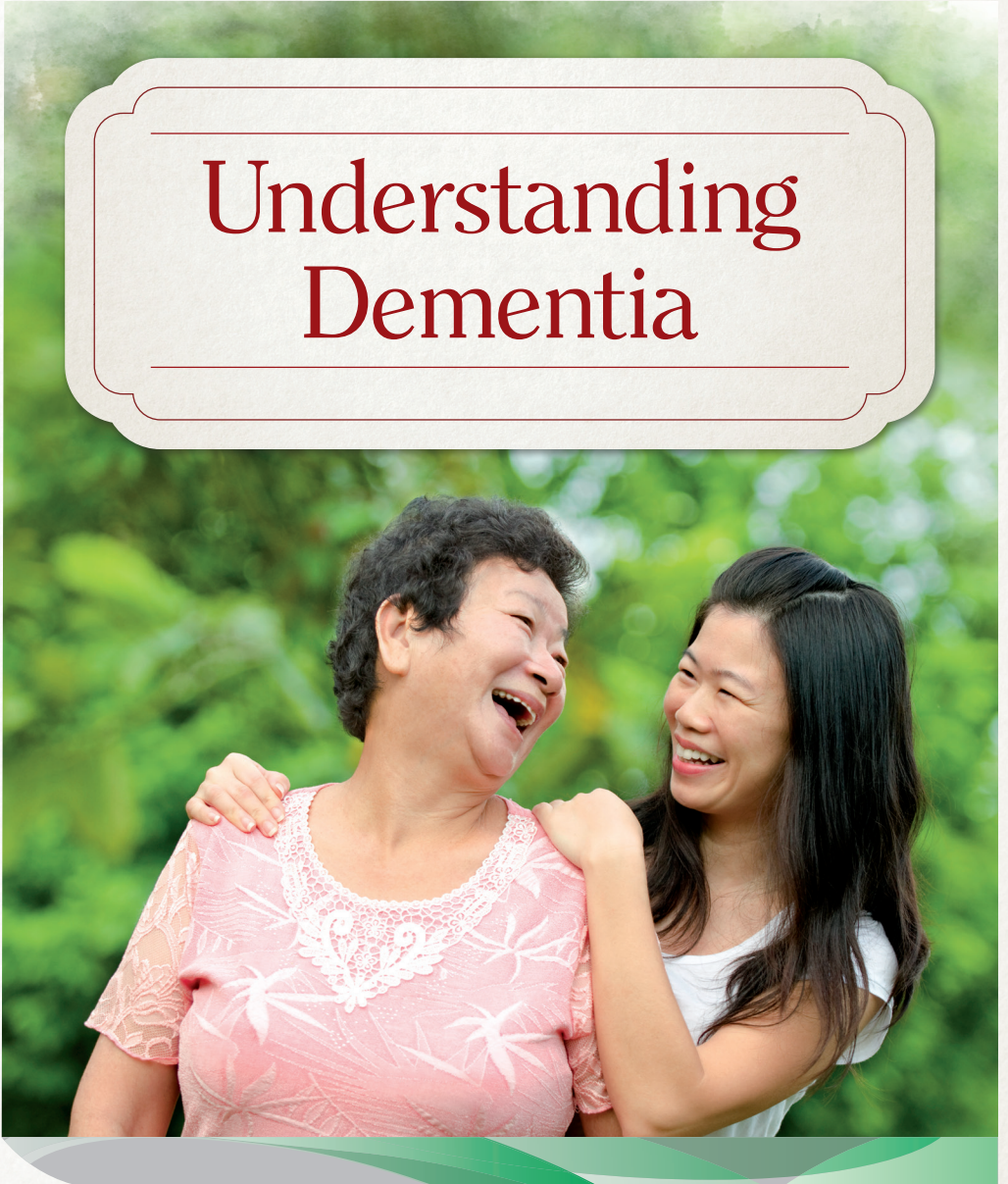


Understanding Dementia



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For the full list of directory and contact resources, refer to the insert at the back pocket of this booklet.



What is Dementia?

