









Dementia Resources to Support Caregivers












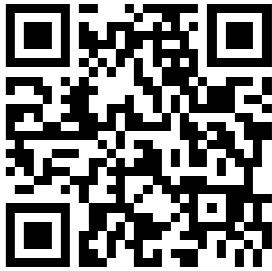
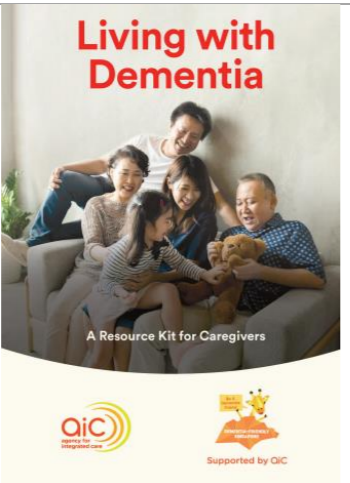

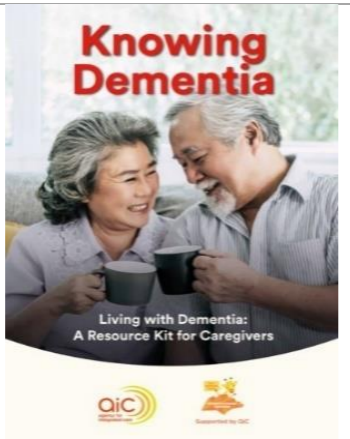

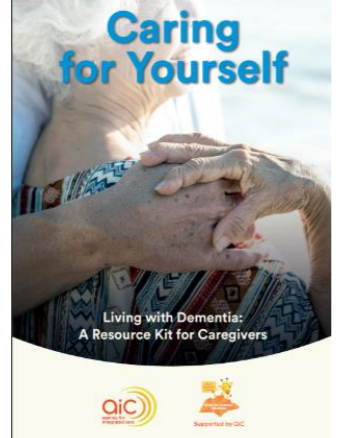

Caregivers often do not know where to find resources. Here is a consolidated list of resources to support your clients and caregivers in their journey, which you can use to share with them in your engagement, outreach or training. Feel free to edit this list to suit your needs. If you have any enquiries on the services or resources, do feel free to email us at enquiries@aic.sg.


I KNOW – Learn about dementia

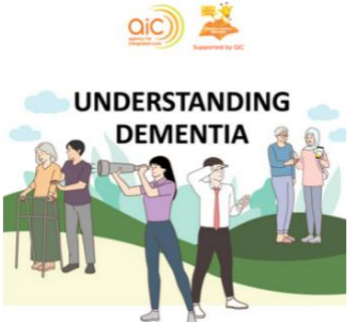






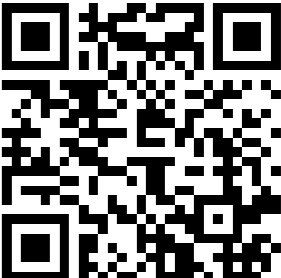


Title	Cover	Format	Language	Description	Hyperlink	QR Code
Understanding Dementia						
Ask the Experts Series		Video	English	A 6-part video series from caregivers, persons living with dementia and care professionals share tips on how to support your loved one with dementia. Ep 1 – 6 playlist	www.for.sg/asktheexperts	 <small>https://for.sg/asktheexperts</small>
Ask the Experts - Ep1: Do I have Dementia? Where to Seek Support?		Video	English	Do I have dementia? How do you get a diagnosis? What treatments are available? In the first episode of our 6-part series “All About Dementia – Ask the Experts”, Dr Chen Shiling and Ms Emily Ong answer questions related to dementia diagnosis and treatment.	www.for.sg/asktheexpertsep1	 <small>https://for.sg/asktheexpertsep1</small>

