

# LET'S BUILD A CARING AND DEMENTIA-FRIENDLY SINGAPORE TOGETHER!

Lend a Helping Hand, Be a Dementia Friend



Supported by QiC

Dementia Day Care

SUPERMARKET



Join us in the #DementiaFriendlySG movement today!

 Find out more



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Learn:  
[www.DementiaHub.SG](http://www.DementiaHub.SG)



Email:  
[enquiries@aic.sg](mailto:enquiries@aic.sg)



Call:  
1800-650-6060 (AIC Hotline)

Dementia affects the brain, resulting in memory loss and difficulties with language, recognition, planning and performing complex tasks. It is not a normal part of ageing.

By 2030, over 152,000 people in Singapore are projected to live with dementia\*.

Someone in the world develops dementia every 3 seconds<sup>^</sup>.

Approximately 5% of persons living with dementia develop symptoms before age 65\*.

\*Source:  
Dementia Hub

<sup>^</sup>Source:  
Alzheimer's Disease International



# WHAT IS DEMENTIA

Knowing the signs and symptoms of dementia is as easy as **ABCD**.

## Activities of daily living

Difficulty performing daily activities such as:

- Dressing
- Bathing
- Toileting
- Transferring
- Moving around

## Cognition

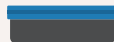
- Difficulty remembering things
- Problems with language
- Problems performing calculations

## Behaviour

- May become socially withdrawn
- Easily upset
- Easily frustrated

## Disorientation

- May lose his/her way in less familiar places
- Poor orientation of day, date and/or time



Scan the QR code to learn more about dementia via an e-learning course. You will receive an e-certificate upon completion.

# UNDERSTANDING DEMENTIA

A Dementia-Friendly Community (DFC) is one whereby people know about dementia and mental wellness. Persons living with dementia and their families feel included, involved and supported in the community.

People are **ENGAGED** and know the signs of dementia, how to communicate as well as how to offer assistance.



Persons living with dementia, caregivers and seniors are **EMPOWERED** with preventive activities, memory screening, resources and services.






Community partners are **ENABLED** through collaborations on enhanced environment designs and technological enablers to create a safe and inclusive environment.



**BUILDING A DEMENTIA-FRIENDLY COMMUNITY**

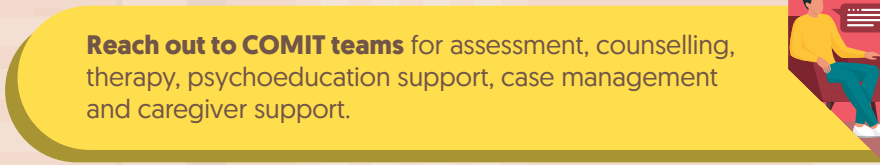
Families caring for persons living with dementia need all the support they can get. Let's play our part to help them.

	As an <b>individual</b>	As a <b>corporate partner</b>	As a <b>community</b>
<b>I know</b> 	<b>Aware</b> of dementia <b>Know</b> the signs and symptoms	<b>Aware</b> of the importance of building a Dementia-Friendly Community and nation	<b>Aware</b> of activities that support this movement
<b>I can</b> 	<b>Help</b> keep a lookout and offer support to persons living with dementia	<b>Improve</b> the environment to better support persons living with dementia <b>Advocate</b> a dementia-friendly environment that enhances understanding towards persons living with dementia	<b>Organise</b> activities that allow persons living with dementia and caregivers to interact with others within the community <b>Link</b> people to the available resources and support
<b>I want</b> 	<b>Show support and participate</b> in activities to build a Dementia-Friendly Community	<b>Promote</b> dementia awareness, early identification and preventive care <b>Share</b> useful resources on dementia	<b>Advocate</b> building an inclusive community <b>Rally</b> others to be a part of this movement

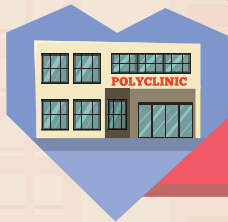
**YOU CAN PLAY A PART**



**Connect with CREST teams** for support on early recognition of dementia, basic emotional support, service linkage to health and social services as well as caregiver support groups and counselling services.



**Reach out to COMIT teams** for assessment, counselling, therapy, psychoeducation support, case management and caregiver support.



**Visit a polyclinic** for consultation, assessment and treatment if you or your loved ones show any signs of dementia.



*Scan here to  
access listed  
care and support  
services*

# CARE AND SUPPORT SERVICES

## CARA App

- Access trusted resources and support
- Obtain a unique identifier and membership card for persons living with dementia
- Receive support for the safe return of a wandering person living with dementia



If you need any advice or resources, visit [www.DementiaHub.SG](http://www.DementiaHub.SG) or email us at [enquiries@aic.sg](mailto:enquiries@aic.sg).

## Dementia Go-To Points (GTPs)

Dementia Go-To Points (GTPs) are located on the premises of organisations which support the #DementiaFriendlySG movement. These community nodes support persons living with dementia and their caregivers through the following functions:

### Safe Return Point

Members of the public can bring persons living with dementia who may appear lost and are unable to find their way home for staff assistance here.

### Resource Centre

The general public and caregivers can get educational resources and helpful information on dementia here.



Scan here for the full list of Dementia GTPs.

Information is accurate as of date of printing (October 2024)

# USEFUL RESOURCES