

# Community Resources

## Physical Care

Services are available to assist you in the physical care of your care recipient.

## Information & Navigation

Information on the areas of caregiving and how to navigate the healthcare system.

## Education & Training

Courses and programs to increase your knowledge and skills to better care for yourself and your care recipient.

## Counselling

Professionals can assist you to better understand and cope with caregiving.

## Support Groups

A platform for you to share and seek support from other caregivers.

## Financial

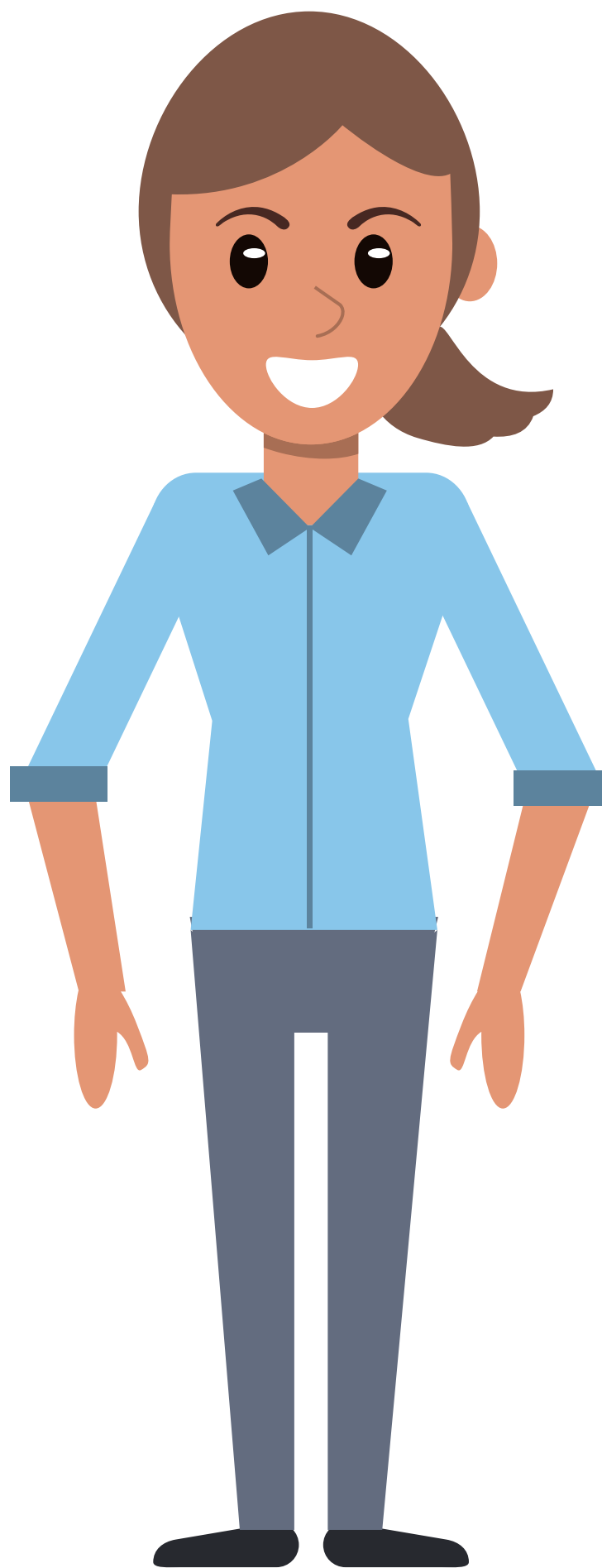
Various healthcare financing schemes, grants and subsidies to help you with the caregiving costs.

## Legal

There are legal instruments to help you plan ahead in the event your care recipient lacks mental capacity to make decisions.

## Transport

Specialised transport services can bring your care recipient from one destination to another. Medical escort services are also available to accompany them to medical appointments if you are unable to do so.



## Website



Provides information on community resources and how to apply for them

Click [here](#) to access



Provide resources and tools on how to cope with stress

Click [here](#) to access

## Caregiver Helplines

### For caregiving or elderly-related issues

#### Carer Matters

**9646 0357**

Monday to Friday, 8.30am-6pm

Carer Matters is a TTSH nursing initiative that provides support and training for family caregivers of older adults.



**6804 6555**

Monday to Friday, 9am-5pm

Touch Care Line provides information and referral services, discussions on care options and offers practical solutions.

### For dementia-related matters



**6377 0700**

Monday to Friday, 9am-6pm  
Saturday, 9am-1pm

### For community care services



**1800 650 6060**

Monday to Friday  
8.30am-8.30pm

Saturday  
8.30am-4.00pm

### For crisis intervention and suicide prevention



**1-767**

24 hours

## Family Service Centres (FSC)

Their services include:

- Providing information and referrals to appropriate agencies and resources
- Consultations on coping with personal, emotional and social challenges
- Group work to discuss and address concerns

Click [here](#) to find an FSC nearest to you.

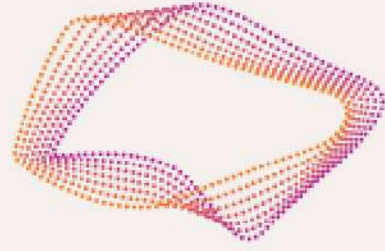
## Social Service Offices (SSO)

Social Service Offices administer ComCare assistance and social assistance to residents such as job matching, family services and financial advice.

Click [here](#) to find an SSO nearest to you.

Updated as of 31/08/2022

Note that this list is non-exhaustive



# Need Care Options for Your Loved One?

The Care Services Recommender (CSR) is a tool that suggests suitable schemes and services that match your loved one's care needs.



**Scan the QR code to start.**  
Let us help you find the support you need.

