



Happy Lunar New Year!

Connect ² Collab

DFSG e-Newsletter



GOOD PRACTICES

Introducing the Dementia-Friendly Singapore Community of Practice

The Dementia-Friendly Singapore (DFSG) Community of Practice (COP) is a new initiative to inspire community partners to develop new ideas and roll out dementia-friendly efforts across the nation. The COP also aims to appreciate and recognise partners' contributions and offer partners a platform to discuss ways to enhance local Dementia-Friendly Community (DFC) networks to form more connected regional and national networks.

Now in its early stages, the COP was initiated for service partners and it is currently being driven by a core group of partners comprising AWWA Pte Ltd, Dementia Singapore (DSG), Montfort Care and REACH Community Services. These partners have been leading DFC ground efforts in the region they serve. The core group also attended a training workshop which equipped them with the necessary know-how to manage and facilitate the COP sessions.

These sessions are held on a quarterly basis. The inaugural session was held on 18 November 2022 at REACH Senior Centre @ Bukit Gombak Vista. A total of 27 participants comprising DFC Community Outreach Teams (CREST) partners, national CREST partners and Agency for Integrated Care (AIC) representatives attended the first session.

We spoke with **Jennifer Yong** from REACH, a representative from the core group, to hear her views on the COP.

What are your aspirations for the COP? What do you hope to achieve in the COP sessions?

Jennifer: I hope that the COP can be a place where members are able to build and tap on each other's expertise as CREST practitioners. We want community partners to walk out of these sessions empowered to develop and disseminate dementia best practices and strategies, which would bring us closer to our goal of a Dementia-Friendly Singapore.

How do you think the COP will benefit service providers?

Jennifer: With the COP, service providers have a platform to share experiences, showcase their works and collectively develop new ideas. Eventually, we hope that service providers will be able to document a toolkit for the future.

How do you feel about the first COP session? Any thoughts or key reflections on how the session went?

Jennifer: I feel inspired by the members' passion for dementia care. This facilitated honest and open sharings, and also helped to forge connections between members.



Core group (from left to right):

Gareth Huang Weihan (Senior Head of Senior Service, REACH),
Mary-Ann Khoo (Consultant, DSG), **Jennifer Yong** (Assistant Senior Social Worker, REACH), **Nicodemus Ching** (Social Worker, AWWA),
Geraldine Ng Zhi Xin (Social Worker, Montfort Care)



CASE STUDY

The Launch of a National Movement

Why the need to have a Dementia-Friendly Singapore movement?

The idea of having a Dementia-Friendly Singapore (DFSG) movement came about due to the growing prevalence of dementia in the coming years with the nation's ageing population. It is projected that there would be over 152,000 persons with dementia by 2030. More needs to be done to build a caring and dementia-friendly society whereby everyone can play a part in supporting those living with dementia and their caregivers so that they can live well in the community.

2022 DFSG campaign

The DFSG movement ran for a month from 20 November to 20 December 2022, with the goal to build an inclusive society in which people know about dementia and mental wellness. Persons living with dementia and their families will feel respected, valued and confident to live well in a Dementia-Friendly Singapore.

In addition to the existing DFCs, individuals, corporates and communities can play a part to support and care for persons living with dementia. This would entail knowing their nearest dementia Go-To-Points (GTPs), keeping a lookout for one another and downloading the CARA app to offer support.

DFSG campaign launch at Bedok Town Square

Key partners and stakeholders were invited to the public launch, with AIC Chief Executive Officer Mr Tan Kwang Cheak announcing the start of the campaign.

Mr Masagos Zulkifli, Second Minister for Health, graced the launch event as the Guest-of-Honour. In his speech, Mr Masagos lauded the significance and achievements of the DFSG initiative and highlighted the importance of expanding efforts to prepare for the growing prevalence of dementia. He also encouraged the nation to support the new campaign.

The event featured a mini-exhibition to showcase AIC's collaborations with community partners and corporates from different sectors, useful resources on dementia, as well as stories of inspiring individuals known as 'Dementia Friends'.

The launch also highlighted new partnerships forged with NTUC FairPrice and Sheng Siong, and strengthened existing ones with transport operators SMRT, SBS Transit, Go-Ahead Singapore and Tower Transit Singapore. These partnerships marked a milestone for dementia support in the community as it was the first time supermarkets have come on board as dementia GTPs.

AIC and Dementia Singapore also exchanged a Memorandum of Understanding at the event. The new partnership will deepen capability building, communications and support for persons living with dementia and their caregivers.



Featured: Partners from Dementia Singapore, Shandy (emcce), and team from AIC.

After the launch event, the exhibit and standees were moved to Heartbeat@Bedok to raise public awareness from 21 November to 11 December 2022.

Bringing the campaign further

The campaign also utilised social media platforms to reach out to the public. Posts on the [@DementiaFriendlySingapore Facebook](#) page helped to engage people through fun activities and inspiring stories. People were also encouraged to learn more about dementia through the recently revamped [DementiaHub.SG](#) portal, a resource hub for dementia resources, as well as to download the [CARA app](#) to offer support to those in need.

Local community news outlet Mothership helped to spread the word further through a feature of prominent Dementia Friend Alison Lim, who shared her experience as a self-advocate for persons living with dementia.



