

Home-Based Services

Home Personal Care

Provides services at home such as:



Personal hygiene



Medication assistance



Elder-sitting

Home Medical

Provides medical services at home such as:



Physical examination



Managing chronic diseases



Medication prescription



Medical advice

Home Nursing

Provides nursing services at home such as:



Injection



Wound dressing



Vital signs monitoring



Change of feeding tube



Medication management



Care coordination



Caregiver training

Home Therapy

Provides rehabilitation exercises at home which:



Helps to improve and restore functional ability



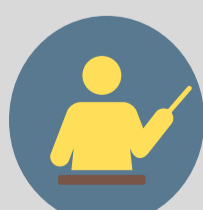
Helps to recover or maintain daily living skills

Hospice Home Care

Provides services such as:



Palliative care



Caregiver training



Psychosocial support

Centre-Based Services

Active Ageing Centres (AAC)/ Active Ageing Care Hubs (AACHs)

Serves as a go-to point for seniors and a drop-in social recreational centre.

Provides services such as:



Active ageing programmes



Befriending

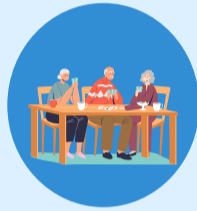


Information and referrals to care services

Day Care

Provides a full-day programme for seniors at a day care.

Provides services such as:



Social & recreational activities



Maintenance exercises

There are four types of day care programmes:

General Day Care

Dementia Day Care

Hospice Day Care

Respite Day Care

Community Rehabilitation Centres

Provides services such as:



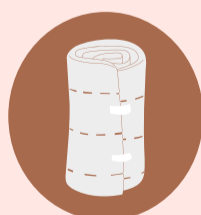
Physiotherapy
Mobility



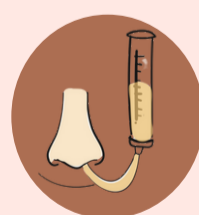
Speech Therapy
Swallowing and speech

Centre-based Nursing

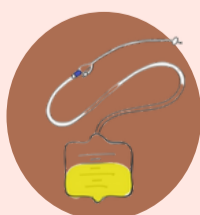
Provides nursing services at a centre such as:



Wound dressing



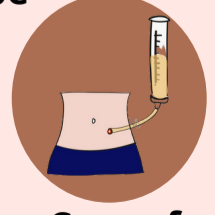
Change of feeding tube



Change and care of urine catheter (females)



Stoma care



Care of feeding tube (PEG)

Stay-in Care

Community Hospital

Provides services such as:



Therapy



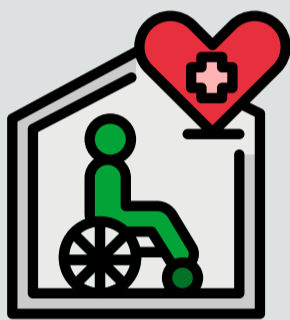
Medical care



Caregiver training

Inpatient Hospice Palliative Care

Provides services such as:



Symptom relief



Specialised care



Psychosocial support

Nursing Home

Provides services such as:



Long-term residential care



Day-to-day activities



Nursing care

How to apply for home-based/ centre-based/ stay-in care?

You may speak to your care providers for the suitability of these services.

Should you require subsidies:

- Please obtain a referral from a hospital or polyclinic that is familiar with you or your care recipient's condition and needs
- Visit [AIC link](#)

For private rates:

- Refer to [AIC's e-care locator](#) for service providers and contact them directly for more details

Respite Services

Respite Care

A short-term and temporary care option when caregivers need a break or require assistance (e.g helper is on home leave).

There are three types of respite care services:



at day care



at nursing home



for caregivers of
persons with dementia
with behavioural/ sleep
issues at night

How to Apply?

As respite care is subjected to vacancy and assessment of your care recipient's needs, application will take some time.

You are **strongly encouraged to plan ahead** for respite care.

For night respite, find out more [here](#).

Should you require subsidies:

- Visit [AIC link](#) or
- Visit [Go Respite](#) to plan ahead and identify a suitable respite option
- Referral is not needed but please prepare a copy of your care recipient's medical report for the application process

For private rates:

- Click [here](#) to contact individual service providers for details