Dementia is NOT a normal part of ageing. Dementia is an illness that affects the brain, leading to progressive memory loss, decline in intellectual ability and personality changes.

It affects a person's ability to think, learn new information, solve problems and make decisions. Presently, there is no cure for dementia. However, treatment is available to manage the symptoms and slow down the progression of dementia.

Who Gets Dementia?

Dementia can happen to anyone, but the risk of dementia increases with age. It is more common over the age of 60.

Do You Know?

Currently one in ten people above the age of 60 are suffering from dementia.

Types of Dementia

There are various types of dementia of which the two most common types are:

Alzheimer's Disease

It is a progressive, degenerative illness that affects the brain, in which the nerve cells of the brain are destroyed and the brain substance shrinks.

The cause of Alzheimer's disease is not fully understood. However, genetic factors are known to contribute to the risk of developing Alzheimer's disease, especially those of early onset (less than 60 years old).

Vascular Dementia

It is caused by a series of small strokes that cause problems of blood circulation to the brain. Unlike Alzheimer's disease, vascular dementia is preventable.

The risk factors for vascular dementia include:

High Blood Pressure • High Blood Cholesterol • Diabetes • History of stroke • Obesity • Smoking

What are the Signs?

Knowing the signs of dementia allow for early management. Early detection and management help to relieve the symptoms and delay progression of the disease.

01 Forgetfulness of recent information

Persons with dementia may forget things, especially recently learned information such as what you have just told them. They may ask a question repeatedly because they forget that you have given them the answer.

02 Confusion of time and place

Persons with dementia may forget where they are and how they got there, and may have trouble finding their way to a familiar place such as the wet market. They may be confused about time of day and get morning, afternoon and night mixed up.

03 Poor or decreased judgement

Persons with dementia may show poor judgement such as by buying more food than they need, giving large amounts of money to strangers and placing their safety at risk such as inviting strangers into their home.

04 Difficulty doing familiar tasks

Persons with dementia may have difficulties handling money, cooking or managing routine chores. They may mix up the steps involved in doing the laundry, for example.

05 Difficulty with communication and understanding information

Persons with dementia may have trouble joining or following a conversation. They may have problems finding the right word for everyday objects like comb, and replace it with an unusual word or phrase, such as “the thing you use on your hair.”

06 Difficulty planning or solving problems

Persons with dementia may have problems developing and following a plan such as creating and using a grocery list, following a recipe or keeping track of monthly bills.

07 Misplacing things

Persons with dementia may misplace things and become unable to retrace their steps to find them. They may put things in unusual places such as placing the key in the refrigerator.

08 Withdrawal from work or social activities

Persons with dementia may become more passive and tend to lose interest in previously enjoyed activities such as mahjong, tai chi or meeting up with friends.

09 Changes in mood or behaviour

Persons with dementia can exhibit rapid changes in emotions such as becoming friendly and affectionate a few minutes after an angry outburst.

10 Changes in personality

Persons with dementia can show dramatic changes in personality that is out of character and become suspicious, withdrawn and distrustful of family and friends.

In dementia, the recurring symptoms affect the person's ability to live and function safely and independently, and become progressively worse over time.



How to Reduce Risks of Dementia?

- 01 Build positive relationships**
Have frequent interactions with family members and friends. Volunteer or join a club to make more friends and participate in community activities.
- 02 Stimulate your mind**
Challenge your brain. Read, write, play cards, crosswords or board games. Learn a language, a musical instrument or pick up a new skill. You can find a wide range of books and audio-visual resources at community libraries.
- 03 Be physically active**
Physical activity improves blood circulation and supports growth of new brain cells. Get active through activities such as brisk walking, tai chi, dancing or swimming.
- 04 Have a balanced diet**
Eat a healthy diet of more fruits and vegetables. Have less sugar and salt, and choose food low in fat (saturated fat) such as fish and soya. To find out more about healthy food and recipes, visit gethealthy.sg.

