!



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