<p>Ask the Experts – Ep2: Planning Ahead Finances & Legal</p>		<p>Video</p>	<p>English</p>	<p>Does my mum who has dementia qualify for an LPA? Can someone living with dementia write a will?</p> <p>In the second episode of our 6-part series “All About Dementia – Ask the Experts”, Mr Yue-En Chong answer questions related to finances and legal planning.</p>	<p>www.for.sg/asktheexpertsep2</p>	 <p>https://for.sg/asktheexpertsep2</p>
<p>Ask the Experts – Ep3: Living with Dementia (Communication)</p>		<p>Video</p>	<p>English</p>	<p>What are the changes that dementia brings that may impact on communication? What are some words to avoid?</p> <p>In the third episode of our 6-part series “All About Dementia – Ask the Experts”, Ms Michelle Ong and Mr Anjang Rosli answer questions related to communicating with person living with dementia.</p>	<p>www.for.sg/asktheexpertsep3</p>	 <p>https://for.sg/asktheexpertsep3</p>
<p>Ask the Experts – Ep4: Living with Dementia (Daily Activities)</p>		<p>Video</p>	<p>English</p>	<p>How can I engage my loved one to keep them mentally active? Can my loved one continue what they love to do?</p> <p>In the fourth episode of our 6-part series “All About Dementia – Ask the Experts”, Ms Low Mui Lang answer questions related to managing the daily activities for person living with dementia.</p>	<p>www.for.sg/asktheexpertsep4</p>	 <p>https://for.sg/asktheexpertsep5</p>
<p>Ask the Experts – Ep5: Living with Dementia (Changes in Behaviour)</p>		<p>Video</p>	<p>English</p>	<p>Why do people living with dementia have changes in their behaviour? My father refuses to take his medication. What should I do?</p> <p>In the fifth episode of our 6-part series “All About Dementia – Ask the Experts”, Dr Ng Wai Chong answer questions related to managing the behaviour changes of person living with dementia.</p>	<p>www.for.sg/asktheexpertsep5</p>	 <p>https://for.sg/asktheexpertsep4</p>



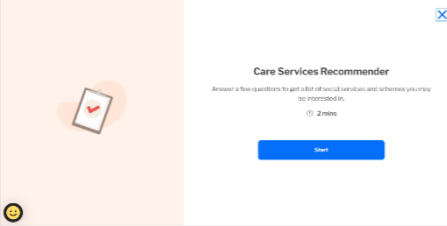

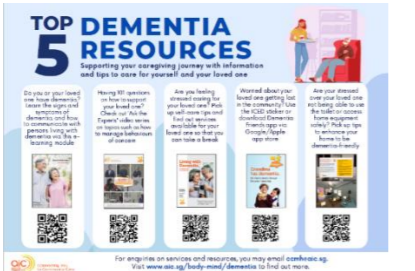




<p>Ask the Experts – Ep6: Living with Dementia (Self-Care for Caregivers)</p>		<p>Video</p>	<p>English</p>	<p>What are the signs of caregiver stress? I need a break from caregiving but I feel guilty. What should I do?</p> <p>In the last episode of our 6-part series “All About Dementia – Ask the Experts”, Ms Sharon Gan & Mr Richard Ashworth answer questions related to self-care for caregivers.</p>	<p>www.for.sg/asktheexpertsep6</p>	 <p>https://for.sg/asktheexpertsep6</p>
<p>DementiaHub.SG</p>		<p>Website</p>	<p>English</p>	<p>DementiaHub.SG is a one-stop portal for the latest information and resources on dementia.</p>	<p>www.dementiahub.sg</p>	
<p>Dementia Symposium 2025: Montage Video</p>		<p>Video</p>	<p>English</p>	<p>What does it mean to live with dementia? Hear from five persons living with dementia as they share their personal stories and perspectives.</p> <p>This video was showcased at the Dementia Symposium 2025: Fostering Connection in Dementia Care.</p>	<p>www.for.sg/dfsg-montagevideo</p>	 <p>https://for.sg/dfsg-montagevideo</p>
<p>Dementia Symposium 2025: Highlights Video</p>		<p>Video</p>	<p>English</p>	<p>Check out the highlights video from the Dementia Symposium 2025: Fostering Connection in Dementia Care. This event was led by persons living with dementia, caregivers and care professionals. Let’s take a look on how we can all play a role in empowering persons living with dementia!</p>	<p>www.for.sg/dfsg-symposiumvideo</p>	 <p>https://for.sg/dfsg-symposiumvideo</p>
<p>Going Home: A Short Film on Dementia</p>		<p>Video</p>	<p>English</p>	<p>An inspiring story on the challenges faced by a person living with dementia</p>	<p>www.youtube.com/watch?v=9iXPHfk_7E</p>	

						
Living with Dementia - A Resource Kit for Caregivers (Series)		Booklet	English Mandarin Malay Tamil	A comprehensive guide to caregiving for persons with dementia, arranged in 4 parts to help caregivers along in their journey. Series Book 1 – Living with Dementia Book 2 – Caring for yourself Book 3 – Planning Care Book 4 – Providing Care Listing	www.for.sg/livingwithdementia	 <small>https://for.sg/livingwithdementia</small>
Living with Dementia - A Resource Kit for Caregivers (Book 1)		Booklet	English Mandarin Malay Tamil	Book 1 – Living with Dementia	www.for.sg/dem-resources-book1	 <small>https://for.sg/dem-resources-book1</small>
Living with Dementia - A Resource Kit for Caregivers (Book 2)		Booklet	English Mandarin Malay Tamil	Book 2 – Caring for yourself	www.for.sg/dem-resources-book2	 <small>https://for.sg/dem-resources-book2</small>