- 05 Be heart healthy**
Keeping your heart healthy keeps your brain healthy too. This prevents heart disease, high blood pressure, diabetes and stroke, which are also risk factors for dementia.
- 06 Manage your medical conditions well**
Seek treatment and take medications dutifully to manage your medical conditions such as high blood pressure, high blood cholesterol or diabetes. Keep your blood pressure, blood cholesterol, sugar level and Body Mass Index (BMI) within the acceptable range. Go for regular medical check-ups or health screenings.
- 07 Reduce and avoid habits that harm your health**
Limit your alcohol intake and quit smoking. Reduce your stress level with healthy habits. Exercise and have sufficient hours of sleep.
- 08 Take safety measures**
Prevent head injuries and falls by taking safety measures. Keep your house clutter free, wear safety helmets when cycling and always belt up in car rides.

Studies have shown that a healthy lifestyle can reduce the risk of developing chronic diseases and some types of dementia. Take these active steps and adopt a healthy lifestyle today.



How to Care for People with Dementia?

Caring for someone with dementia can be an intensive and challenging experience as caregivers may face emotional distress such as anger and anxiety.

The caregiving process becomes more demanding when dementia progresses and the patient depends completely on the caregiver.

As the caregiver for a person with dementia, you need to know:

01

The progression of the disease so that you are better prepared to manage the patient's symptoms.

02

Be aware of your own needs and seek help from available support services to reduce your stress levels and increase your ability to cope. For more caregivers' self-care tips, go to <https://helm.hpb.gov.sg>

Take up a training course to learn how to care for your loved ones with dementia. You can also join a caregiver support group.

Refer to insert for a list of community resources that provide training and social support for caregivers of persons with dementia.

Lend Support to Caregivers of Dementia Patients

If you know of a friend or relative caring for a dementia patient, you can show them support in the following ways:



- Offer them a listening ear.
- Visit them and show that you care for them.
- Organise a picnic or other activities that gives them a break from their usual routines.
- Offer to look after the dementia patient if the caregiver needs to run some urgent errands.
- Help them by doing grocery shopping for them.
- Share with them information on caring for a dementia patient.

Why An Accurate Diagnosis for Dementia is Important?

Just because the warning signs are present, it does not mean that someone has dementia. Some conditions such as depression, hormonal disorders, nutritional deficiencies and infection would exhibit similar symptoms.

If you suspect that you or someone you know has dementia, consult your family doctor for an assessment or referral to a specialist service at the hospital.

Call the following helplines for more information on dementia and the sources of help available.

Dementia InfoLine:
1800 223 1123

Alzheimer's Disease Association Dementia Helpline:
6377 0700



AGENCIES PROVIDING INFORMATION AND SERVICES ON DEMENTIA

The following list is not exhaustive. Please visit <https://www.silverpages.sg> or call Singapore Silver Line at 1800 650 6060 for updated information on agencies and services available.

HELPLINES

There are some helplines available to provide information on dementia and the sources of help and services available.

<p>Singapore Silver Line 1800 650 6060 (Monday-Friday: 8.30am-8.30pm & Saturday: 8.30am-4.00pm)</p>	<p>Health Promotion Board Dementia InfoLine 1800 223 1123 (Monday-Friday: 8.30am-5.00pm & Saturday: 8.30am-1.00pm)</p>	<p>Alzheimer's Disease Association Dementia Helpline 6377 0700 (Monday-Friday: 9.00am-6.00pm)</p>
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DEMENTIA DAY CARE CENTRES

These centres provide care for persons with dementia during the daytime. There are facilities for occupational and physiotherapy and opportunities for social interaction. Activities may include group exercises, leisure activities and hobbies, and outings.

