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.
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:

1. The progression of the disease so that you are better prepared to manage the patient’s symptoms.
2. 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
Dementia Day Care Centres

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

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.

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

AGENCIES PROVIDING INFORMATION AND SERVICES ON DEMENTIA

<table>
<thead>
<tr>
<th>Agency Name</th>
<th>Phone Number</th>
<th>Address</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>SASCO Day Activity Centre</td>
<td>6273 5183</td>
<td>130 West Coast Drive Singapore 127444</td>
<td>Group exercises, leisure activities and hobbies, and outings.</td>
</tr>
<tr>
<td>SASCO Silver Line (Marsiling)</td>
<td>6175 6762</td>
<td>31 Tampines St 13 #01-303 Singapore 730172</td>
<td></td>
</tr>
<tr>
<td>See Narayana Mission Home</td>
<td>6273 5183</td>
<td>861 Woodlands Road 83 #01-170 Singapore 730860</td>
<td></td>
</tr>
<tr>
<td>St Luke’s Eldercare (Hougang Centre)</td>
<td>6273 5183</td>
<td>126 Hougang Avenue 1 #01-1506 Singapore 530126</td>
<td></td>
</tr>
<tr>
<td>St Luke’s Eldercare (Serangoon Centre)</td>
<td>6273 5183</td>
<td>217 Serangoon Ave 4 #01-156 Singapore 550217</td>
<td></td>
</tr>
<tr>
<td>St Luke’s Eldercare (Jurong West)</td>
<td>6273 5183</td>
<td>50 Jurong West St 93 Level 2 Singapore 648967</td>
<td></td>
</tr>
<tr>
<td>St Luke’s Eldercare (Bukit Batok)</td>
<td>6273 5183</td>
<td>530 Tampines Street 33 #01-06 Singapore 530337</td>
<td></td>
</tr>
<tr>
<td>St Luke’s Eldercare (Clementi Centre)</td>
<td>6273 5183</td>
<td>602 Clementi West Street 1 #01-303 Singapore 460302</td>
<td></td>
</tr>
<tr>
<td>St Luke’s Eldercare (Tampines Centre)</td>
<td>6273 5183</td>
<td>704 West Coast Road Singapore 6715672</td>
<td></td>
</tr>
<tr>
<td>PCF Sparkle Care @Changi Simel</td>
<td>6273 5183</td>
<td>120 Simel Street 1 #01-476 Singapore 520012</td>
<td></td>
</tr>
<tr>
<td>St Luke’s Eldercare (Changkat Centre)</td>
<td>6273 5183</td>
<td>350 Tampines Street 33 #01-438 Singapore 520030</td>
<td></td>
</tr>
<tr>
<td>St Luke’s Eldercare (Tampines Centre)</td>
<td>6273 5183</td>
<td>101 Tampines Street 11 #01-103 Singapore 619003</td>
<td></td>
</tr>
<tr>
<td>St Luke’s Eldercare (Jurong East)</td>
<td>6273 5183</td>
<td>310 Clementi Ave 4 #01-283 Singapore 619310</td>
<td></td>
</tr>
</tbody>
</table>

Dementia Day Care Centres

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

ANNEX

<table>
<thead>
<tr>
<th>Agency Name</th>
<th>Phone Number</th>
<th>Address</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>St Andrew’s Care</td>
<td>6715 6762</td>
<td>350 Tampines Street 33 #01-476 Singapore 520012</td>
<td></td>
</tr>
<tr>
<td>St Luke’s Eldercare (Serangoon Centre)</td>
<td>6273 5183</td>
<td>350 Tampines Street 33 #01-476 Singapore 520012</td>
<td></td>
</tr>
<tr>
<td>St Luke’s Eldercare (Jurong East)</td>
<td>6273 5183</td>
<td>350 Tampines Street 33 #01-476 Singapore 520012</td>
<td></td>
</tr>
<tr>
<td>St Luke’s Eldercare (Tampines Centre)</td>
<td>6273 5183</td>
<td>101 Tampines Street 11 #01-103 Singapore 619003</td>
<td></td>
</tr>
<tr>
<td>St Luke’s Eldercare (Changkat Centre)</td>
<td>6273 5183</td>
<td>350 Tampines Street 33 #01-438 Singapore 520030</td>
<td></td>
</tr>
</tbody>
</table>
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 579044 6252 9900

Sembawang Walk Nursing Home
Mission (SWAMI)
Sunshine Welfare Action Singapore 768992
12 Yishun Avenue 5 Home for the Aged Sick
Sree Narayana Mission
6287 5466
156 Serangoon Garden Way Singapore 546636

North
All Saints Home
(Moulang) 651 Yishun Ring Road Singapore 766861
6351 1400

Grace Lodge
105 Punggol Road Singapore 546636 6489 8161

Ling Kwong Home for Senior Citizens
156 Serangoon Garden Way Singapore 546635 6287 5466