<p>Living with Dementia - A Resource Kit for Caregivers (Book 3)</p>		<p>Booklet</p>	<p>English Mandarin Malay Tamil</p>	<p>Book 3 – Planning Care</p>	<p>www.for.sg/dem-resources-book3</p>	 <p>https://for.sg/dem-resources-book3</p>
<p>Living with Dementia - A Resource Kit for Caregivers (Book 4)</p>		<p>Booklet</p>	<p>English Mandarin Malay Tamil</p>	<p>Book 4 – Providing Care</p>	<p>www.for.sg/dem-resources-book4</p>	 <p>https://for.sg/dem-resources-book4</p>
<p>Living with Dementia - A Resource Kit for Caregivers (Listing)</p>		<p>Booklet</p>	<p>English</p>	<p>Listing</p>	<p>www.for.sg/livingwithdementialisting</p>	 <p>https://for.sg/livingwithdementialisting</p>
<p>Remembering the Two Of Us (Serena Lim)</p>		<p>Storybook</p>	<p>English</p>	<p>A storybook to educate children on dementia.</p>	<p>www.for.sg/rememberingforthetwoofus</p>	 <p>https://for.sg/rememberingforthetwoofus</p>

Understanding Dementia e-learning		e-learning	English	Learn what is dementia, ABCDs signs and symptoms of dementia and how to communicate with persons living with dementia	www.for.sg/understand-dementia-2023	
Reducing Risks of Dementia						
Reducing the Risk of Dementia via ABCD Activities		Video	English	Learn from fellow caregiver on his journey and find out how to reduce the risk of dementia via preventive activities	www.youtube.com/watch?v=1QCRSvATEDQ	
Happy Mind, Healthy Life		Video	English	Learn about the available support available and how you can achieve a healthy mind	www.for.sg/happymindhealthylife	 <p style="font-size: small; text-align: center;">https://for.sg/happymindhealthylife</p>
Standing Psychomotoric Exercise		Video	English	Standing activity that trains your cognition and physical functions to reduce the risk of dementia	www.youtube.com/watch?v=S4bKzy1TbSQ&t=56s	
Seated Psychomotoric Exercise		Video	English	Seated activity that trains your cognition and motor skills to reduce the risk of dementia	www.youtube.com/watch?v=K7sVXsCks_4	









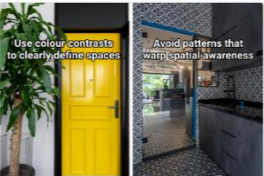
I CAN – Provide better care and support

Title	Cover	Format	Language	Description	Hyperlink	QR Code
Services & Tips to Support your Journey						
AIC Website: CMH Wayfinding Tool		Website	English	This tool allows individuals to find mental health services based on needs, age and location. These services support individuals and caregivers of all ages starting from 12 years old.	www.aic.sg/mentalhealthfinder/	
Support Go Where: Care Services Recommender		Website	English	Use the Care Services Recommender to identify schemes and services relevant to you.	www.go.gov.sg/careservicesrecommender	 <small>https://go.gov.sg/careservicesrecommender</small>
Top 5 Curated Tips and Guides for Caregivers - Dementia		Online copy	English	Top 5 curated tips and guides for caregivers of persons living with dementia	www.for.sg/aic-demtop5	 <small>https://for.sg/aic-demtop5</small>
Interview with Caregiver Stella (Fei Yue)		Video	English	An inspiring story shared by a caregiver on how her mother-in-law was diagnosed and supported by the polyclinic, shared care, COMIT and CREST.	www.youtu.be/IITi6h67tU	
Caregivers sharing tips and personal stories		Video	English	A series of videos featuring caregivers sharing their personal stories and caregiving tips. Discover real-life strategies and valuable techniques on how to deal with common concerns such as confusion, restlessness, and unusual behaviour.	www.forgetusnot.sg/videos.html	