Central		
<p>AWWA Dementia Day Care Centre 123 Ang Mo Kio Ave 6 #01-4035 Singapore 560123 6511 9479</p>	<p>Lions Home for the Elders 9 Bishan Street 13 Singapore 579804 6252 9900 / 6359 9167</p>	<p>New Horizon Centre (Toa Payoh) 157 Toa Payoh Lorong 1 #01-1195 Singapore 310157 6353 8734</p>
<p>NTUC Eldercare Silver Circle (Dakota) 62 Dakota Crescent #01-315 Singapore 390062 6715 6762</p>	<p>NTUC Eldercare Silver Circle (Henderson) 117 Bukit Merah View #01-201 Singapore 151117 6715 6762</p>	<p>NTUC Eldercare Silver Circle (Toa Payoh) 169 Toa Payoh Lorong 1 #01-1052 Singapore 310169 6715 6762</p>
<p>SASCO Day Activity Centre 30 Telok Blangah Rise #01-316 Singapore 090030 6273 5183</p>	<p>St Andrew's Senior Care Joy Connect 5 Beach Road #01-4919 Singapore 190005 6291 1861</p>	<p>St Hilda's Community Services 10 Jalan Batu #01-06 Singapore 431010 6345 0054</p>
<p>St Luke's Eldercare (Telok Blangah Centre) 33 Telok Blangah Way #01-1038 Singapore 090033 6273 3466</p>	<p>St Luke's Eldercare (Whampoa Centre) 97 Whampoa Drive #01-222 Singapore 320097 6252 9661</p>	<p>Yong-En Care Centre Chinatown Complex 335A Smith Street #03-57 Singapore 051335 6225 1002</p>

North		
<p>Jamiyah Senior Care Centre Jamiyah Nursing Home 130 West Coast Drive Singapore 127444 6776 8575</p>	<p>Kwong Wai Shiu Hospital 705 Serangoon Road Singapore 328127 6299 3747</p>	<p>NTUC Eldercare Silver Circle (Ci Yuan) Ci Yuan Community Club 51 Hougang Ave 9 #03-01 Singapore 538776 6715 6762</p>
<p>NTUC Eldercare Silver Circle (Marsiling) 172 Woodlands St 13 #01-303 Singapore 730172 6715 6762</p>	<p>NTUC Eldercare Silver Circle (Punggol South) 571 Hougang St 51 #01-119 Singapore 530571 6715 6762</p>	<p>NTUC Eldercare Silver Circle (Serangoon Central) 264 Serangoon Central #01-207 Singapore 550264 6715 6762</p>
<p>Sree Narayana Mission Home (Woodlands) 861 Woodlands Street 83 #01-170 Singapore 730860 6362 5152</p>	<p>St Luke's Eldercare (Chong Pang) 113 Yishun Ring Road #01-457 Singapore 760113 6481 5708</p>	<p>St Luke's Eldercare (Golden Years Centre) 831 Hougang Central #01-502 Singapore 530831 6315 3566</p>
<p>St Luke's Eldercare (Hougang Centre) 126 Hougang Avenue 1 #01-1506 Singapore 530126 6382 2366</p>	<p>St Luke's Eldercare (Nee Soon Central) 766 Yishun Ave 3 #01-295 Singapore 760766 6759 9053</p>	<p>St Luke's Eldercare (Nee Soon East) 260 Yishun Street 22 #01-97 Singapore 760260 6481 5903</p>
<p>St Luke's Eldercare (Serangoon Centre) 217 Serangoon Ave 4 #01-156 Singapore 550217 6285 6004</p>	<p>Sunlove Dementia Day Care Centre Buangkok Green Medical Park 70 Buangkok View Singapore 534190 6387 3593 / 6387 3548</p>	<p>Sunshine Welfare Action Mission (SWAMI) Dementia Day Care Centre 5 Sembawang Walk Singapore 757717 6257 6117</p>
East		
<p>All Saints Home (Tampines) 11 Tampines Street 44 Singapore 529123 6788 2345</p>	<p>Apex Harmony Lodge 10 Pasir Ris Walk Singapore 518240 6585 2265</p>	<p>Peacehaven Changi Day Centre 9 Upper Changi Road North Singapore 507706 6546 5669</p>
<p>New Horizon Centre (Tampines) 362 Tampines Street 34 #01-377 Singapore 520362 6786 5373</p>	<p>NTUC Eldercare Silver Circle (Fengshan) 91 Bedok North St 4 #01-1527 Singapore 460091 6715 6762</p>	<p>NTUC Eldercare Silver Circle (Pasir Ris) 112 Pasir Ris St 11 #01-657 Singapore 510112 6715 6762</p>

