

List of Services for Persons with Dementia and their Caregivers

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HELPLINE

A helpline is a fast and convenient way to obtain information and advice. It is also a source of emotional support when you are in distress.

Organization	Details	Helpline Number
Mental Health Helpline (by Institute of Mental Health)	For psychiatric emergencies and others who need more information for such persons	6389 2222 (24- hour)
Samaritans of Singapore (SOS)	For anybody in crisis and persons with suicidal tendencies	1800 221 4444
Care Corner Counselling Hotline (Mandarin)	For those who need counseling	1800 353 5800 (Monday – Sunday, except public holidays, 10am -10pm)
Dementia Hotline (by Alzheimer’s Disease Association)	For caregivers who are caring for persons with dementia	6377 0700
Singapore Silver Line	For eldercare information or to get connected to eldercare and caregiver support services in Singapore	1800 650 6060 (Monday – Friday, 8.30am – 8.30pm & Saturday, 8.30am – 4.00pm)
Singapore Association of Mental Health Helpline	For people who have psychological, psychiatric or social problems and others who need information for such persons	1800 283 7019 (Monday – Friday, 9.00am – 6.00pm)

GOVERNMENT HOSPITALS

Changi General Hospital	6788 8833
Jurong General Hospital	6472 2000/6379 3162
Khoo Teck Puat Hospital	6555 8000
National University Hospital	6779 5555/6772 5000 (A&E)
Singapore General Hospital	6222 3322/6321 4311 (A&E)
Tan Tock Seng Hospital	6256 6011/6357 8766 (A&E)

SUPPORT AND SERVICES FOR DEMENTIA

Community Mental Health services provide accessible and integrated mental health support and intervention for clients and their caregivers in the community.

Central	
Support and Services for Dementia	Contact Details
Alzheimer's Disease Association (ADA) 70 Bendemeer Road, Luzerne Building #03-02A S339940	Tel: 6377 0700
Tsao Foundation – Hua Mei Dementia Care Centre 298 Tiong Bahru Road, Central Plaza #15-01/06 S168730	Tel: 6593 9500
NTUC Health Co-operative Limited 133 New Bridge Road, Chinatown Point #04-09 S059413	Tel: 6715 6715

North	
Support and Services for Dementia	Contact Details
Alzheimer's Disease Association (ADA) 70 Bendemeer Road, Luzerne Building #03-02A S339940	Tel: 6377 0700
St Lukes Eldercare (Nee Soon Central Centre) Blk 766 Yishun Avenue 3 #01-295 S760766	Tel: 6759 9053
NTUC Health Co-operative Limited 133 New Bridge Road, Chinatown Point #04-09 S059413	Tel: 6715 6715

East	
Support and Services for Dementia	Contact Details
Alzheimer's Disease Association (ADA) 70 Bendemeer Road, Luzerne Building #03-02A S339940	Tel: 6377 0700
Filos Community Services Blk 38 Chai Chee Avenue #01-177 S460013	Tel: 6241 8171
NTUC Health Co-operative Limited 133 New Bridge Road, Chinatown Point #04-09 S059413	Tel: 6715 6715

West	
Support and Services for Dementia	Contact Details
Alzheimer's Disease Association (ADA) 70 Bendemeer Road, Luzerne Building #03-02A S339940	Tel: 6377 0700 Website: www.alz.org.sg
NTUC Health Co-operative Limited 133 New Bridge Road, Chinatown Point #04-09 S059413	Tel: 6715 6715

St Luke's Hospital 2 Bukit Batok Street 11 S659674	Tel: 6895 2794
St Luke's Eldercare 2 Bukit Batok Street 11 S659674	Tel: 6567 0708

NURSING HOMES

Nursing Homes provide long-term skilled nursing care for the elderly who are unable to take care of themselves or cannot be cared for in their own homes. This service is usually for elderly who are wheelchair – bound or bedridden.