Engaging Persons Living with Dementia













<p>Crossword Puzzle</p>		<p>Print</p>	<p>Mandarin</p>	<p>Meaningful activities which you can use to engage your loved one to maintain his/her cognition.</p>	<p>www.for.sg/crosswordpuzzlesaic</p>	 <p>https://for.sg/crosswordpuzzlesaic</p>
<p>Heartful Conversations</p>		<p>Web/ Print</p>	<p>English</p>	<p>'Heartful Conversations' is an Art Therapy-Infused activity resource which aims to enhance person-centered care by providing insights into seniors' memories and values.</p>	<p>www.for.sg/aic-heartfulconversations-p</p>	 <p>https://for.sg/aic-heartfulconversations-p</p>
<p>Joyfully Engaged Toolkit</p>		<p>Web/ Print</p>	<p>English</p>	<p>12 activity ideas to engage seniors in simple and meaningful activities</p>	<p>www.for.sg/aic-joyfullyengaged-toolkit</p>	 <p>https://for.sg/aic-joyfullyengaged-toolkit</p>
<p>Namaste Care Toolkit</p>		<p>Toolkit</p>	<p>English</p>	<p>A toolkit to guide you on how to provide Namaste Care to your loved one</p>	<p>www.for.sg/namastecareaic</p>	 <p>https://for.sg/namastecareaic</p>

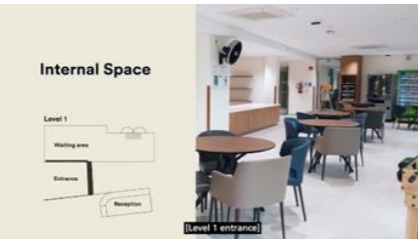







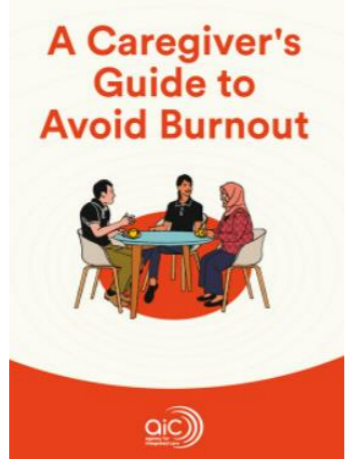

<p>Namaste Care for Caregivers video (developed by Apex Harmony Lodge & AIC)</p>		<p>Video</p>	<p>English</p>	<p>This video provides a step-by-step guide for professional and family caregivers on how to practice Namaste Care in the form of a gentle hand massage</p>		
<p>Person-Centred Care for Care Professionals (Video series)</p>		<p>Video</p>	<p>English</p>	<p>This video was developed to help dementia care practitioners understand the concept of PCC and learn how apply it to their daily work with PLWDs through case scenarios.</p>	<p>Full playlist: www.for.sg/pccforcareprofessionals</p>	 <p>https://for.sg/pccforcareprofessionals</p>
<p>Introduction to Person-Centred Care</p>		<p>Video</p>	<p>English</p>	<p>This video was developed to help dementia care practitioners understand the concept of PCC and learn how apply it to their daily work with PLWDs through case scenarios.</p>	<p>www.for.sg/pccvideo1</p>	 <p>https://for.sg/pccvideo1</p>
<p>Person-Centred Care from a Management Perspective</p>		<p>Video</p>	<p>English</p>	<p>Hear from Mr Stephen Chan from Dementia Singapore and Mdm Low Mui Lang from Peacehaven Nursing Home on why they implemented PCC at their care setting and how it has benefitted care staff and clients/residents.</p>	<p>www.for.sg/pccvideo2</p>	 <p>https://for.sg/pccvideo2</p>
<p>Mindfulness Exercise for Stroke Survivors and Caregivers</p>		<p>Video</p>	<p>English Mandarin</p>	<p>Practise these mindfulness exercises for stroke patients, developed in collaboration with Singapore National Stroke Association and SGH</p>	<p>Eng: www.youtu.be/tPvwzPBGG08</p>	

