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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:

<table>
<thead>
<tr>
<th>Alzheimer’s Disease</th>
<th>Vascular Dementia</th>
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<tr>
<td>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.</td>
<td>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.</td>
</tr>
<tr>
<td>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).</td>
<td>The risk factors for vascular dementia include:</td>
</tr>
<tr>
<td></td>
<td>High Blood Pressure • High Blood Cholesterol • Diabetes • History of stroke • Obesity • Smoking</td>
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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 distrusting 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, crossword 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
## NURSING HOMES WITH DEMENTIA CARE SERVICES AND FACILITIES

These homes provide round-the-clock residential facilities and nursing care for persons with dementia.

### Central
- **Lions Home for the Elders (Bishan)** 9 Bishan Street 13 Singapore 578904 6723 9300
- **Tai Pat Old People’s Home** 10 Jalan Ampas Singapore 597610 6259 2188
- **Singapore Christian Home for the Aged** 70 Jalan Tan Tock Seng Singapore 380839 6243 4310
- **St. Theresa’s Home** 49 Upper Thomson Road Singapore 573025 6256 2532

### North
- **All Saints Home (Toa Payoh)** 678 Toa Payoh Street 11 Singapore 319974 6659 0325
- **All Saints Home (Tampines)** 1 Tampines Street 44 Singapore 529123 6746 2345
- **Moral Home for the Aged Sick** 1 Jalan Riau Singapore 468585 6642 2289
- **Thong Tock Home for Senior Citizens** 9 Gayley East Avenue 2 Singapore 489879 6846 0269

### East
- **All Saints Home (Tampines)** 1 Tampines Street 44 Singapore 529123 6746 2345
- **Moral Home for the Aged Sick** 1 Jalan Riau Singapore 468585 6642 2289
- **Thong Tock Home for Senior Citizens** 9 Gayley East Avenue 2 Singapore 489879 6846 0269
- **All Saints Home (Jurong East)** 20 Jurong East Avenue 1 Singapore 639190 6607 7920
- **Bright Hill Evergreen Home** 100 Punong Road Singapore 828811 6459 3492
- **Kwong Wah Shui Hospital and Nursing Home** 705 Sengkang Road Singapore 529277 6293 3147
- **Sunlove Dementia Day Care Centre** 70 Bukhong View Singapore 534390 6387 3563
- **Villa Francis Home for the Aged** 51 Yishun Central Singapore 769829 6249 2877

### West
- **All Saints Home (Jurong East)** 20 Jurong East Avenue 1 Singapore 639190 6607 7920
- **Bethany Methodist Nursing Home** 9 Choa Chu Kang Avenue 4 Singapore 688195 6315 1590
- **Jamiyah Nursing Home (Darul Syifa)** 130 West Coast Drive Singapore 724444 6776 8975

### 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 hospital for inquiries.

### Central
- **Alzheimer’s Disease Association** 319 Beach Road, 3rd Floor, #03-03 Singapore 188987 6225 3322
- **Caregiving Welfare Association** 3 Ghim Moh Road Singapore 101234 6299 2344
- **Project Angels** 27 Telok Blangah Way #01-1014 Singapore 090007 6274 6904
- **Flora Community Services** 9a Choa Chu Kang Avenue 4 Singapore 688195 6387 3839

### North
- **Caregivers Alliance Limited** 21 Jalan Membong, #01-1014 Singapore 090007 6274 6904
- **TSAO Foundation Hui Mei Training Academy** 238 Telok Blangah Road Singapore 101206 6123 1061
- **Sunrise Services** 118 Lorong G Telok Ayer Singapore 426317 6344 8186

### East
- **East Leng Old Folks’ Home** 11 Lorong G Telok Ayer Singapore 426317 6344 8186
- **Lions Home for the Elders (Bedok)** 487 Bedok South Avenue 2 Singapore 469316 6244 0667
- **Lions Home for the Elders (Bedok)** 487 Bedok South Avenue 2 Singapore 469316 6244 0667
- **Lions Home for the Elders (Bedok)** 487 Bedok South Avenue 2 Singapore 469316 6244 0667

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

### Central
- **Alexandra Hospital** 378 Alexandra Road Singapore 159964 6742 7000
- **National Neuroscience Institute** 378 Alexandra Road Singapore 159964 6742 7000
- **National University Hospital** 323 Lascar Road Singapore 119174 6779 5555

### North
- **National Neuroscience Institute** 378 Alexandra Road Singapore 159964 6742 7000
- **National University Hospital** 323 Lascar Road Singapore 119174 6779 5555

### East
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For more information on dementia, please visit

www.hpb.gov.sg/dementia

Dementia InfoLine:

1800 223 1123