East		
<p>PCF Sparkle Care @Changi Simei 120 Simei Street 1 #01-476 Singapore 520120 6588 1500</p>	<p>St Luke's Eldercare (Changkat Centre) 350 Tampines Street 33 #01-438 Singapore 520350 6789 9956</p>	<p>St Luke's Eldercare (Tampines Centre) 101 Tampines Street 11 #01-13 Singapore 521101 6786 7688</p>
<p>The Salvation Army - Bedok Multi-Service Centre for the Elderly 121 Bedok North Road #01-163 Singapore 460121 6445 1630</p>	<p>Thong Teck Home for Senior Citizens 91 Geylang East Avenue 2 Singapore 389759 6846 0069</p>	
West		
<p>Montessori For Dementia Care 1 Kay Siang Road Annexe Block, #04-46 Singapore 248922 9729 7480</p>	<p>New Horizon Centre (Bukit Batok) 511 Bukit Batok Street 52 #01-211 Singapore 650511 6565 9958</p>	<p>New Horizon Centre (Jurong Point) Jurong Point Shopping Centre 1 Jurong West Central 2 #04-04 Singapore 648886 6790 1650</p>
<p>NTUC Eldercare Silver Circle (Jurong Central) 402 Jurong West St 42 #01-525 Singapore 640402 6715 6762</p>	<p>NTUC Eldercare Silver Circle (Jurong West) NTUC Health Nursing Home Level 2 50 Jurong West St 93 Singapore 648967 6715 6762</p>	<p>NTUC Eldercare Silver Circle (Taman Jurong) 349 Corporation Drive #01-502 Singapore 610349 6715 6762</p>
<p>SASCO Hong Kah North Day Care Centre 337 Bukit Batok St 34 #01-06 Singapore 650337 6273 5183</p>	<p>SASCO West Coast Day Care Centre 704 West Coast Road #01-741 Singapore 120704 6273 5183</p>	<p>St Luke's Eldercare (Bukit Timah Centre) 310 Clementi Ave 4 #01-263 Singapore 120310 6873 1772</p>
<p>St Luke's Eldercare (Clementi Centre) 602 Clementi West Street 1 #01-25 Singapore 120602 6872 2210</p>	<p>St Luke's Eldercare (Jurong East Centre) 327 Jurong East Street 31 #01-174 Singapore 600327 6569 0415</p>	

NURSING HOMES WITH DEMENTIA CARE SERVICES AND FACILITIES

These homes provide short/long term residential facilities and nursing care for persons with dementia.

Central

Lions Home for the Elders (Bishan)

9 Bishan Street 13
Singapore 579804
6252 9900

Tai Pei Old People's Home

10 Jalan Ampas
Singapore 329510
6255 2188

Singapore Christian Home for the Aged

70 Jalan Tan Tock Seng
Singapore 308439
6423 4310

St. Theresa's Home

49 Upper Thomson Road
Singapore 574325
6256 2532

North

All Saints Home (Hougang)

5 Poh Huat Road
Singapore 546703
6282 6969

Grace Lodge

105 Punggol Road
Singapore 546636
6489 8161

Ling Kwang Home for Senior Citizens

156 Serangoon Garden Way
Singapore 556055
6287 5466

Sree Narayana Mission Home for the Aged Sick

12 Yishun Avenue 5
Singapore 768992
6752 1785

Sunshine Welfare Action Mission (SWAMI) Nursing Home

5 Sembawang Walk
Singapore 757717
6257 6117

All Saints Home (Yishun)

551 Yishun Ring Road
Singapore 768681
6351 1400

Ju Eng Home for Senior Citizens

205 Jalan Kayu
Singapore 799436
6484 6890

Man Fut Tong Nursing Home

20 Woodlands Street 82
Singapore 738507
3157 1151

St. Joseph's Home

36 Jurong West Street 24
Singapore 648141
6268 0482

Villa Francis Home for the Aged

91 Yishun Central
Singapore 768829
6269 2877

Bright Hill Evergreen Home

100 Punggol Field
Singapore 828811
6459 3492

Kwong Wai Shui Hospital and Nursing Home

705 Serangoon Road
Singapore 328127
6299 3747

Society for the Aged Sick

130 Hougang Avenue 1
Singapore 538900
6922 6222

Sunlove Dementia Day Care Centre

Buangkok Green Medical Park
70 Buangkok View
Singapore 534190
6387 3548

East

All Saints Home (Tampines)