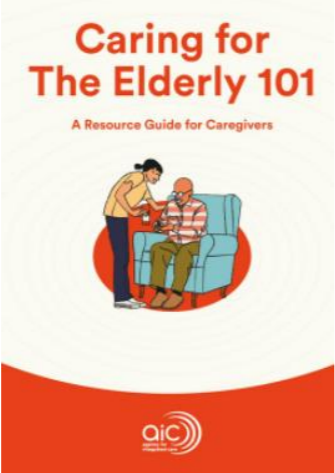







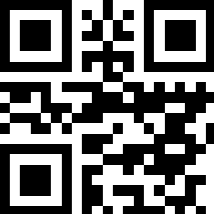
Workout Videos for Seniors (In Malay)		Video	Malay	Workout Videos for Seniors (In Malay)	www.for.sg/wellness-exercisevid-malay	 <small>https://for.sg/wellness-exercisevid-malay</small>
Workout Videos for Seniors (In Tamil)		Video	Tamil	Workout Videos for Seniors (In Tamil)	www.for.sg/wellness-exercisevid-tamil	 <small>https://for.sg/wellness-exercisevid-tamil</small>
Enhancing Environment to be Dementia-Friendly						
360° Virtual Reality Dementia-Friendly HDB Home Design Guide		Website	English	An interactive and experiential guide that provide tips on how to make homes dementia friendly.	www.for.sg/dfhome	 <small>https://for.sg/dfhome</small>
360° Virtual Reality Dementia-Friendly HDB Home Design Guide (Video)		Video	English	360° Virtual Reality Dementia-Friendly HDB Home Design Guide video on how to use the guide and shares features	www.for.sg/dfhomevideo	 <small>https://for.sg/dfhomevideo</small>
Qanvast article: How to Design a Dementia-Friendly Home, As Told by an Expert	 <small>GUIDE How to Design a Dementia-Friendly Home, As Told By an Expert</small>	Website/Social Media	English	Collaboration with Dementia Singapore – OT Hwan Jing answers questions on how to design a dementia-friendly home	How to Design a Dementia-Friendly Home, As Told By an Expert Qanvast	Nil






<p>Elderly- and Dementia-Inclusive Environment Guidebook</p>		<p>Booklet</p>	<p>English</p>	<p>A guide on elderly-and dementia-inclusive features for internal and external environment</p>	<p>www.for.sg/aic-nypguide-eng</p>	 https://for.sg/aic-nypguide-eng
<p>Hack Care</p>		<p>Booklet</p>	<p>English</p>	<p>A 240 page book of hacks, ideas and simple changes to make your home a friendlier dementia environment</p>	<p>www.hackcare.sg/</p>	
<p>Looking to the Future - Inclusive Design for People Living With Dementia</p>		<p>Booklet</p>	<p>English</p>	<p>Designing and managing eldercare facilities for people with dementia</p>	<p>www.for.sg/aic-future-plwd</p>	 https://for.sg/aic-future-plwd
<p>Creating a Dementia-Friendly Neighbourhood (Developed by AIC as part of DFN Study)</p>		<p>Booklet</p>	<p>English</p>	<p>The Report consolidates what has been learned through the Study by SUTD Social Urban Lab (SOULab), CLC and AIC, including the background of the dementia landscape in Singapore, the research process, key insights, the design principles, and the prototypes at Yio Chu Kang.</p>	<p>www.for.sg/dfnresearchreport</p>	 https://for.sg/dfnresearchreport

<p>Dementia-Friendly Neighbourhood Design Guide (Developed by CLC as part of DFN Study)</p>		<p>Booklet</p>	<p>English</p>	<p>The Guide contextualises the dementia-friendly design principles from the study and harmonises them with various guidelines & tools across different agencies such as CLC-AIC, HDB, NParks, MOHT and URA. This is part of the longer-term effort in working towards integrating it with the Universal Design Guide by BCA.</p>	<p>www.for.sg/dementiafriendlydesignguide</p>	 https://for.sg/dementiafriendlydesignguide
<p>Six Principles of Dementia-Friendly Neighbourhood</p>		<p>Booklet</p>	<p>English</p>	<p>A guide for building an age-and dementia-friendly neighbourhood in the community</p>	<p>www.for.sg/dfn-sicprinciples</p>	 https://for.sg/dfn-sicprinciples
<p>Experience Dementia in Singapore (EDIS)</p>		<p>VR website</p>	<p>English</p>	<p>Developed by Dementia Singapore and supported by AIC and SIT, EDIS is a VR application where caregivers get to experience the world through the eyes of a person living with dementia.</p>	<p>https://for.sg/dh-edis</p>	 https://for.sg/dh-edis
<p>Dementia-Friendly Environmental Design (Basic) Part 1: Dementia-Friendly Environmental Design Principles</p>		<p>Video</p>	<p>English</p>	<p>Learn more about the relationship between Dementia and the environment as well as key principles of Dementia Inclusive Design</p>	<p>www.for.sg/dfe-basic1</p>	 https://for.sg/dfe-basic1



