



Signs of dementia include:

- Loss of memory (e.g. misplacing articles)
- Disorientation
- Language problems
- Poor or reduced judgment
- Poor performance of familiar tasks
- Mood or behavioural changes
- Loss of initiative or change in personality

Depression and dementia often go untreated because of fear, apprehension, stigma, denial and lack of money or family support. Caregivers may get stressed from caring for their loved ones. GoodLife!@South East CREST Team is here to support caregivers and seniors with depression and dementia.



GoodLife!@South East CREST Team

The CREST Team in the eastern region is based at GoodLife! Centre. The team works with community partners to provide useful information on mental health, links residents to suitable services and provides emotional support.

For more information, you may contact us at:

Blk 15 Marine Terrace #01-18
Singapore 440015
Tel: 6445 0570

Supporting Seniors with Depression & Dementia

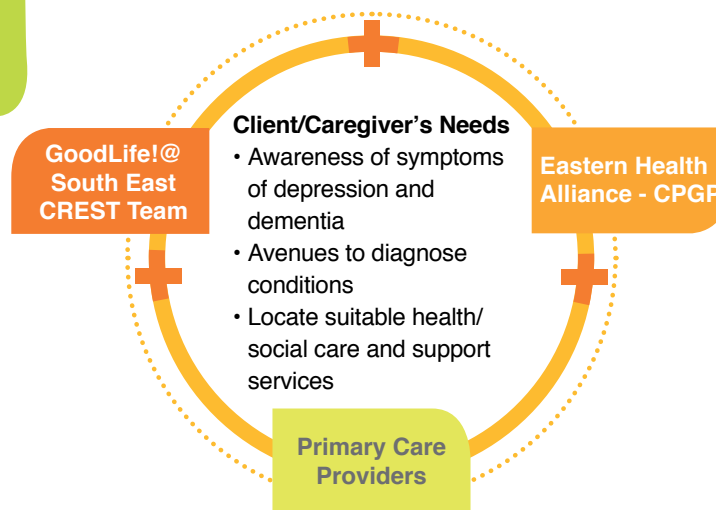
GoodLife!@South East CREST Team
 is here for you





What GoodLife!@South East CREST Team does

Our GoodLife!@South East CREST Team, or Community Resource, Engagement & Support Team, provides a vital link between our residents and the mental health support networks. Our goal is to provide a holistic service focusing on improving quality of life for our seniors and their caregivers. We serve seniors aged 65 years old and above who live in the eastern region, primarily Marine Parade and nearby estates.

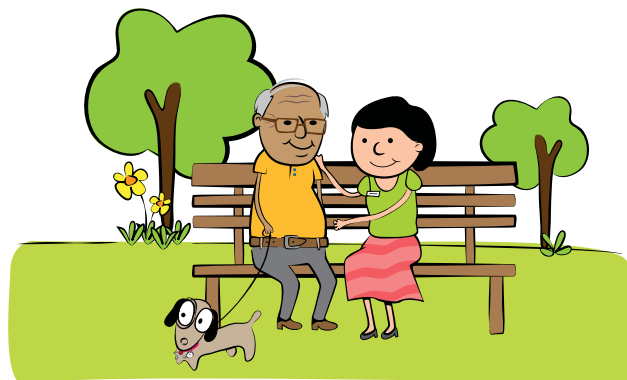


Living Well: Seniors with Depression and Dementia

Are you uncertain whether your loved one has depression or dementia?

Signs of depression include:

- Disinterest in pleasurable activities
- Low mood
- Increased or decreased appetite
- Sleep disturbance
- Difficulty concentrating
- Easily distracted
- Pessimistic thoughts
- Suicidal thoughts



GoodLife!@South East CREST Team works closely with General Practitioners (GPs) and the Community Psychogeriatric Programme (CPGP) team at the Eastern Health Alliance to coordinate services and ensure continuity of care for seniors with depression or dementia.

- **Recognise** seniors **who are well but at risk**, for early intervention
- **Recognise seniors with conditions** e.g. dementia, depression – referred by their families, welfare and grassroots organisations and civic groups - and link them to the right service for diagnosis and treatment
- Help seniors and caregivers **locate the right care and assistance** in the healthcare and social services systems e.g. hospitals and clinics for medical and psychiatric care; welfare groups and community service organisations for rehabilitation, social and financial help
- **Provide basic emotional support** to seniors and caregivers
- **Follow up with home visits to residents** who are discharged from hospitals to help them reintegrate into their community
- **Educate** seniors and their caregivers on strategies to manage depression and dementia
- **Reach out to the general public** with mental health information and education
- **Train volunteers as Angel Ambassadors** to provide befriending and support services for residents who need less intensive care