Sree Narayana Mission
Home for the Aged Sick 12 Yishun Avenue 9 Singapore 766992
6572 1785

Sunshine Welfare Action
Mission (SWAM) Nursing Home 5 Santabawang Walk Singapore 757717 6257 6117

All Saints Home
(Yishun) 3151 Yishun Ring Road Singapore 766861
6351 1400

Ju Eng Home for Senior Citizens
205 Jalan Kayu Singapore 794436 6484 6980

Man Fut Tong Nursing Home
20 Woodlands Street 82 Singapore 738007 3157 1151

St. Joseph’s Home
36 Juruang West Street 24 Singapore 646414 6268 0482

St. Theresa’s Home
49 Upper Thomson Road Singapore 574325 6256 2032

Bright Hill Evergreen Field
100 Punggol Field Singapore 828811 6459 3492

Sunnyove Dementia Day Care Centre
Buangkok Green Medical Park 70 Buangkok View Singapore 534190 6357 3548

Villa Francis Home for the Aged
91 Yishun Central Singapore 766820 6268 2977

Central
Lions Home for the Elders (Bedok)
487 Bedok South Avenue 2 Singapore 460316 6241 0607

Thian Long Old Folks’ Home
11 Lorong 5 Telok Kurau Singapore 426531 6344 3186

West
All Saints Home
(Jurong East) 20 Juruang East Avenue 1 Singapore 639792 6819 9300

Bethany Methodist Nursing Home
9 Choa Chu Kang Avenue 4 Singapore 695991 6314 1952

Jamiah Nursing Home (Darul Syifa)
130 West Coast Drive Singapore 127444 6775 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.

Alzheimer’s Disease Association Caregiver Support Centre
27 Taxis Bhawan Road, Singapore 300075 6274 6904

Caregiving Welfare Association
3 Glim Moh Road Singapore 106003 6121 2934

Angel’s Project
27 Tanks Biyang Road #01-1018 Singapore 190027 6274 6904

West
All Saints Home
(Tampines) 11 Tampines Street 44 Singapore 529123 6788 2345

Apek Harmony Lodge
10 Paish Rils Walk Singapore 521842 6536 2265

The Salvation Army Peacockaven Nursing Home
9 Upper Changi Road North Singapore 567789 6546 5678

Filo’s Community Services
38 Chua Chieh Avenue #01-177 Singapore 62-42 5978 / 6636 3787

East
All Saints Home
(Tampines) 11 Tampines Street 44 Singapore 529123 6788 2345

Apek Harmony Lodge
10 Paish Rils Walk Singapore 521842 6536 2265

The Salvation Army Peacockaven Nursing Home
9 Upper Changi Road North Singapore 567789 6546 5678

Lions Home for the Elders (Bedok)
487 Bedok South Avenue 2 Singapore 460316 6241 0607

Thian Long Old Folks’ Home
11 Lorong 5 Telok Kurau Singapore 426531 6344 3186

TRAINING FOR FAMILY AND CAREGIVERS
These centres provide courses and training workshops for those who take care of persons with dementia.

Northern
Alzheimer’s Disease Association Resource & Training Centre
Luziena Building 70 Bendemeer Road Singapore 389400 6293 9971

East
Changi General Hospital
2 Simei Street 3 Singapore 529889 6788 8833

North
All Saints Home (Jurong East) 20 Juruang East Avenue 1 Singapore 639792 6819 9300

Bethany Methodist Nursing Home
9 Choa Chu Kang Avenue 4 Singapore 695991 6314 1952

Jamiah Nursing Home (Darul Syifa)
130 West Coast Drive Singapore 127444 6775 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.

Alzheimer’s Disease Association Caregiver Support Centre
27 Taxis Bhawan Road, Singapore 300075 6274 6904

Caregiving Welfare Association
3 Glim Moh Road Singapore 106003 6121 2934

Angel’s Project
27 Tanks Biyang Road #01-1018 Singapore 190027 6274 6904

West
All Saints Home (Jurong East) 20 Juruang East Avenue 1 Singapore 639792 6819 9300

Bethany Methodist Nursing Home
9 Choa Chu Kang Avenue 4 Singapore 695991 6314 1952

Jamiah Nursing Home (Darul Syifa)
130 West Coast Drive Singapore 127444 6775 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.

Alzheimer’s Disease Association Caregiver Support Centre
27 Taxis Bhawan Road, Singapore 300075 6274 6904

Caregiving Welfare Association
3 Glim Moh Road Singapore 106003 6121 2934

Angel’s Project
27 Tanks Biyang Road #01-1018 Singapore 190027 6274 6904

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

Singapore General Hospital
Outram Road Singapore 169638 6222 3322

Institute of Mental Health
378 Alexandra Road Singapore 159964 6357 7100

North
Khoo Teck Puat Hospital
90 Yishun Central Singapore 768928 6550 8000