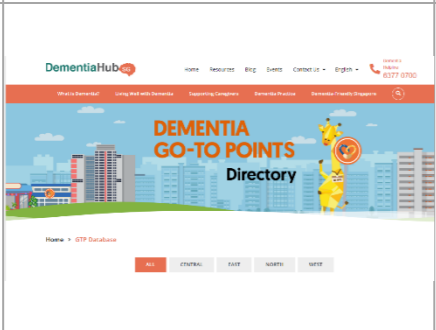





<p>Dementia-Friendly Environmental Design (Basic) Part 2: Role of Technology & Culture and the SEAT Tool</p>		<p>Video</p>	<p>English</p>	<p>Learn how culture, technology plays a part in the relationship between Dementia and the environment. Be introduced to the Singapore Assessment Audit Tool (SEAT).</p>	<p>www.for.sg/dfe-basic2</p>	 <p>https://for.sg/dfe-basic2</p>
<p>Dementia-Inclusive Environmental Design (Advance) – Implementation</p>		<p>e-learning</p>	<p>English</p>	<p>Learn how to implement Dementia-Friendly Environmental Design and principles in your space.</p>	<p>www.for.sg/dfe-adv</p>	 <p>http://www.for.sg/dfe-adv</p>
<p>Dementia-Inclusive Environmental Design (Intermediate) - Application</p>		<p>e-learning</p>	<p>English</p>	<p>Develop a deeper understanding on how to use the Singapore Assessment Audit Tool (SEAT) and apply the Dementia-Friendly Environment design principles in your space.</p>	<p>www.for.sg/dfe-int</p>	 <p>http://www.for.sg/dfe-int</p>
<p>Importance of having a Dementia-Inclusive Environment</p>		<p>Video</p>	<p>English</p>	<p>Hear from experts, stakeholders and Person Living with Dementia on the importance of having a Dementia-inclusive environment.</p>	<p>www.youtube.be/_Y2epZaZTSk</p>	
<p>Creating Dementia-Inclusive Environment in Singapore through Dementia-Friendly Design Principles</p>		<p>Video</p>	<p>English</p>	<p>Understand more about Dementia-Friendly Design Principles and what are some of the features that can be incorporated to create a Dementia-Inclusive Environment.</p>	<p>www.youtube.be/vPFe_ggOzyA</p>	
<p>Introduction to the Singaporean Environment Assessment Tool (SEAT)</p>		<p>Video</p>	<p>English</p>	<p>Learn about the Singaporean Environment Assessment Tool (SEAT).</p>	<p>www.youtube.be/9hr9leNHLew</p>	

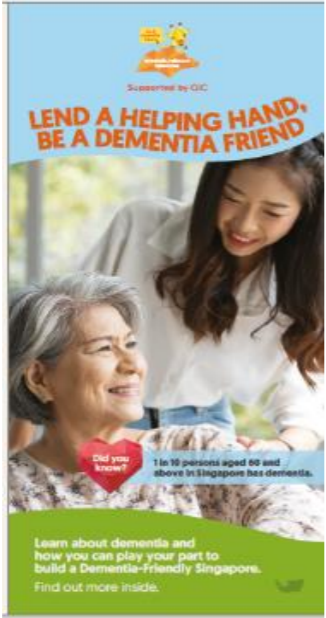




<p>Application of the Singaporean Environment Assessment Tool at Peacehaven Jade Circle</p>		<p>Video</p>	<p>English</p>	<p>Learn about the Singaporean Environment Assessment Tool (SEAT) and how it is being applied at Peacehaven Jade Circle.</p>	<p>www.youtube.be/VasAziJiwS4</p>	
<p>Follow Allison (Person Living with Dementia) as she journeys through her neighbourhood and Public Transport system to her Dementia Day Care Centre.</p>		<p>Video</p>	<p>English</p>	<p>Journey through the eyes of a Person Living with Dementia as she navigates through her neighbourhood and Public Transport system to her Dementia Day Care Centre.</p>	<p>www.youtube.be/wymXi5m137k</p>	
<p>Support & Self-Care for Caregivers</p>						
<p>Living With Dementia: Will You Ever Forget Me? Can Ask Meh? (AIC X OGS Collab)</p>		<p>Video</p>	<p>English</p>	<p>Hear from 3 pairs of persons living with dementia and their caregivers on their journey</p>	<p>www.for.sg/ogslivingwithdementia</p>	 <p><small>https://for.sg/ogslivingwithdementia</small></p>
<p>Queenstown Caregivers Connect</p>		<p>Video</p>	<p>English</p>	<p>Informational video on Caregiver Support Network</p>	<p>www.for.sg/dfsg-queenstowncsnvideo</p>	 <p><small>https://for.sg/dfsg-queenstowncsnvideo</small></p>
<p>A Caregiver's Guide to Avoid Burnout</p>		<p>Booklet</p>	<p>English Mandarin</p>	<p>Information on how to prevent burnout from managing negative emotions to self-care for caregivers</p>	<p>www.for.sg/aic-caregiverburnout-en</p>	 <p><small>https://for.sg/aic-caregiverburnout-en</small></p>