CENTRAL	
Nursing Homes	Contact Details
Ju Eng Home for Senior Citizens 205 Jalan Kayu S799436	Tel: 6484 6890 Website: www.juenghome.org.sg
Kwong Wai Shiu Hospital 705 Serangoon Road S328127	Tel: 6294 1189 Website: www.kwsh.org.sg
Lions Home for the Elders (Toa Payoh) 41 Toa Payoh Rise S298101	Tel: 6252 9900/6359 9167 Website: www.lionshome.org.sg
Ren Ci Hospital 50 Jalan Tan Tock Seng S308438	Tel: 6358 0777/6358 0288 Website: www.renci.org.sg
Singapore Christian Home for the Aged 20 Sembawang Crescent S 757092	Tel: 6423 4310 Website: -
St. Theresa Home 49 Upper Thomson Road S574325	Tel: 6256 2532 Website: www.sainttheresahome.org
Tai Pei Old People's Home 10 Jalan Ampas S329510	Tel: 6255 2188 Website: www.dabei.org.sg

NORTH	
Nursing Homes	Contact Details
Man Fut Tong Nursing Home 20 Woodlands Street 82 S738507	Tel: 3157 1151 Website: www.mft.org.sg
Sree Narayana Mission Home for the Aged Sick 12 Yishun Avenue 5 S768992	Tel: 6752 1785 Website: www.sreenarayanamission.org
Sunshine Welfare Action Mission (SWAMI) Home 5 Sembawang Walk S757717	Tel: 6257 6117 Website: www.swami.org.sg
Villa Francis Home for the Aged 91 Yishun Central S768829	Tel: 6269 2877 Website: www.villafrancis.org.sg

EAST	
Nursing Homes	Contact Details
All Saints Home (Tampines) 11 Tampines Street 44 S529123	Tel: 6788 2345 Website: www.allsaintshome.org.sg
Apex Harmony Lodge 10 Pasir Ris Walk S518240	Tel: 6585 2265 Website: www.apexharmonyloodge.org.sg
Lions Home for the Elders (Bedok) 487 Bedok South Avenue 2 S469316	Tel: 6244 0667 Website: www.lionshome.org.sg
Moral Home for the Aged Sick 1 Jalan Bilal S468854	Tel: 6442 2268 Website: www.chkmps.org.sg
The Salvation Army, Peacehaven Nursing Home 9 Upper Changi Road North S507706	Tel: 6546 5678 Website: www.salvationarmy.org.sg
Thian Leng Old Folk's Home	Tel: 6344 3186

115 Lorong G Telok Kurau S426317	
Thong Teck Home for Senior Citizens 91 Geylang East Avenue 2 S389759	Tel: 6846 0069 Website: www.thongteckhome.org

NORTH – EAST	
Nursing Homes	Contact Details
All Saints Home (Hougang) 5 Poh Huat Road S546703	Tel: 6282 6969/6282 6960 Website: www.allsaintshome.org.sg
Bright Hill Evergreen Home 100 Punggol Field S828811	Tel: 6459 3492 Website: www.bheh.org
Grace Lodge 105 Punggol Road S546636	Tel: 6489 8161 Website: www.sbws.org.sg
Ling Kwang Home for Senior Citizens 156 Serangoon Garden Way S556055	Tel: 6287 5466 Website: www.iccc.org.sg/lkh/html
Society for the Aged Sick 130 Hougang Avenue 1 S538900	Tel: 6289 0993 Website: www.societyagedsick.org.sg

RESPITE CARE SERVICES

Respite care provides much needed short-term breaks that can relieve stress and help you restore energy. Apart from working with family members, relatives, friends, neighbours, or hiring a domestic helper, there are commercial respite care options that can allow you to take short breaks. Caregivers can use this short time to pursue their own hobbies or run personal errands.

Nation – wide	
Respite Care Services	Contact Details
Alzheimer’s Disease Association (ADA)*	Tel: 6377 0700 Website: www.alz.org.sg
NTUC Eldercare Co-operative Limited *	Tel: 6543 6632 Website: www.ntuhealth.sg
Thye Hua Kwan Moral Charities (THKMC)*	Tel: 6690 0110 Website: www.thkmc.org.sg

**There are eligibility criteria for you to meet.*

SENIOR CARE CENTRES (DDCC)

Senior Care Centres provide day care programmes for the elderly who suffer from dementia to teach and train them and their caregivers. It allows the elderly with dementia to continue caring for himself/herself as much as possible. Other services such as resources and referral, support groups, counselling and assistance are available too.