“ The #DementiaFriendlySG movement will strengthen established dementia-friendly networks through better service integration. We hope that it will spur the development of even more Dementia-Friendly Communities, provide more resources through dementia GTPs, and generate more dementia-friendly efforts through partnerships with even more organisations. ”

Mr Masagos Zulkifli Bin Masagos Mohamad
Minister for Social and Family Development,
Second Minister for Health & Minister-in-charge of Muslim Affairs



From left to right:
Ustaz Mohamed Ali Atan,
Mr Lionel Yan and
Mr Gopal Kanapatty

GET PERSONAL

Building a caring and dementia-friendly community starts with me

Every one of us aspires to live life to the fullest, including persons living with dementia. As Singapore's ageing population grows, the number of people living with dementia will increase proportionally. It is therefore essential to build Singapore as an inclusive home for all by lending a helping hand to support persons living with dementia.

In this issue, we speak with three Dementia Friends who represent everyday champions in our community. Let's hear from them and learn how they have supported the Dementia-Friendly Singapore initiative.



Ustaz Mohamed Ali Atan is the Senior Mosque Executive Chairman of Ar-Raudhah Mosque and Hussain Sulaiman Mosque. Ustaz Ali is also a familiar name to other mosques in the west for actively promoting dementia awareness and resources in the mosques, as well as establishing them as a Dementia Go-To Point.



Mr Gopal Kanapatty PBM has been involved in community work for over three decades and is still going strong at 76 years of age. He retired from

his travel agency job and is serving full-time as the Chairman of the Queenstown Active Ageing Committee (AAC), a position which he has been holding for the past 15 years.



Mr Lionel Yan leads the CREST Fei Yue@Buona Vista and Queenstown team, which collaborates closely with community

partners to roll out dementia-friendly initiatives in the Queenstown Dementia-Friendly Community.

What prompted you to start dementia-friendly initiatives in your community?

Ustaz Ali: Dementia is close to my heart as I had mistakenly brushed off my late father's early dementia symptoms as a normal part of ageing. It is vital for us to increase dementia awareness so people are informed and can seek early diagnosis and support.

When I first brought up the idea of establishing our mosques as Dementia GTPs, the religious leaders were very supportive. They recognised the importance of dementia awareness in the community. I am heartened to share that our mosques were established as Dementia GTPs in 2022.

Mr Gopal: Having benefitted from social service when I was young, I know how much of an impact it can have on others. This is what drives me to give back to the community. Dementia is a cause that holds a special place in my heart.

Establishing Queenstown as a DFC aligns with our goal to provide better care for seniors in our community, who are more susceptible to dementia. That first move eventually helped to spark other programmes and activities with our residents, allowing us to build a pool of caregivers of those living with dementia.

We collaborated with Lionel and the CREST team from Fei Yue Community Services to set up the Queenstown Caregiver Support Network (CSN), which empowers caregivers through a peer support network focusing on self-care, mindset change and recognition.

Are there any key dementia-friendly initiatives you would like to highlight in your region or under your purview?

Mr Lionel: Seeing caregivers in the CSN connecting with one another warms my heart. Through the CSN, caregivers feel less alone and

more empowered in their caregiving journey. This peer support network is a platform for caregivers to share their experiences and tips, talk about challenges they face, as well as provide support to each other.

With the CSN, caregivers who are often overlooked now have the opportunity to be seen, heard and cared for. The well-being of caregivers is equally important in the journey of a person living with dementia.

How can community partners play a part in building a Dementia-Friendly Singapore?

Mr Lionel: Community partners can tap on one another's strengths as they have the resources and access to the dementia community. AACs, in particular, would be very keen to help as they are senior-focused. As CREST is a community outreach team, we are more than happy to partner with new communities and conduct talks to raise dementia awareness.

Ustaz Ali: I have some advice for those hesitating to come on board.

Firstly, there are training and resources from AIC and CREST that are readily available to support community partners in taking the first step.

Secondly, building a Dementia-Friendly Singapore is not a good-to-do — it is a must-do. Just think of your parents and grandparents, because dementia can happen to anyone around you. Wouldn't it be heartbreaking if we are unable to understand what our loved ones are going through simply because we do not want to educate ourselves?

And lastly, we all have the responsibility to care for the people in our community. So let's all come together and make our community a friendly one for all.



HELPFUL RESOURCES

Care Services Recommender Feature

The SupportGoWhere portal now supports a new 'Care Services Recommender' feature! Jointly developed by AIC and the Government Technology Agency of Singapore [GovTech], caregivers can access customised schemes, services, tips and resources for their caregiving journey on this one-stop platform.

We would be happy to improve the Care Services Recommender feature and further tailor it to your needs. Please scan the QR code to provide your feedback.



Youth Hope Intergenerational Toolkit

The Youth Hope programme aims to foster intergenerational bonding between youths and seniors. Accordingly, the Youth Hope Intergenerational Toolkit provides a step-by-step guide to implement Youth Hope in the community. Included in the toolkit are ways that individuals and community partners can play a part in engaging youths to support seniors and persons living with dementia.



Dementia Go-To Point Manual

What should employees do when an individual is brought to a GTP? How can employees support these individuals? The Dementia GTP manual is designed exactly to answer these questions.

The manual details the GTP set-up process, role and expectations of employees in such organisations, a list of resources for assisting wandering persons living with dementia and information on dementia.



Dementia Hub Website

Did you know that DementiaHub.SG is Singapore's first one-stop resource portal for dementia? This knowledge hub serves as a key touchpoint for members of the community and corporations, persons living with dementia, caregivers and care professionals.



It houses the most relevant, comprehensive and up-to-date information on dementia, including engaging persons living with dementia, self-care tips, caregiving tips and more!



Stay in Touch

Be part of our caring community and keep up-to-date with the latest happenings.

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Join us in the #DementiaFriendlySG movement today!

Learn: www.DementiaHub.SG

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Ask: [1800-650-6060](tel:1800-650-6060) (AIC Hotline)

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