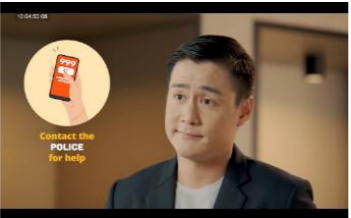



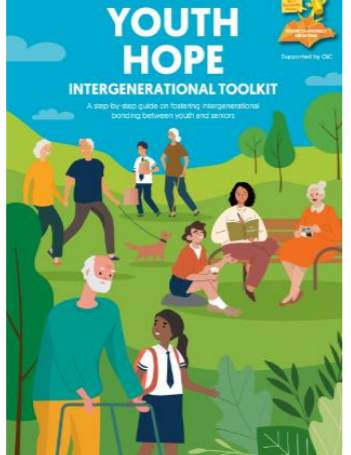

Caring for the Elderly 101		Booklet	English Mandarin Malay	Caregiver stress checklist and tips to manage stress, depression and burn out. Information on caregiver support groups and respite care	www.for.sg/aic-elderly101-en	 https://for.sg/aic-elderly101-en
Mothership video: What It's Like to Care for a Parent Living with Dementia		Video	English	Hear from caregiver Paul on his journey to care for his mother who lives with dementia	www.m.facebook.com/watch/?v=1006218726996702&_rdr	Nil
Preparing Meals for your Loved One						
Care Cook & Inspire Cookbook		Booklet	English	A collection of recipes and caregiver stories	www.for.sg/cookbook	 https://for.sg/cookbook
Eat Well Age Well		Booklet	English	Commemorative recipe book featuring Chef Eric Teo	www.for.sg/aic-recipebook	 https://for.sg/aic-recipebook
Enabling Persons Living with Dementia to Move Around Safely in the Community						
CARA App		App	English	A lifestyle and community digital platform that provides easy access for persons living with dementia and caregivers to connect to an ecosystem of solutions	www.cara.sg	




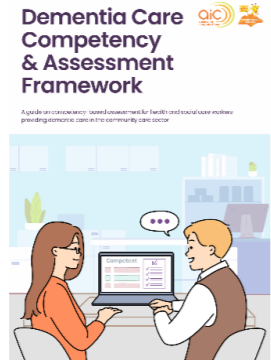



SimplyGo App		App	English	<p>Link the account-based EZ-link card to the companion EZ-Link or SimplyGo mobile app:</p> <ul style="list-style-type: none"> • Receive alerts on fare charged and when card balance is low • Top-up card remotely • Access detailed logs of travel transaction • Conveniently block lost card and trigger refund of remaining balance 	<p>Apple Store: www.apps.apple.com/sg/app/transitlink-simplygo/id667933103</p> <p>Google Play: www.play.google.com/store/apps/details?id=sg.com.transitlink&hl=en</p>	   
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I WANT – Make a difference in the community

Title	Cover	Format	Language	Description	Hyperlink	QR Code
DFSG Video - #DementiaFriendlySG: Facing Dementia in Singapore		Video	English	Embark on a meaningful journey with Giffy to learn how you can play a part in building a Dementia-Friendly Singapore!	www.for.sg/dfsgvideo	 <small>https://for.sg/dfsgvideo</small>
Go-To Point Full Listing		Website	English	Full listing of Go-to Points on DementiaHub.SG	www.for.sg/dementiagtp	 <small>https://for.sg/dementiagtp</small>
DFSG Accordion Card - Let's Build a Caring and Dementia-Friendly Singapore Together!		Brochure	English	Did you know that by 2030, over 152,000 people in Singapore are projected to live with dementia? Download the DFSG accordion card to learn about dementia and how you can play a part to support persons living with dementia and their caregivers.	English: www.for.sg/dfsgaccordioneng	English:  <small>https://for.sg/dfsgaccordioneng</small>
			Chinese		Chinese: www.for.sg/dfsgaccordionchi	Chinese:  <small>https://for.sg/dfsgaccordionchi</small>