CENTRAL	
Senior Care Centres	Contact Details
New Horizon Centre (Toa Payoh) Blk 157 Toa Payoh Lorong 1 #01-1195 S310157	Tel: 6353 8734 Website: www.alz.org.sg
SASCO Day Activity Centre Block 30 #01-316 Telok Blangah Rise S090030	Tel: 6276 8713 Website: www.sasco.org.sg
Sunlove 70 Buangkok View Buangkok Green Medical Park S534190	Tel: 6386 9312 Website: www.sunlovehome.org.sg
Yong-En Care Centre 335A Smith Street #03-57 S051335	Tel: 6225 1002 Website: www.yong-en.org.sg

NORTH	
Senior Care Centres	Contact Details
Sunshine Welfare Action Mission (SWAMI) Home 5 Sembawang Walk S757717	Tel: 6257 6117 Website: www.swami.org.sg

EAST	
Senior Care Centres	Contact Details
Apex Harmony Lodge 10 Pasir Ris Walk S518240	Tel: 6585 2265 Website: www.apexharmony.org.sg
New Horizon Centre (Tampines) Blk 362 Tampines St 34 #01-377 S520362	Tel: 6786 5373 Website: www.alz.org.sg
Salvation Army Peacehaven Bedok Multi – Service Centre Blk 121 Bedok North Road #01 – 161/163 S460121	Tel: 6445 1630 Website: www.salvationarmy.org.sg
Thong Teck Home for Senior Citizens 91 Geylang East Avenue 2 S389759	Tel: 6846 0069 Website: www.thongteckhome.org

WEST	
Senior Care Centres	Contact Details
New Horizon Centre (Bukit Batok) Blk 511 Bukit Batok St 52 #01-211 S650511	Tel: 6565 9958 Website: www.alz.org.sg
New Horizon Centre (Jurong Point) 1 Jurong West Central 2 Jurong Point Shopping Centre #04-04 S648886	Tel: 6790 1650 Website: www.alz.org.sg

CAREGIVER SUPPORT GROUP

Caregiver support groups can be made up of care partners, spouses, family members, and loved ones of those caring for persons with dementia. It offers caregivers support and information targeted towards dementia. It also encourages caregivers to share information, give and receive support and exchange practical suggestions with one another.

Most of the Caregiver Support Groups also provide islandwide services.

Central	
Caregiver Support Groups	Contact Details
Alzheimer's Disease Association 298 Central Plaza Tjong Bahru Road #03-01 S168730	Tel: 6593 6440 Website: www.alz.org.sg
Alzheimer's Disease Association – Caregiver Support Centre 70 Resource & Training Centre Bendemeer Road #06-02 Luzerne S339940	Tel: 6377 0700 Website: www.alz.org.sg
National Neuroscience Institute (NNI), Neuroscience Clinic Level 1 11 Jalan Tan Tock Seng S308433	Tel: 9656 8078 (call or SMS for registration purpose only) Website: https://www.nni.com.sg/PatientsandVisitors/SupportGroups/Pages/Dementia-Support-Group-2017.aspx
Project Angels 27 Telok Blangah Way #01-1018 S090027	Tel: 6274 6904 Website: www.monfortcare.org.sg
TOUCH Caregivers Support (TOUCH Community Services Limited) 173 Lorong 1 Toa Payoh #01-1264 S310173	Tel: 6258 6797 Website: www.caregivers.org.sg

NORTH	
Caregiver Support Groups	Contact Details
Caregivers Alliance Limited 707 Yishun Ave 5 #01-36 S760707	Tel: 6753 6578 Website: www.cal.org.sg
Khoo Teck Puat Hospital 90 Yishun Central Singapore 768828	Email address: ktph.memorycare@alexandrahealth.com.sg Website: https://www.ktph.com.sg/dementia_support_group

EAST	
Caregiver Support Groups	Contact Details
Filos Community Services 57A New Upper Changi #01 – 1320 S461056	Tel: 6242 5978 Website: www.filos.sg

WEST	
Caregiver Support Groups	Contact Details
Filos Community Services	Tel: 6242 5978

57A New Upper Changi #01 – 1320 S461056	Website: www.filos.sg
Caregiving Welfare Association 3 Ghim Moh Road #01-294 S270003	Tel: 6466 7957 Website: www.cwa.org.sg