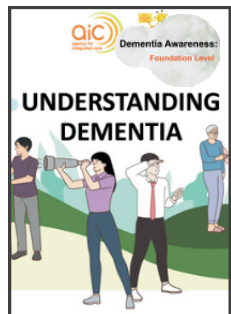


# TOP 5 DEMENTIA RESOURCES

Supporting your caregiving journey with information and tips to care for yourself and your loved one



Learn the signs and symptoms of dementia and how to communicate with persons living with dementia via this e-learning module.



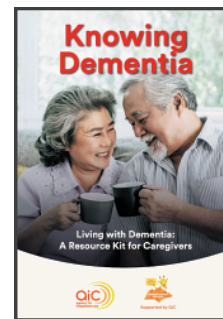
[www.for.sg/understand-dementia-2023](http://www.for.sg/understand-dementia-2023)

Have questions on how to support your loved one? Check out the 'Ask the Experts' video series.



[www.for.sg/asktheexperts](http://www.for.sg/asktheexperts)

Learn about dementia, self-care tips for caregivers, and services you can tap on.



[www.for.sg/livingwithdementia](http://www.for.sg/livingwithdementia)

Pick up tips on how to enhance your home to make it dementia-friendly.



[www.for.sg/dfhome](http://www.for.sg/dfhome)

CARA is a mobile app for caregivers to connect to an ecosystem of solutions including features such as "Report Missing Person".



[www.cara.sg](http://www.cara.sg)

# TOP 5 CAREGIVING TIPS FOR YOU

Caregivers may feel lost when embarking on their caregiving journey. Here are some areas you can look into to support your needs:



## Tip #1

Do you feel lost when your loved one is about to be discharged?

Work with your doctors and/or medical social workers (MSWs) on the discharge plans to care for your loved one.

## Tip #3

Do you know where to look for services and support for your loved one and yourself?

There are various types of community mental health services to support your loved one. Visit [www.for.sg/dhubsupportandservices](http://www.for.sg/dhubsupportandservices).

## Tip #2

Do you have sufficient knowledge of your loved one's health condition?

Build your knowledge on dementia and know what to expect as the condition progresses. Learn more at [www.dementiahub.sg](http://www.dementiahub.sg), a one-stop resource portal.

## Tip #4

Do you need legal advice and financial schemes to support your caregiving journey?

Find out about available financial schemes from your MSW or visit [www.for.sg/dhubfinancialschemes](http://www.for.sg/dhubfinancialschemes).

## Tip #5

Do you feel stressed caring for your loved one and trying to meet other responsibilities?

Remember to care for yourself. Learn self-care tips from [www.for.sg/dhubcgselfcare](http://www.for.sg/dhubcgselfcare) or find out caregiving tips via [www.for.sg/dhubcgsupportservices](http://www.for.sg/dhubcgsupportservices).