<p>DFSG Brochure - Lend a Helping Hand, Be a Dementia Friend</p>		<p>Brochure</p>	<p>English Mandarin Malay Tamil</p>	<p>The Dementia-Friendly Singapore (DFSG) initiative aims to build a caring and inclusive society to support persons living with dementia to age in place. Download the DFSG brochure to find out how you can become a Dementia Friend and play a part!</p>	<p>English: www.for.sg/dfsqbrochureeng Chinese: www.for.sg/dfsqbrochurechi Malay: www.for.sg/dfsqbrochurebm Tamil: www.for.sg/dfsqbrochuretm</p>	<p>English:  https://for.sg/dfsqbrochureeng Chinese:  https://for.sg/dfsqbrochurechi Malay:  https://for.sg/dfsqbrochurebm Tamil:  https://for.sg/dfsqbrochuretm</p>
<p>Caregiver Support Network Toolkit</p>		<p>Toolkit</p>	<p>English</p>	<p>Specially-designed “Caregiver Support Network (CSN) toolkit” to empower individuals in setting up a Caregiver Support Network that emphasises self-care, peer support and recognising caregivers’ well-being in the community. (Toolkit + Video)</p>	<p>www.for.sg/csntoolkit</p>	 https://for.sg/csntoolkit

<p>Implementing an Effective Caregiver Support Network (CSN Video)</p>		<p>Video</p>	<p>English</p>	<p>Dementia-Friendly Singapore developed this video to empower community partners and individuals in setting up a Caregiver Support Network that emphasises self-care, peer support and recognising caregivers' well-being in the community.</p>	<p>www.for.sg/csnavideo</p>	 <p>https://for.sg/csnavideo</p>
<p>Setting up a Go-To Point (GTP Videp)</p>		<p>Video</p>	<p>English</p>	<p>This video serves as a reference for employees of organisations in manning the dementia Go-To Points (GTP) to support persons living with dementia in the community. It dovetails the GTP set-up process, role and expectations as well as provides a list of resources in assisting wandering persons living with dementia and dementia information.</p>	<p>www.for.sg/gtpvideo</p>	 <p>https://for.sg/gtpvideo</p>
<p>Dementia Go-To Point Manual</p>		<p>Toolkit</p>	<p>English</p>	<p>This manual serves as a reference for employees of organisations in manning the dementia Go-To Points (GTP) to support persons living with dementia in the community. It dovetails the GTP set-up process, role and expectations as well as provides a list of resources in assisting wandering persons living with dementia and dementia information.</p>	<p>www.for.sg/gtpmanual</p>	 <p>https://for.sg/gtpmanual</p>
<p>Youth Hope Intergenerational Toolkit</p>		<p>Toolkit</p>	<p>English</p>	<p>The Youth Hope intergenerational toolkit provides a step-by-step guide to starting the Youth Hope programme, which aims to foster intergenerational bonding between youth and seniors.</p>	<p>www.for.sg/youthhopeintergentoolkit</p>	 <p>https://for.sg/youthhopeintergentoolkit</p>

<p>Sparks Conversations: A Journal of Shared Memories</p>		<p>Booklet</p>	<p>English</p>	<p>A take-home journal for youths to start the conversation with their grandparents, starting with “What’s your life story?” By starting these conversations and recording them, it encourages a deeper understanding between youth and senior. Includes question cards and stickers.</p>	<p>www.for.sg/sparkconversations</p>	 <p>https://for.sg/sparkconversations</p>
<p>Dementia Colabs (Full Report): Towards a dementia-inclusive Singapore</p>		<p>Report</p>	<p>English</p>	<p>This report by the National Volunteer & Philanthropy Centre (NVPC) captures the highlights from Dementia Colabs, which facilitated the meeting of minds of over 55 stakeholders, including 14 persons living with dementia and their caregivers. It includes insights from the conversation, identified pain-points and solution spaces as well as issue champions for each opportunity area.</p>	<p>www.for.sg/dementiacolabsreport</p>	 <p>https://for.sg/dementiacolabsreport</p>
<p>Interacting with Persons Living with Dementia in the F&B setting</p>		<p>Video</p>	<p>English</p>	<p>Information and knowledge for F&B staff on how to interact with persons with dementia</p>	<p>www.for.sg/df-fbsetting</p>	 <p>https://for.sg/df-fbsetting</p>
<p>Dementia Care Competency & Assessment Framework</p>		<p>Booklet</p>	<p>English</p>	<p>A guide on competency-based assessment for health and social care workers providing dementia care in the community care sector</p>	<p>www.for.sg/dementia-assessment-checklist</p>	 <p>https://for.sg/dementia-assessment-checklist</p>
<p>Application of Mental Health & Dementia Care Competency Framework e-learning</p>		<p>e-Learning</p>	<p>English</p>	<p>Learn how to you the MHCf and DCCF assessment criteria and checklists to check knowledge and skills of staff supporting persons with mental health issues and dementia</p>	<p>www.for.sg/competencyframework-application</p>	 <p>https://for.sg/competencyframework-application</p>

FIND OUT MORE




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www.dementiahub.sg

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