11 Tampines Street 44
Singapore 529123
6788 2345

Moral Home for the Aged Sick

1 Jalan Bilal
Singapore 468854
6442 2268

Thong Teck Home for Senior Citizens

91 Geylang East Avenue 2
Singapore 389759
6846 0069

Apex Harmony Lodge

10 Pasir Ris Walk
Singapore 518240
6585 2265

The Salvation Army Peacehaven Nursing Home

9 Upper Changi Road North
Singapore 507706
6546 5698 / 6546 5678

Lions Home for the Elders (Bedok)

487 Bedok South Avenue 2
Singapore 469316
6244 0667

Thian Leng Old Folks' Home

115 Lorong G Telok Kurau
Singapore 426317
6344 3186

West

All Saints Home (Jurong East)

20 Jurong East Avenue 1
Singapore 609792
6819 9300

Bethany Methodist Nursing Home

9 Choa Chu Kang Avenue 4
Singapore 689815
6314 1580

Jamiyah Nursing Home (Darul Syifaa)

130 West Coast Drive
Singapore 127444
6776 8575

CAREGIVER SUPPORT GROUPS

These groups provide caregivers of persons living with dementia with support and information. Restructured hospitals may also have caregiver support groups for dementia – please contact the respective hospitals for enquiries.

Central

Alzheimer's Disease Association Caregiver Support Centre

Buangkok Green Medical Park
70 Bendemeer Road,
Luzerne Building
#03-02A
Singapore 339940
6377 0700

Project Angels

27 Telok Blangah Way
#01-1018
Singapore 090027
6274 6904

Caregiving Welfare Association

3 Ghim Moh Road
#01-294
Singapore 270003
6466 7957

North

Caregivers Alliance Limited (Caregivers Support Centre)

Outside Clinic B, Main Lobby,
Main Block
Institute of Mental Health
Buangkok Green Medical Park
10 Buangkok View
Singapore 539747
6388 2686 / 6388 8631

East

Filos Community Services

38 Chai Chee Avenue
#01-177
Singapore 461038
6242 5978 / 6636 3787

TRAINING FOR FAMILY AND CAREGIVERS

These centres provide courses and training workshops for those who take care of persons with dementia.

Central

Alzheimer's Disease Association Resource & Training Centre

Luzerne Building
70 Bendemeer Road
#06-02
Singapore 339940
6293 9971

TSAO Foundation Hua Mei Training Academy

Tiong Bahru Central Plaza
298 Tiong Bahru Road
#15-01/06
Singapore 168730
6593 9547

Caregivers Training Grant

Subsidy is available that lets caregivers attend approved courses to better care for persons with dementia. Visit www.silverpages.sg/ctg for more details.

RESTRUCTURED HOSPITALS

Restructured hospitals provide specialist services for the assessment and management of dementia.

Central

Alexandra Hospital

378 Alexandra Road
Singapore 159964
6472 2000

National Neuroscience Institute

Neuroscience Clinic, Level 1
11 Jalan Tan Tock Seng
Singapore 208433
6357 7095

National University Hospital

5 Lower Kent Ridge Road
Singapore 119074
6779 5555

Singapore General Hospital

Outram Road
Singapore 169608
6222 3322

Tan Tock Seng Hospital

Jalan Tan Tock Seng
Singapore 308433
6256 6011

North

Institute of Mental Health

378 Buangkok Green
Medical Park
10 Buangkok View
Singapore 539747
6389 2000

Khoo Teck Puat Hospital

90 Yishun Central
Singapore 768828
6555 8000

East

Changi General Hospital

2 Simei Street 3
Singapore 529889
6788 8833

West

Ng Teng Fong General Hospital

1 Jurong East Street 21
Singapore 609606
6716 2000



For more information on dementia, please visit
healthhub.sg/dementia

Dementia InfoLine:
1800 223 1123